

# July 2017 GroupFit Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	31 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	<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  Sign up sheets available for Spinning and Circuit class at the Front Desk				1  8:45A Water Fitness 9:00A Spinning 10:00A 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 7:00P Hatha Yoga	4 <b>Happy 4th!!</b>  <b>Club is Closed</b>	5 6:00A Sunrise Circuit 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 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	7 6:00A Power Hour 9:30A Spinning	8 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A 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 7:00P Hatha Yoga	11 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	12 6:00A Sunrise Circuit 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 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	14 6:00A Power Hour 9:30A Spinning	15 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A Yoga
16 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	17 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	18 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	19 6:00A Sunrise Circuit 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 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	21 6:00A Power Hour 9:30A Spinning	22 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A 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 7:00P Hatha Yoga	25 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	26 6:00A Sunrise Circuit 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 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	28 6:00A Power Hour 9:30A Spinning	29 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A Yoga

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<b>MONDAY</b>	<b>7/31</b>	<b>7/3</b>	<b>7/10</b>	<b>7/17</b>	<b>7/24</b>
9:00 a.m. Spinning	Yvonne	Jen	Yvonne	Alex	Yvonne
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. Water Fitness	Donna	???	Kristin	Kristin	Kristin
6:00 p.m. Full Body & Core	Alexia	Alexia	Alexia	Alexia	Alexia
7:00 p.m. Hatha Yoga	Raluca	Raluca	Lisa	Raluca	Raluca
<b>TUESDAY</b>		<b>7/4</b>	<b>7/11</b>	<b>7/18</b>	<b>7/25</b>
6:00 a.m. Spinning			Cheryl	Jen	Cheryl
8:00 a.m. Yoga		<b>Club</b>	Lisa	Lisa	Lisa
8:30 a.m. Water Fitness		<b>is</b>	Amy	Amy	Amy
9:05 a.m. Pilates Mix		<b>Closed</b>	Lisa	Lisa	Lisa
6:00 p.m. Spinning		<b>Happy 4th</b>	Max	Alex	Alex
6:00 p.m. Pilates			Alexia	Alexia	Alexia
7:00 p.m. Zumba			Serita	Serita	Serita
<b>WEDNESDAY</b>		<b>7/5</b>	<b>7/12</b>	<b>7/19</b>	<b>7/26</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>7/6</b>	<b>7/13</b>	<b>7/20</b>	<b>7/27</b>
6:00 a.m. Spinning		Jen	Jen	Jen	Cheryl
8:00 a.m. Yoga		Lisa	Lisa	Lisa	Lisa
8:30 a.m. Water Fitness		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>
6:00 p.m. Spinning		Yvonne	Yvonne	Jen	Yvonne
7:00 p.m. Zumba		Serita	Serita	Serita	Serita
<b>FRIDAY</b>		<b>7/7</b>	<b>7/14</b>	<b>7/21</b>	<b>7/28</b>
6:00 a.m. Power Hour		Doug	Doug	Doug	Doug
9:30 a.m. Spinning		Yvonne	Yvonne	Yvonne	Yvonne
<b>SATURDAY</b>	<b>7/1</b>	<b>7/8</b>	<b>7/15</b>	<b>7/22</b>	<b>7/29</b>
8:30 a.m. Circuit or Tabata		Linda	Linda	Linda	Linda
8:45 a.m. Water Fitness	Donna	Donna	Donna	Donna	Donna
9:00 a.m. Spinning	Cheryl	Alex	Jen	Cheryl	Cheryl
10:00 a.m. Yoga (75 min) Upper	Raluca	Raluca	Raluca	Raluca	Raluca
<b>SUNDAY</b>	<b>7/2</b>	<b>7/9</b>	<b>7/16</b>	<b>7/23</b>	<b>7/30</b>
8:30 a.m. Spinning	Jen	Cheryl	Cheryl	Alex	Cheryl
9:00 a.m. Cardio Tennis FREE To Mem.	Grace	Grace	Grace	Grace	Grace
9:00 a.m. Mat Power Pilates 75 min) Inter/Adv	Donna	Donna	Donna	Donna	Donna