

SOUND FITNESS

Open House Schedule

October 1st | 9:00 - Noon

	Group Fitness	Yoga Room	Fitness Floor
9:00	Zumba Toning- Melanie	Cycling- Lisa	Fit Club -Nicole
9:30	Body Pump-Michelle	Yoga For Wellness- Sam	
10:00		Vinyasa Flow Yoga- Nicole	Back In Balance- Brooke
10:30	Barre-Nicole	Tabata Yoga- Lisa	
11:00	Self Defense/ HapKiDo- John	Pilates Reformer- Lisa	

DON'T WANT TO COMMIT TO A FULL HOUR
CLASS? TRY A SAMPLE CLASS!