

SOUND FITNESS GROUP EX SCHEDULE - JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-6:30 CYCLE Brooke	GYM CLOSED July 4th	8:00- 8:30 GUIDED MEDITATION Mary		
8:30-9:00 CORE Brooke	8:00-9:00 YOGA Mary/Sam	8:45-9:45 BODYPUMP Brooke	8:45-9:45 YOGA FLOW Mary	8:30-9:00 CORE Brooke	July 7 @ 9:00AM RESTORATIVE YOGA & MEDITATION w/Mary
9:00-9:45 Les Mills TONE Brooke	9:00-10:00 ZUMBA TONING Melanie	9:00-10:00 PIYO LIVE Melanie	9:00-10:00 ZUMBA Melanie	9:00-9:45 LesMills TONE Keatha/Brooke	July 14 @ 9:00AM BODY PUMP w/ Amie
10:00-11:00 YOGA Mary/Sam	10:00-11:00 CYCLE Brooke/David	10:00-11:00 YOGA Sam	10:00-10:45 BARRE Keatha *No class 7/5	10:00-11:00 BODYPUMP Brooke	July 21 @ 9:00 AM TONE launch w/Brooke & Keatha
11:15-12:00 SENIOR STRENGTH & MOTION Mary		2:30-4:00 TAI CHI Jan	10:00-11:00 CYCLE Brooke/David		July 28 @ 9:00 AM PIYO w/Melanie
	5:30-6:30 ALIGNMENT YOGA Tamara	5:30-6:00 CORE Brooke	11:00-11:45 SENIOR STRENGTH & MOTION Glenn		
6:00-7:00 BODYPUMP Amie	6:15-7:00 LesMills TONE Keatha/Brooke	6:00-6:30 HIIT CYCLE Brooke	6:15-7:15 BODYPUMP Amie BP 106 Launch 7/19		
		6:00-7:00 ZUMBA TONING Melanie			

HapKiDo*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30-5:30 Youth *PeeWee resumes in August @ 4:00	5:00-6:00 Adult	4:30-5:30 Youth *PeeWee resumes in August @ 4:00	5:00-6:00 Adult		11:00 HapKiDo

Club Hours:
Monday-Friday 5:30am - 9:00 pm
Saturday 8:00 am - 3:00 pm
Sunday 1:00 - 5:00 pm

Schedule effective 07/01/2018. Classes are subject to change. See our Facebook page for the latest updates. PLEASE ARRIVE 10 min. EARLY FOR BODY PUMP & SR. STRENGTH & MOTION. SIGNUP FOR CYCLE CLASSES BEGIN 24 HOURS IN ADVANCE. Class participants must wear rubber soled athletic shoes in classes except yoga and Piyo. *There is an additional fee for participation in HapKiDo classes.