

Group Fitness Calendar September 2015

639-2582

www.soundfit.net

Club Hours: Monday - Friday: 5:30am to 9pm

Saturday: 7:00am to 3:00pm

CLOSED Sunday

Instructors	
JA – John Albanese	DA – Dennis Ardley
RB – Randi Burke	ND – Nicole Decker
MH – Melanie Haggett	LH – Lisa Hykes
MK – Mary Koffenberger	SL – Sam Love
KW – Kathryn Weinrich	BW – Brooke White

For Class Updates & Info:



MONDAY *No classes Labor Day*

- 6:30 *Bootcamp - LH (60) \$*
- 8:30 **Abs & Back - LH (30)**
- 8:30 *Bootcamp - BW (60) \$ Starts 9/14*
- 9:00 **Cardio Blast - LH (60)**
- 10:00 **Yoga for Wellness - SL (75)**
- 4:30 *Hap Ki Do for kids - JA (60) \$*
- 5:30 **Gentle Yoga - MK (60)**
- 5:45 *Fit Club - ND (45) \$*
- 6:00 **Sculpt Express - BW (30)**
- 6:30 **HIIT - BW (30)**
- 7:00 **Boxing for Fitness - JA (60)**

No classes on Monday Sept. 7th

TUESDAY

- 5:45 **Indoor Cycling - BW (45)**
- 8:30 *Fit Club - ND (45) \$*
- 8:30 **Yoga for Wellness - SL (75)**
- 9:00 **Zumba Toning - MH (60)**
- 10:00 **Barre - ND (55)**
- 5:00 *Adult Hap Ki Do - JA (60) \$*
- 6:00 **Turbokick Live - RB (60) Starts 9/8**
- 7:00 **Power Yoga - KW (60) Starts 9/8**

WEDNESDAY

- 6:30 *Bootcamp - LH (60) \$*
- 8:30 **Indoor Cycling - BW (45) Starts 9/9**
- 9:00 **PiYo Live - LH (55)**
- 10:00 **Cardio Blast - LH (60)**
- 10:00 **Yoga for Wellness - SL (75)**
- 4:30 *Hap Ki Do for kids - JA (60) \$*
- 5:30 **Gentle Yoga - MK (60)**
- 5:45 *Fit Club - ND (45) \$*
- 6:00 **Indoor Cycling - KW (45)**

THURSDAY

- 5:45 **Indoor Cycling - BW (45)**
- 8:30 **Yogalates - LH (60)**
- 8:30 *Fit Club - ND (45) \$*
- 9:00 **Zumba - MH (60)**
- 10:00 **Barre - LH (55)**
- 11:00 *Intermed. Pilates Reformer - LH (60)*
- 4:45 *Adult/Advanced Youth Hap Ki Do - JA (60) \$*
- 5:45 **Piyo Live- MH (55)**
- 6:00 **Barre - ND (55)**

FRIDAY

- 6:30 *Bootcamp - LH (60) \$*
- 8:30 *Bootcamp - BW (60) \$ Starts 9/11*
- 8:30 **Pilates Express - LH (30)**
- 9:00 **Cardio Blast - LH (60)**
- 10:00 **Gentle Yoga -MK (60)**

SATURDAY

- 9/5 8:00 am **Indoor Cycling - BW (45)**
- 9/5 9:00 am **Barre - ND**
- 9/12 8:00 am **Indoor Cycling - DA (45)**
- 9/19 9:00 am - noon **SUPER SATURDAY**
- 9/26 8:00 am **Indoor Cycling - BW (45)**
- 9/26 9:00 am - **Piyo Live - LH (55)**
- 11:00 am *Adult Hap Ki Do - JA (60) \$*

Schedule Effective September 1, 2015. Classes are subject to change. See our Facebook page for the latest updates. **Classes in BOLD are included in regular membership dues.** *Classes that are italicized and have a \$ sign require pre-registration and are an additional fee. Numbers in () are minutes.* **Class descriptions are on back.** **NOTE:** Class participants must wear rubber-soled athletic shoes (sneakers) in classes (except yoga classes, PiYo, pilates and pilates reformer).