

SOUND FITNESS GROUP EX SCHEDULE - AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-6:30 Cycling Brooke		5:45-6:30 Cycling Brooke		1st Saturday
8:30-9:00 Core and More Brooke	8:30-9:45 Yoga for Wellness Sam	8:30-9:30 Piyo Live Melanie	8:45-9:45 Yogalates Alexandra	8:30-9:00 Core and More Brooke	9:00 Body Pump- Brooke
9:00-10:00 BodyWorks Brooke	9:00-10:00 Zumba Toning Melanie	8:45-9:45** BodyPump Benko	9:00-10:00 Zumba Melanie	9:00-10:00 BodyWorks Brooke	2nd Saturday
10:00-11:15 Yoga for Wellness Sam	10:00-11:00 Yoga Flow Alexandra	10:00-11:15 Yoga for Wellness Sam	10:00-10:45 Barre Benko	10:00-11:00 Yoga Flow Alexandra	9:00 Cycling - Lauren
		10:00-10:45 Cycling Lauren	10:00-11:00 Cycling David	10:10-11:10** BodyPump Brooke	3rd Saturday
<i>4:00 \$ PeeWee HapKi Do John</i>		2:30-4:00 Tai Chi Jan Kendrick			9:00 Yoga- Alexandra
<i>4:30-5:30 \$ Youth HapKiDo John</i>	<i>5:00-6:00 \$ Adult HapKiDo John</i>	<i>4:00 \$ PeeWee HapKi Do John</i>	<i>4:45-6:00 \$ HapKiDo Adult/Adv Youth John</i>		10:30 ZUMBA MASTERCLASS \$5
		<i>4:30-5:30 \$ Youth HapKiDo John</i>			4th Saturday
5:50-7:00** BodyPump Brooke	5:45-6:45 emPower Vinyasa Flow Benko	5:40-5:55 Core and More Express Brooke			9:00 PIYO- Melanie
	6:10-7:00 BOSU Brooke	6:00-6:30 Express Cycle Brooke	6:10-7:10** BodyPump Benko		<i>Every Saturday</i>
		6:00-7:00 Zumba Toning Melanie			<i>11:00 \$ HapKiDo John</i>

Club Hours:

Monday-Friday 5:30am - 9:00 pm

Saturday 8:00 am - 3:00 pm

Sunday 1:00 - 5:00 pm

*Schedule effective 8/1/17. Classes are subject to change. See our Facebook page for the latest updates. **Classes in bold are included in the regular membership dues.** Classes that are italicized and have \$ sign require pre-registration and are an additional fee. Class participants must wear rubber soled athletic shoes in classes except yoga, Piyo and Pilates.*

****Please allow 10 minutes to set up for BodyPump before class starts.**