

April 2017 GroupFit Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	<p>Club Hours: Monday-Friday 5am-10pm Saturday & Sunday 7am-7pm</p> <p>Kids Club Hours: Monday -Saturday 8:30a-12p(noon) Monday - Thursday 5pm-8:00pm</p> <p>Sign up sheets available for Spinning and Circuit class at the Front Desk</p>					1 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
2 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	3 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 6:30P Kettlebell (fee) 7:00P Hatha Yoga	4 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	5 6:00A Sunrise Circuit 9:00A Triple Threat 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	6 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:00A Trekking 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 6:15P BZ Beats 7:00P Zumba	7 6:00A Power Hour 9:30A Spinning	8 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
9 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	10 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 6:30P Kettlebell (fee) 7:00P Hatha Yoga	11 6:00A Spinning 8:00A Yoga 8:30A WaterFitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	12 6:00A Sunrise Circuit 9:00A Triple Threat 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	13 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:00A Trekking 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 6:15P BZ Beats 7:00P Zumba	14 6:00A Power Hour 9:30A Spinning	15 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
16 CLUB CLOSED HAPPY EASTER	17 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 6:30P Kettlebell (fee) 7:00P Hatha Yoga	18 6:00A Spinning 8:00A Yoga 8:30A WaterFitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	19 6:00A Sunrise Circuit 9:00A Triple Threat 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	20 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:00A Trekking 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 6:15P BZ Beats 7:00P Zumba	21 6:00A Power Hour 9:30A Spinning	22 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
23 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	24 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 6:30P Kettlebell (fee) 7:00P Hatha Yoga	25 6:00A Spinning 8:00A Yoga 8:30A WaterFitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	26 6:00A Sunrise Circuit 9:00A Triple Threat 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	27 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:00A Trekking 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 6:15P BZ Beats 7:00P Zumba	28 6:00A Power Hour 9:30A Spinning	29 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga

April 2017 GroupFit Schedule

MONDAY		4/3	4/10	4/17	4/24
9:00 a.m. Spinning		Joyce	Alex	Yvonne	Alex
5:30 p.m. Korean Karate (90 min. Fee)		Gordon	Gordon	Gordon	Gordon
6:00 p.m. Water Fitness		Donna	Kristin	Kristin	Kristin
6:00 p.m. Full Body & Core		Alexia	Alexia	Alexia	Alexia
6:30 p.m. Kettlebell (FEE Class)		Linda	Linda	Linda	Linda
7:00 p.m. Hatha Yoga		Raluca	Raluca	Raluca	Raluca
TUESDAY		4/4	4/11	4/18	4/25
6:00 a.m. Spinning		Joyce	Joyce	Joyce	Joyce
8:00 a.m. Yoga		Lisa	Lisa	Lisa	Lisa
8:30 a.m. Water Fitness		Amy	Amy	Amy	Amy
9:05 a.m. Pilates Mix		Lisa	Lisa	Lisa	Lisa
6:00 p.m. Spinning		Alex	Alex	Joyce	Alex
6:00 p.m. Pilates		Alexia	Alexia	Alexia	Alexia
7:00 p.m. Zumba		Serita	Serita	Serita	Serita
WEDNESDAY		4/5	4/12	4/19	4/26
6:00 a.m. Sunrise Circuit		Linda	Linda	Linda	Linda
9:00 a.m. Triple Threat		Yassmin	Yassmin	Yassmin	Yassmin
10:00 a.m. Yoga		Lisa	Lisa	Lisa	Lisa
6:00 p.m. Water Fitness		Debbie	Debbie	Debbie	Debbie
6:00 p.m. Full Body & Core		Alexia	Alexia	Alexia	Alexia
7:00 p.m. Vinyasa Yoga		Raluca	Raluca	Raluca	Raluca
THURSDAY		4/6	4/13	4/20	4/27
6:00 a.m. Spinning		Joyce	Joyce	Joyce	Joyce
8:00 a.m. Yoga		Lisa	Lisa	Lisa	Lisa
8:30 a.m. Water Fitness		Debbie	Debbie	Debbie	Debbie
9:00 a.m. Trekking		Linda	Linda	Linda	Linda
9:05 a.m. Pilates Mix		Lisa	Lisa	Lisa	Lisa
5:30 p.m. Korean Karate (90 min. Fee)		Gordon	Gordon	Gordon	Gordon
6:00 p.m. Spinning		Yvonne	Yvonne	Yvonne	Joyce
6:15 p.m. BZ Beats (upstairs studio)		Serita	Serita	Serita	Serita
7:00 p.m. Zumba		Serita	Serita	Serita	Serita
FRIDAY		4/7	4/14	4/21	4/28
6:00 a.m. Power Hour		Joyce	Joyce	Joyce	Joyce
9:30 a.m. Spinning		Yvonne	Alex	Yvonne	Yvonne
SATURDAY	4/1	4/8	4/15	4/22	4/29
8:30 a.m. Circuit or Tabata	Linda	Linda	Linda	Linda	Linda
8:45 a.m. Water Fitness	Donna	Donna	Donna	Donna	Donna
9:00 a.m. Spinning	Cheryl	Cheryl	Cheryl	Cheryl	Cheryl
10:15 a.m. Yoga (75 min) Upper	Raluca	Raluca	Raluca	Raluca	Raluca
SUNDAY	4/2	4/9	4/16	4/23	4/30
8:30 a.m. Spinning	Alex	Cheryl	Happy	Cheryl	Alex
9:00 a.m. Cardio Tennis FREE To Mem.	Grace	Grace	Easter!	Grace	Grace
9:00 a.m. Mat Power Pilates (75 min) Inter/Adv	Donna	Donna		Donna	Donna