

# August 2018 GroupFit Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Club Hours:</b> Monday-Friday 5am-10pm Saturday & Sunday 7am-7pm  <b>Kids Club Hours:</b> Monday -Saturday 8:30am-12pm Monday - Thursday 5pm-8:00pm  <b>S1- Studio One Schedule (fee)</b> 1 Free class for DRHC Members sign in at <a href="http://www.karatorres.com">www.karatorres.com</a> or at the front desk			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# August 2018 GroupFit Instructor Schedule

<b>MONDAY</b>		<b>8/6</b>	<b>8/13</b>	<b>8/20</b>	<b>8/27</b>
S1-5:45 a.m. Early Risers Bootcamp (fee)		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
9:00 a.m. Spinning		Alex	Alex	Alex	Alex
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. Water Fitness		Wilma	Kristin	Kristin	Kristin
6:00 p.m. Full Body & Core		Alexia	Alexia	Alexia	Alexia
7:00 p.m. Hatha Yoga		Raluca	Raluca	Raluca	Lisa
<b>TUESDAY</b>		<b>8/7</b>	<b>8/14</b>	<b>8/21</b>	<b>8/28</b>
6:00 a.m. Spinning		Cheryl	Cheryl	Cheryl	Cheryl
8:00 a.m. Yoga		Kathryn	Lisa	Lisa	Lisa
8:30 a.m. Water Fitness		Wilma	Wilma	Wilma	Wilma
9:05 a.m. Pilates Mix		Alexia	Lisa	Lisa	Lisa
6:00 p.m. Spinning		Erin	Jen	Jen	Jen
6:00 p.m. Pilates		Alexia	Alexia	Alexia	Alexia
7:00 p.m. Zumba		Serita	Serita	Serita	Serita
<b>WEDNESDAY</b>	<b>8/1</b>	<b>8/8</b>	<b>8/15</b>	<b>8/22</b>	<b>8/29</b>
S1-5:45 a.m. Early Risers Bootcamp (fee)	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
6:00 a.m. Sunrise Circuit	Kelly	Linda	Linda	Linda	Linda
S1-9:00 a.m. Barre-Pilates Burn (fee)	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
10:00 a.m. Yoga	Lisa	Donna	Lisa	Lisa	Lisa
6:00 p.m. Water Fitness	Cancelled	Debbie	Debbie	Debbie	Debbie
6:00 p.m. Full Body & Core	Alexia	Alexia	Alexia	Alexia	Alexia
S1-6:15 p.m. H.I.I.T (fee)	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
7:00 p.m. Vinyasa Yoga	Raluca	Raluca	Raluca	Cheryl	Raluca
<b>THURSDAY</b>	<b>8/2</b>	<b>8/9</b>	<b>8/16</b>	<b>8/23</b>	<b>8/30</b>
6:00 a.m. Spinning	Jen	Erin	Jen	Erin	Jen
8:00 a.m. Yoga	Kathryn	Lisa	Lisa	Lisa	Lisa
8:30 a.m. Water Fitness	Donna	Debbie	Debbie	Debbie	Debbie
S1-9:00 a.m. Total Body Conditioning (fee)	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
9:05 a.m. Pilates Mix	Alexia	Alexia	Alexia	Alexia	Alexia
5:30 p.m. Korean Karate (90 min. fee)	<b>Gordon</b>	<b>Gordon</b>	<b>Gordon</b>	<b>Gordon</b>	<b>Gordon</b>
S1-5:30 p.m. Contact Boxing Bootcamp (fee)	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
6:00 p.m. Spinning	Erin	Erin	Erin	Jen	Erin
7:00 p.m. Zumba	Serita	Serita	Serita	Serita	Serita
<b>FRIDAY</b>	<b>8/3</b>	<b>8/10</b>	<b>8/17</b>	<b>8/24</b>	<b>8/31</b>
S1-5:45 a.m. Early Risers Bootcamp (fee)	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
9:30 a.m. Spinning	Jill	Jill	Jill	Jill	Jill
S1-10:00 a.m. Contact (fee)	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
<b>SATURDAY</b>	<b>8/4</b>	<b>8/11</b>	<b>8/18</b>	<b>8/25</b>	
8:30 a.m. Circuit or Tabata	Max	Linda	Alex	Linda	
8:45 a.m. Water Fitness	Donna	Donna	Kristin	Donna	
9:00 a.m. Spinning	Yvonne	Jen	Jen	Jen	
S1-9:00 a.m. Circuit Bootcamp (fee)	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	
10:15 a.m. Yoga (75 min) Upper	Raluca	Raluca	Raluca	Lisa	
<b>SUNDAY</b>	<b>8/5</b>	<b>8/12</b>	<b>8/19</b>	<b>8/26</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	Lisa	Donna	