

Cardio/Strength and Cycling June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Please note that the Barre Mix class on Sunday and the Tabata class on Wednesday mornings are taking a break for the Summer*</p>				<p>1</p> <p>5:45 Lift & Pump <u>Melissa A</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Amanda</u> 8:30 Str. Ride <u>Ginger</u> 9:30 Step <u>Lise</u> 10:30 Fit for Life <u>Billie</u> 11:00 Senior Wellness <u>Billie</u> 4:30 Muscle Mix <u>Iris</u> 5:30 Zumba <u>Katelyn</u> 6:30 HEAT <u>Maria</u></p>	<p>2</p> <p>5:45 End. Ride <u>Mark</u> 5:45 BCamp(LH) <u>Telev</u> 8:30 Fit For Life <u>Cathy</u> 9:30 Int. Ride <u>Ginger</u> 9:30 CardioBox <u>Amanda</u> 10:30 Lift&Pump <u>Amanda</u> 4:45 Variety Friday Zumba <u>Katelyn</u></p>	<p>3</p> <p>8:30 BARRE <u>Sheree</u> 8:30 Choice Ride <u>Donna</u> 9:30 Muscle Mix <u>Donna</u> 11:00 Senior Wellness <u>Ana</u></p>
<p>4</p> <p>1:30 Step & Shape <u>Maria</u></p>	<p>5</p> <p>5:45 BCamp(LH) <u>Telev</u> 8:30 Fit for Life <u>Cathy</u> 9:30 CardioBox <u>Amanda</u> 10:30 Lift & Pump <u>Amanda</u> 4:30 Step <u>Jenn</u> 5:30 Muscle Mix <u>Donna</u> 6:00 BCamp(GH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u></p>	<p>6</p> <p>5:45 Int. Ride <u>Mark</u> 8:30 BCamp(Y) <u>Amanda</u> 8:30 LI Intervals <u>Billie</u> 9:30 TRX (WR) <u>Amanda</u> 9:30 End. Ride <u>Rick</u> 11:00 Senior W. <u>Wen</u> 12:05 Step&Shape <u>Lise</u> 4:30 Lift & Pump <u>CathyT</u> 5:3 Barre <u>Melissa A.</u> 6:30 HEAT <u>Melissa A.</u></p>	<p>7</p> <p>5:45 Insanity <u>Melissa A.</u> 7:30 Fusion Fit <u>Ginger</u> 8:30 Zumba <u>Stacy</u> 9:30 Muscle Mix <u>Amanda</u> 4:30 Step&Shape <u>Lise</u> 4:30 End. Ride <u>Donna</u> 5:30 Zumba <u>Katelyn</u> 6:00 BCamp(LH) <u>Myron</u></p>	<p>8</p> <p>5:45 Tabata <u>Melissa A</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Amanda</u> 8:30 Str. Ride <u>Ginger</u> 9:30 Zumba <u>Stacy</u> 10:30 Fit for Life <u>Cathy</u> 11:00 Senior Wellness <u>Cathy</u> 4:30 Muscle Mix <u>Donna</u> 5:30 Zumba <u>Melissa S.</u> 6:30 HEAT <u>Maria</u></p>	<p>9</p> <p>5:45 Str. Ride <u>Mark</u> 5:45 BCamp(LH) <u>Telev</u> 8:30 Fit For Life <u>Billie</u> 9:30 Int. Ride <u>Amanda</u> 9:30 TurboKick <u>Stacy</u> 10:30 Lift&Pump <u>Amanda</u> 4:45 Variety Friday Zumba <u>Katelyn</u></p>	<p>10</p> <p>8:30 BARRE <u>Cathy T.</u> 8:30 Choice Ride <u>Iris</u> 9:30 Muscle Mix <u>Iris</u> 11:00 Senior Wellness <u>Ana</u></p>
<p>11</p> <p>1:30 Step & Shape <u>Iris</u></p>	<p>12</p> <p>5:45 BCamp(LH) <u>Telev</u> 8:30 Fit for Life <u>Cathy</u> 9:30 TurboKick <u>Stacy</u> 10:30 Lift & Pump <u>Amanda</u> 4:30 Step <u>Lise</u> 5:30 Muscle Mix <u>Donna</u> 6:00 BCamp(GH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u></p>	<p>13</p> <p>5:45 End. Ride <u>Lisa</u> 8:30 BCamp(Y) <u>Amanda</u> 8:30 LI Intervals <u>Cathy</u> 9:30 TRX (WR) <u>Amanda</u> 9:30 End. Ride <u>Rick</u> 11:00 Senior Wellness <u>Wendy</u> 12:05 Step&Shape <u>Lise</u> 4:30 Lift&Pump <u>CathyT.