

# May 2017 GroupFit Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:00A Spinning 5:30P Karate (fee)  6:00P Full Body 6:30P Core Galore 6:30P Kettlebell (fee) 7:00P Hatha Yoga	<b>2</b> 6:00A Spinning 8:00A Yoga  9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	<b>3</b> 6:00A Sunrise Circuit 9:00A Triple Threat 10:00A Yoga  6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	<b>4</b> 6:00A Spinning 8:00A Yoga  9:00A Trekking 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 6:15P BZ Beats 7:00P Zumba	<b>5</b> 6:00A Power Hour 9:30A Spinning	<b>6</b> 8:30A Circuit  9:00A Spinning 10:15A Yoga
<b>7</b> 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	<b>8</b> 9:00A Spinning 5:30P Karate (fee)  6:00P Full Body 6:30P Core Galore 6:30P Kettlebell (fee) 7:00P Hatha Yoga	<b>9</b> 6:00A Spinning 8:00A Yoga  9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	<b>10</b> 6:00A Sunrise Circuit 9:00A Triple Threat 10:00A Yoga  6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	<b>11</b> 6:00A Spinning 8:00A Yoga  9:00A Trekking 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 6:15P BZ Beats 7:00P Zumba	<b>12</b> 6:00A Power Hour 9:30A Spinning	<b>13</b> 8:30A Circuit  9:00A Spinning 10:15A Yoga
<b>14</b> 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	<b>15</b> 9:00A Spinning 5:30P Karate (fee)  6:00P Full Body 6:30P Core Galore 6:30P Kettlebell (fee) 7:00P Hatha Yoga	<b>16</b> 6:00A Spinning 8:00A Yoga  9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	<b>17</b> 6:00A Sunrise Circuit 9:00A Triple Threat 10:00A Yoga  6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	<b>18</b> 6:00A Spinning 8:00A Yoga  9:00A Trekking 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 6:15P BZ Beats 7:00P Zumba	<b>19</b> 6:00A Power Hour 9:30A Spinning	<b>20</b> 8:30A Circuit  9:00A Spinning 10:15A Yoga
<b>21</b> 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	<b>22</b> 5:30P Karate (fee) 6:00P Full Body 6:30P Core Galore 6:30P Kettlebell (fee)  <b>Look for Classes in Fitness Center or Tennis Court 5</b>	<b>23</b> 6:00p Pilates 7:00P Zumba  <b>Look for Classes in Fitness Center or Tennis Court 5</b>	<b>24</b> 6:00A Sunrise Circuit 9:00A Triple Threat 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore  <b>Look for Classes in Fitness Center or Tennis Court 5</b>	<b>25</b> 8:30A Water Fitness 9:00A Trekking 5:30P Karate (fee) 7:00P Zumba  <b>Look for Classes in Fitness Center or Tennis Court 5</b>	<b>26</b> 6:00A Power Hour  <b>Look for Classes in Fitness Center or Tennis Court 5</b>	<b>27</b> 8:30A Circuit 8:45A Water Fitness  <b>Look for Classes in Fitness Center or Tennis Court 5</b>
<b>28</b> 9:00A Cardio Tennis  <b>Look for Classes in Fitness Center or Tennis Court 5</b>	<b>29</b> <b>CLUB IS CLOSED</b>  <b>HAPPY MEMORIAL DAY!</b>	<b>30</b> 8:30A WaterFitness 6:00p Pilates 7:00P Zumba  <b>Look for Classes in Fitness Center or Tennis Court 5</b>	<b>31</b> 6:00A Sunrise Circuit 9:00A Triple Threat 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore  <b>Look for Classes in Fitness Center or Tennis Court 5</b>	<b>Club Hours:</b> Monday-Friday 5am-10pm Saturday & Sunday 7am-7pm  <b>Kids Club Hours:</b> Monday -Saturday 8:30a-12p(noon) Monday - Thursday 5pm-8:00pm  <b>Sign up sheets available for Spinning and Circuit class at the Front Desk</b>		

