

October 2017 GroupFit Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	2 6:00A Sunrise Circuit 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	3 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	4 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	5 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	6 6:00A Sunrise Circuit 9:30A Spinning	7 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A Yoga
8 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	9 6:00A Sunrise Circuit 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	10 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	11 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	12 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	13 6:00A Sunrise Circuit 9:30A Spinning	14 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A Yoga
15 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	16 6:00A Sunrise Circuit 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	17 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	18 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	19 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	20 6:00A Sunrise Circuit 9:30A Spinning	21 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A Yoga
22 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	23 6:00A Sunrise Circuit 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	24 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	25 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	26 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	27 6:00A Sunrise Circuit 9:30A Spinning	28 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:00A Yoga
29 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	30 6:00A Sunrise Circuit 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:30P Core Galore 7:00P Hatha Yoga	31 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba Happy Halloween!	<p>Club Hours: Monday-Friday 5am-10pm Saturday & Sunday 7am-7pm</p> <p>Kids Club Hours: 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>			

October 2017 GroupFit Schedule

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