

February 2018 GroupFit Schedule

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

February 2018 GroupFit Schedule

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