

August 2017 GroupFit Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Club Hours: Monday-Friday 5am-10pm Saturday & Sunday 7am-7pm Kids Club Hours: 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 6:00A Spinning 8:00A Yoga	2 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	3 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	4 9:30A Spinning	5 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A Yoga		
		6 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	7 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	8 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	9 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	10 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	11 9:30A Spinning	12 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A Yoga
		13 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	14 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	15 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	16 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	17 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	18 9:30A Spinning	19 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A Yoga
		20 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	21 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	22 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	23 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	24 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	25 9:30A Spinning	26 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A Yoga
		27 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	28 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	29 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	30 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	31 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba		

August 2017 GroupFit Schedule

MONDAY		8/7	8/14	8/21	8/28
9:00 a.m. Spinning		Yvonne	Jen	Alex	Sam
5:30 p.m. Korean Karate (90 min. Fee)		Gordon	Gordon	Gordon	Gordon
6:00 p.m. Water Fitness		Kristin	Kristin	Kristin	Kristin
6:00 p.m. Full Body & Core		Alexia	Alexia	Alexia	Alexia
7:00 p.m. Hatha Yoga		Raluca	Raluca	Raluca	Raluca
TUESDAY	8/1	8/8	8/15	8/22	8/29
6:00 a.m. Spinning	Jen	Cheryl	Jen	Cheryl	Jen
8:00 a.m. Yoga	Lisa	Kathryn	Kathryn	Lisa	Lisa
8:30 a.m. Water Fitness		Amy	Amy	Amy	Amy
9:05 a.m. Pilates Mix	Lisa	Kathryn	Kathryn	Lisa	Lisa
6:00 p.m. Spinning	Alex	Max	Max	Jen	Max
6:00 p.m. Pilates	Alexia	Alexia	Alexia	Alexia	Alexia
7:00 p.m. Zumba	Serita	Serita	Serita	Serita	Serita
WEDNESDAY	8/2	8/9	8/16	8/23	8/30
6:00 a.m. Sunrise Circuit	Linda	Linda	Linda	Linda	Linda
10:00 a.m. Yoga	Raluca	Raluca	Lisa	Lisa	Lisa
6:00 p.m. Water Fitness	Debbie	Kristin	Debbie	Debbie	Debbie
6:00 p.m. Full Body & Core	Alexia	Alexia	Alexia	Alexia	Alexia
7:00 p.m. Vinyasa Yoga	Raluca	Raluca	Raluca	Raluca	Raluca
THURSDAY	8/3	8/10	8/17	8/24	8/31
6:00 a.m. Spinning	Jen	Jen	Cheryl	Jen	Jen
8:00 a.m. Yoga	Kathryn	Kathryn	Lisa	Lisa	Lisa
8:30 a.m. Water Fitness	Debbie	Kristin	Debbie	Debbie	Debbie
9:05 a.m. Pilates Mix	Donna	Donna	Lisa	Lisa	Lisa
5:30 p.m. Korean Karate (90 min. Fee)	Gordon	Gordon	Gordon	Gordon	Gordon
6:00 p.m. Spinning	Yvonne	Yvonne	Jen	Yvonne	Jen
7:00 p.m. Zumba	Serita	Serita	Serita	Serita	Serita
FRIDAY	8/4	8/11	8/18	8/25	
9:30 a.m. Spinning	Alex	Yvonne	Yvonne	Yvonne	
SATURDAY	8/5	8/12	8/19	8/26	
8:30 a.m. Circuit or Tabata	Alex	Linda	Linda	Linda	
8:45 a.m. Water Fitness	Donna	Donna	Donna	Donna	
9:00 a.m. Spinning	Cheryl	Renee	Cheryl	Renee	
10:00 a.m. Yoga (75 min) Upper	Raluca	Raluca	Raluca	Raluca	
SUNDAY	8/6	8/13	8/20	8/27	
8:30 a.m. Spinning	Cheryl	Cheryl	Jen	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	Donna	