

December 2017 GroupFit Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Group Fitness Classes Canceled 9:00A Cardio Tennis New Year's Eve Club Closes @ 1:00 PM	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 Sunrise Circuit 9:30A Spinning	2 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
3 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	4 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	5 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Pilates 6:00P Spinning 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 6:00A Sunrise Circuit 9:30A Spinning	9 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
10 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	11 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	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 6:00A Sunrise Circuit 9:30A Spinning	16 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
17 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	18 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	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 6:00A Sunrise Circuit 9:30A Spinning	23 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
24 All Classes Canceled Christmas Eve Club Closes @ 1:00 PM	25 Merry Christmas Club is Closed	26 Morning classes Canceled 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 6:00A Sunrise Circuit 9:30A Spinning	30 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga

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