

# January 2018 GroupFit Schedule

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

# January 2018 GroupFit Schedule

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