

# December 2018 GroupFit Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 9:00A Cardio Tennis 9:00A Mat Power Pilates	31  <b>New Year's Eve Club Closes @ 1pm</b>  <b>No GroupFitness Classes</b>	<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 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
2 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	3 S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 6:00P Zumba \$5 drop in 7:00P Hatha Yoga	4 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Pilates 6:00P Spinning 7:15P Total Body (fee)	5 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit S1-9:00A Barre-Pilates Burn (fee) 10:00A Yoga 6:00P Water Fitness 6:00P Full Body S1-6:15P H.I.I.T (fee) 6:30P Core Galore 7:00P Vinyasa Yoga	6 6:00A Spinning 8:00A Yoga 8:30A Water Fitness S1-9:00A Total Body Conditioning (fee) 9:05A Pilates Mix 5:30P Karate (fee) S1-5:30P Contact Boxing Bootcamp (fee) 6:00P Spinning 7:00P Zumba \$5 drop in	7 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	8 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
9 9:00A Cardio Tennis 9:00A Mat Power Pilates	10 S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 6:00P Zumba \$5 drop in 7:00P Hatha Yoga	11 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:15P Total Body (fee)	12 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit S1-9:00A Barre-Pilates Burn (fee) 10:00A Yoga 6:00P Water Fitness 6:00P Full Body S1-6:15P H.I.I.T (fee) 6:30P Core Galore 7:00P Vinyasa Yoga	13 6:00A Spinning 8:00A Yoga 8:30A Water Fitness S1-9:00A Total Body Conditioning (fee) 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba \$5 drop in	14 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	15 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga
16 8:30 am Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	17 S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 6:00P Zumba \$5 drop in 7:00P Hatha Yoga	18 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:15P Total Body (fee)	19 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit S1-9:00A Barre-Pilates Burn (fee) 10:00A Yoga 6:00P Water Fitness 6:00P Full Body S1-6:15P H.I.I.T (fee) 6:30P Core Galore 7:00P Vinyasa Yoga	20 6:00A Spinning 8:00A Yoga 8:30A Water Fitness S1-9:00A Total Body Conditioning (fee) 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba \$5 drop in	21 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	22 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
23 9:00A Cardio Tennis 9:00A Mat Power Pilates	24  <b>Christmas Eve Club Closes @ 1pm</b>  <b>No Group fitness Classes</b>	25  <b>The DRHC Wishes Everyone a Very Merry Christmas</b>  <b>The Club is Closed</b>	26  <b>No Morning Group Fitness Classes</b>  6:00P Water Fitness 6:00P Full Body  6:30P Core Galore 7:00P Vinyasa Yoga	27 6:00A Spinning 8:00A Yoga 8:30A Water Fitness S1-9:00A Total Body Conditioning (fee) 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba \$5 drop in	28 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	29 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga

