

# June 2017 GroupFit Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Club Hours:</b> Monday-Friday 5am-10pm Saturday &amp; Sunday 7am-7pm</p> <p><b>Kids Club Hours:</b> 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 Water Fitness 5:30P Karate (fee) 7:00P Zumba	2 6:00A Power Hour	3 8:30A Circuit 8:45A Water Fitness
4 9:00A Cardio Tennis	5 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	6 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	7 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	8 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	9 6:00A Power Hour 9:30A Spinning	10 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
11 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	12 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	13 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	14 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	15 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	16 6:00A Power Hour 9:30A Spinning	17 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
18 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	19 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	20 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	21 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	22 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	23 6:00A Power Hour 9:30A Spinning	24 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
25 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	26 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	27 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	28 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	29 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	30 6:00A Power Hour 9:30A Spinning	

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<b>MONDAY</b>		<b>6/5</b>	<b>6/12</b>	<b>6/19</b>	<b>6/26</b>
9:00 a.m. Spinning		Alex	Yvonne	Alex	Yvonne
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. Water Fitness		Kristin	Kristin	Donna	Kristin
6:00 p.m. Full Body & Core		Alexia	Alexia	Alexia	Alexia
6:30 p.m. Kettlebell (FEE Class)		<b>Linda</b>	<b>Linda</b>	<b>Linda</b>	<b>Linda</b>
7:00 p.m. Hatha Yoga		Raluca	Raluca	Raluca	Raluca
<b>TUESDAY</b>		<b>6/6</b>	<b>6/13</b>	<b>6/20</b>	<b>6/27</b>
6:00 a.m. Spinning		Cheryl	Cheryl	Cheryl	Cheryl
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	Max	Alex	Alex
6:00 p.m. Pilates		Alexia	Alexia	Alexia	Alexia
7:00 p.m. Zumba		Serita	Serita	Serita	Serita
<b>WEDNESDAY</b>		<b>6/7</b>	<b>6/14</b>	<b>6/21</b>	<b>6/28</b>
6:00 a.m. Sunrise Circuit		Linda	Linda	Linda	Linda
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
<b>THURSDAY</b>	<b>6/1</b>	<b>6/8</b>	<b>6/15</b>	<b>6/22</b>	<b>6/29</b>
6:00 a.m. Spinning		Jen	Jen	Jen	Jen
8:00 a.m. Yoga		Lisa	Raluca	Lisa	Lisa
8:30 a.m. Water Fitness	Debbie	Debbie	Debbie	Debbie	Debbie
9:05 a.m. Pilates Mix		Lisa	Lisa	Lisa	Lisa
5:30 p.m. Korean Karate (90 min. Fee)	<b>Gordon</b>	<b>Gordon</b>	<b>Gordon</b>	<b>Gordon</b>	<b>Gordon</b>
6:00 p.m. Spinning		Yvonne	Yvonne	Yvonne	Alex
7:00 p.m. Zumba	Serita	Serita	Serita	Serita	Serita
<b>FRIDAY</b>	<b>6/2</b>	<b>6/9</b>	<b>6/16</b>	<b>6/23</b>	<b>6/30</b>
6:00 a.m. Power Hour	Doug	Doug	Doug	Doug	Doug
9:30 a.m. Spinning		Yvonne	Yvonne	Yvonne	Sam
<b>SATURDAY</b>	<b>6/3</b>	<b>6/10</b>	<b>6/17</b>	<b>6/24</b>	
8:30 a.m. Circuit or Tabata	Linda	Linda	Linda	Linda	
8:45 a.m. Water Fitness	Donna	Donna	Donna	Donna	
9:00 a.m. Spinning		Cheryl	Cheryl	Cheryl	
10:15 a.m. Yoga (75 min) Upper		Lisa	Raluca	Raluca	
<b>SUNDAY</b>	<b>6/4</b>	<b>6/11</b>	<b>6/18</b>	<b>6/25</b>	
8:30 a.m. Spinning		Cheryl	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	