

# September 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 9:30A Spinning	2 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A Yoga
3 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	4  <b>CLUB IS CLOSED</b>  <b>HAPPY LABOR DAY</b>	5 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	6 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	7 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	8 9:30A Spinning	9 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A Yoga
10 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	11 6:00A Circuit 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	12 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	13 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	14 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	15 9:30A Spinning	16 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A Yoga
17 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	18 6:00A Circuit 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	19 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	20 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	21 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	22 9:30A Spinning	23 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A Yoga
24 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	25 6:00A Circuit 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	26 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	27 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	28 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	29 9:30A Spinning	30 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A Yoga

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