# December 2018 GroupFit Instructor Schedule

<b>MONDAY</b>	<b>12/31</b>	<b>12/3</b>	<b>12/10</b>	<b>12/17</b>	<b>12/24</b>
S1-5:45 a.m. Early Risers Bootcamp (fee)		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	
9:00 a.m. Spinning <b>(GREEN)</b>	<b>New</b>	Alex	Alex	Alex	<b>Christmas</b>
5:30 p.m. Korean Karate (90 min. fee)	<b>Year's Eve</b>	<b>Gordon</b>	<b>Gordon</b>	<b>Gordon</b>	<b>Eve</b>
6:00 p.m. Water Fitness <b>(YELLOW)</b>		Kristin	Kristin	Kristin	
6:00 p.m. Full Body & Core <b>(GREEN)</b>	<b>No Group</b>	Alexia	Alexia	Alexia	<b>No Group</b>
6:00 Zumba (fee)	<b>FitnessClasses</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Fitness Classes</b>
7:00 p.m. Hatha Yoga <b>(GREEN)</b>		Raluca	Raluca	Raluca	
<b>TUESDAY</b>		<b>12/4</b>	<b>12/11</b>	<b>12/18</b>	<b>12/25</b>
6:00 a.m. Spinning <b>(GREEN)</b>		Cheryl	Erin	Cheryl	
8:00 a.m. Yoga <b>(GREEN)</b>		Lisa	Lisa	Lisa	<b>Merry</b>
8:30 a.m. Water Fitness <b>(RED)</b>		Wilma	Wilma	Wilma	<b>Christmas</b>
9:05 a.m. Pilates Mix <b>(GREEN)</b>		Lisa	Lisa	Lisa	<b>Club</b>
6:00 p.m. Spinning <b>(Yellow)</b>		Jen	Jen	Jen	<b>Closed</b>
6:00 p.m. Pilates <b>(YELLOW)</b>		Alexia	Alexia	Alexia	
7:15 p.m. Total Body (fee)		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	
<b>WEDNESDAY</b>		<b>12/5</b>	<b>12/12</b>	<b>12/19</b>	<b>12/26</b>
S1-5:45 a.m. Early Risers Bootcamp (fee)		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	
6:00 a.m. Sunrise Circuit <b>(GREEN)</b>		Linda	Linda	Linda	
S1-9:00 a.m. Barre-Pilates Burn (fee)		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	
10:00 a.m. Yoga <b>(GREEN)</b>		Lisa	Lisa	Lisa	
6:00 p.m. Water Fitness <b>(RED)</b>		Debbie	Debbie	Debbie	Debbie
6:00 p.m. Full Body & Core <b>(GREEN)</b>		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>
7:00 p.m. Vinyasa Yoga <b>(GREEN)</b>		Raluca	Raluca	Raluca	Raluca
<b>THURSDAY</b>		<b>12/6</b>	<b>12/13</b>	<b>12/20</b>	<b>12/27</b>
6:00 a.m. Spinning <b>(GREEN)</b>		Jen	Jen	Erin	Jen
8:00 a.m. Yoga <b>(GREEN)</b>		Lisa	Lisa	Lisa	Lisa
8:30 a.m. Water Fitness <b>(YELLOW)</b>		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>
9:05 a.m. Pilates Mix <b>(YELLOW)</b>		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>
S1-5:30 p.m. Contact Boxing Bootcamp (fee)		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
6:00 p.m. Spinning <b>(YELLOW)</b>		Erin	Erin	Erin	Erin
7:00 p.m. Zumba (fee)		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	Kara
<b>FRIDAY</b>		<b>12/7</b>	<b>12/14</b>	<b>12/21</b>	<b>12/28</b>
5:45 a.m. Sunrise Circuit <b>(GREEN)</b>		Kellie	Kellie	Kellie	Kellie
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 <b>(YELLOW)</b>		Jill	Jill	Jill	Jill
S1-10:00 a.m. Contact (fee)		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
<b>SATURDAY</b>	<b>12/1</b>	<b>12/8</b>	<b>12/15</b>	<b>12/22</b>	<b>12/29</b>
8:30 a.m. Circuit or Tabata <b>(GREEN)</b>	Linda	Linda	Linda	Linda	Linda
8:45 a.m. Water Fitness <b>(GREEN)</b>	Donna	Donna	Donna	Donna	Donna
9:00 a.m Spinning <b>(YELLOW)</b>	Jen	Jen	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 <b>(GREEN)</b>	Raluca	Raluca	Raluca	Raluca	Lisa
<b>SUNDAY</b>	<b>12/2</b>	<b>12/9</b>	<b>12/16</b>	<b>12/23</b>	<b>12/30</b>
8:30 a.m. Spinning <b>(YELLOW)</b>	Cheryl		Max		
9:00 a.m. Cardio Tennis FREE To Mem.	Francisco	Francisco	Francisco	Francisco	Francisco
9:00 a.m. Mat Power Pilates 75 min) Inter/Adv <b>(YELLOW)</b>	Donna	Donna	Donna	Donna	Donna