

# SOUND FITNESS GROUP EX SCHEDULE - OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>6:00-6:45 \$ Small Group Training Stephen</i>  <b>8:30-9:00 Core and More Brooke</b>  <b>9:00-10:00 Bodyvive Brooke</b>  <b>10:00-11:15 Yoga for Wellness Sam</b>	<b>5:45-6:30 Cycling Brooke</b>  <b>8:30-9:45 Yoga for Wellness Sam</b>  <b>9:00-10:00 Zumba Toning Melanie</b>  <b>10:00-11:00 Holy Yoga Alexandra</b>   <i>4:00 \$ PeeWee HapKi Do John</i>  <i>4:30-5:30 \$ Youth HapKiDo John</i>  <b>5:45-6:45 Boxing for Fitness* John</b>  <b>5:50-7:00** BodyPump Nicole</b>  <b>5:45-6:45 emPower Vinyasa Flow Benko</b>  <b>6:05-7:00 Bodyvive Brooke</b>	<i>6:00-6:45 \$ Small Group Training Stephen</i>  <b>8:30-9:30 Piyo Live Melanie</b>  <b>8:45-9:45** BodyPump Brooke</b>  <b>10:00-11:15 Yoga for Wellness Sam</b>  <b>10:00-10:45 Cycling Lauren</b>  <b>2:30-4:00 Tai Chi Jan Kendrick</b>  <i>4:00 \$ PeeWee HapKi Do John</i>  <i>4:30-5:30 \$ Youth HapKiDo John</i>  <b>5:40-6:00 Core and More Express Brooke</b>  <b>6:00-6:30 Express Cycle Brooke</b>  <b>6:00-7:00 Zumba Toning Melanie</b>	<b>5:45-6:30 Cycling Brooke</b>  <b>8:45-9:45 Reset Yoga Mary</b>  <b>9:00-10:00 Zumba Melanie</b>  <b>10:00-10:45 Barre Danielle</b>  <b>10:00-11:00 Cycling David</b>   <i>4:45-6:00 \$ HapKiDo Adult/Adv Youth John</i>  <i>5:30-6:30 \$ Small Group Training Ryan</i>  <b>6:00-7:00 Restorative Yoga Alexandra</b>  <b>6:10-7:10** BodyPump Benko</b>	<i>6:00-6:45 \$ Small Group Training Stephen</i>  <b>8:30-9:00 Core and More Brooke</b>  <b>9:00-10:00 Bodyvive Brooke</b>  <b>10:00-11:00 Yoga Flow Alexandra</b>  <b>10:10-11:10** BodyPump Brooke</b>	<b>1st Saturday</b>  <b>9:00 BarreCycle Fusion - Lauren</b>  <b>2nd Saturday</b>  <b>9:00 BarreYoga Fusion - Danielle</b>  <b>3rd Saturday</b>  <b>9:00 BodyPump/Vive Fusion Brooke/Amie</b>  <b>4th Saturday</b>  <b>9:00 Zumba Toning - Melanie</b>   <i>Every Saturday</i>  <i>11:00 \$ HapKiDo John</i>
<b>Club Hours:</b> <b>Monday-Friday 5:30am - 9:00 pm</b> <b>Saturday 8:00 am - 3:00 pm</b> <b>Sunday 1:00 - 5:00 pm</b>		<i>Schedule effective 10/1/17. Classes are subject to change. See our Facebook page for the latest updates. <b>Classes in bold are included in the regular membership dues.</b> 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 and Piyo.</i>			

\* 10 week program - Classes start September 11 through November 13  
 \*\*Please allow 10 minutes to set up for BodyPump before class starts.