# May 2017 GroupFit Schedule

<b>MONDAY</b>	<b>5/1</b>	<b>5/8</b>	<b>5/15</b>	<b>5/22</b>	<b>5/29</b>
9:00 a.m. Spinning	Joyce	Joyce	Alex		<b>Club is</b>
5:30 p.m. Korean Karate (90 min. Fee)	<b>Gordon</b>	<b>Gordon</b>	<b>Gordon</b>	<b>Gordon</b>	<b>Closed</b>
6:00 p.m. Water Fitness					
6:00 p.m. Full Body & Core	Alexia	Alexia	Alexia	Alexia	<b>Happy</b>
6:30 p.m. Kettlebell (FEE Class)	<b>Linda</b>	<b>Linda</b>	<b>Linda</b>	<b>Linda</b>	<b>Memorial</b>
7:00 p.m. Hatha Yoga	Raluca	Raluca	Raluca		<b>Day!</b>
<b>TUESDAY</b>	<b>5/2</b>	<b>5/9</b>	<b>5/16</b>	<b>5/23</b>	<b>5/30</b>
6:00 a.m. Spinning	Joyce	Joyce	Joyce		
8:00 a.m. Yoga	Lisa	Lisa	Lisa		
8:30 a.m. Water Fitness					Amy
9:05 a.m. Pilates Mix	Lisa	Lisa	Lisa		
6:00 p.m. Spinning	Alex	Alex	Alex		
6:00 p.m. Pilates	Alexia	Alexia	Alexia	Alexia	Alexia
7:00 p.m. Zumba	Serita	Serita	Serita	Serita	Serita
<b>WEDNESDAY</b>	<b>5/3</b>	<b>5/10</b>	<b>5/17</b>	<b>5/24</b>	<b>5/31</b>
6:00 a.m. Sunrise Circuit	Linda	Linda	Linda	Joyce	Linda
9:00 a.m. Triple Threat	Yassmin	Yassmin	Yassmin	Yassmin	Yassmin
10:00 a.m. Yoga	Lisa	Lisa	Lisa		
6:00 p.m. Water Fitness				Debbie	Debbie
6:00 p.m. Full Body & Core	Alexia	Alexia	Alexia	Alexia	Alexia
7:00 p.m. Vinyasa Yoga	Raluca	Raluca	Raluca		
<b>THURSDAY</b>	<b>5/4</b>	<b>5/11</b>	<b>5/18</b>	<b>5/25</b>	
6:00 a.m. Spinning	Joyce	Joyce	Joyce		
8:00 a.m. Yoga	Lisa	Lisa	Lisa		
8:30 a.m. Water Fitness				Debbie	
9:00 a.m. Trekking	Linda	Linda	Linda	Joyce	
9:05 a.m. Pilates Mix	Lisa	Lisa	Lisa		
5:30 p.m. Korean Karate (90 min. Fee)	<b>Gordon</b>	<b>Gordon</b>	<b>Gordon</b>	<b>Gordon</b>	
6:00 p.m. Spinning	Yvonne	Yvonne	Yvonne		
6:15 p.m. BZ Beats (upstairs studio)	Serita	Serita	Serita		
7:00 p.m. Zumba	Serita	Serita	Serita	Serita	
<b>FRIDAY</b>	<b>5/5</b>	<b>5/12</b>	<b>5/19</b>	<b>5/26</b>	
6:00 a.m. Power Hour	Joyce	Joyce	Joyce	Doug	
9:30 a.m. Spinning	Yvonne	Yvonne	Yvonne		
<b>SATURDAY</b>	<b>5/6</b>	<b>5/13</b>	<b>5/20</b>	<b>5/27</b>	
8:30 a.m. Circuit or Tabata	Linda	Linda	Linda	Doug	
8:45 a.m. Water Fitness				Donna	
9:00 a.m. Spinning	Cheryl		Cheryl		
10:15 a.m. Yoga (75 min) Upper	Raluca	Raluca	Raluca		
<b>SUNDAY</b>	<b>5/7</b>	<b>5/14</b>	<b>5/21</b>	<b>5/28</b>	
8:30 a.m. Spinning	Alex		Cheryl		
9:00 a.m. Cardio Tennis FREE To Mem.	Grace	Grace	Grace	Grace	
9:00 a.m. Mat Power Pilates (75 min) Inter/Adv	Donna	Donna	Donna		