</u> 5:30 Barre <u>Melissa A.</u> 6:30 HEAT <u>Maria</u></p>	<p>14</p> <p>5:45 Insanity <u>Lisa</u> 7:30 Fusion Fit <u>Sheree</u> 8:30 Zumba <u>Stacy</u> 9:30 Muscle Mix <u>Amanda</u> 4:30 Step&Shape <u>Jenn</u> 4:30 Choice Ride <u>Donna</u> 5:30 Zumba <u>Melissa S.</u> 6:00 BCamp(LH) <u>Myron</u></p>	<p>15</p> <p>5:45 Lift & Pump <u>Lisa</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Amanda</u> 8:30 Choice Ride <u>Iris</u> 9:30 Zumba <u>Stacy</u> 10:30 Fit for Life <u>Cathy</u> 11:00 Senior Wellness <u>Cathy</u> 4:30 Muscle Mix <u>Jenn</u> 5:30 Zumba <u>Melissa S.</u> 6:30 HEAT <u>Maria</u></p>	<p>16</p> <p>5:45 Interval Ride <u>Mark</u> 5:45 BCamp(LH) <u>Lisa</u> 8:30 Fit for Life <u>Cathy</u> 9:30 End. Ride <u>Rick</u> 9:30 CardioBox <u>Amanda</u> 10:30 Lift & Pump <u>Amanda</u> 4:45 Variety Friday Spin & Core <u>CathyT.</u></p>	<p>17</p> <p>8:30 BARRE <u>Sheree</u> 8:30 Choice Ride <u>Wendy</u> 9:30 Lift & Pump <u>Maria</u> 11:00 Senior Wellness <u>Avis</u></p>
<p>18</p> <p>1:30 Step & Shape <u>Lisa</u></p>	<p>19</p> <p>5:45 BCamp(LH) <u>Telev</u> 8:30 Fit For Life <u>Billie</u> 9:30 CardioBox <u>Amanda</u> 10:30 Lift & Pump <u>Amanda</u> 4:30 Step <u>Jenn</u> 5:30 Muscle Mix <u>Donna</u> 6:00 BCamp(GH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u></p>	<p>20</p> <p>5:45 Str. Ride <u>Lisa</u> 8:30 BCamp(Y) <u>Amanda</u> 8:30 LI Intervals <u>Cathy</u> 9:30 TRX (WR) <u>Amanda</u> 9:30 Str. Ride <u>Rick</u> 11:00 Senior Wellness <u>Wendy</u> 12:05 Step&Shape <u>Iris</u> 4:30 Lift&Pump <u>CathyT.</u> 5:30 Barre <u>Melissa A.</u> 6:30 HEAT <u>Maria</u></p>	<p>21</p> <p>5:45 Insanity <u>Melissa A.</u> 7:30 Fusion Fit <u>Sheree</u> 8:30 Zumba <u>Stacy</u> 9:30 Muscle Mix <u>Amanda</u> 4:30 Step&Shape <u>Jenn</u> 4:30 Strength Ride <u>CathyT</u> 5:30 Zumba <u>Maria</u> 6:00 BCamp(LH) <u>Myron</u></p>	<p>22</p> <p>5:45 Tabata <u>Melissa A</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Amanda</u> 8:30 Choice Ride <u>Iris</u> 9:30 Zumba <u>Stacy</u> 10:30 Fit for Life <u>Cathy</u> 11:00 Senior Wellness <u>Cathy</u> 4:30 Muscle Mix <u>Donna</u> 5:30 Zumba <u>Katelyn</u> 6:30 HEAT <u>Maria</u></p>	<p>23</p> <p>5:45 Choice. Ride <u>Lisa</u> 5:45 BCamp(LH) <u>Telev</u> 8:30 Fit for Life <u>Cathy</u> 9:30 Int. Ride <u>Iris</u> 9:30 TurboKick <u>Stacy</u> 10:30 Lift & Pump <u>Iris</u> 4:45 Variety Friday Zumba <u>Katelyn</u></p>	<p>24</p> <p>8:30 BARRE <u>Melissa A</u> 8:30 Choice Ride <u>Lisa</u> 9:30 Lift & Pump <u>Melissa A.</u> 11:00 Senior Wellness <u>Cathy</u></p>
<p>25</p> <p>1:30 Step & Shape <u>Melissa S.</u></p>	<p>26</p> <p>5:45 BCamp(LH) <u>Telev</u> 8:30 Fit For Life <u>Avis</u> 9:30 TurboKick <u>Stacy</u> 10:30 Lift & Pump <u>Iris</u> 4:30 Step <u>Lise</u> 5:30 Muscle Mix <u>Lisa</u> 6:00 BCamp(GH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u></p>	<p>27</p> <p>5:45 End. Ride <u>Lisa</u> 8:30 BCamp(Y) <u>Wendy</u> 8:30 LI Intervals <u>Cathy</u> 9:30 TRX (WR) <u>No Class</u> 9:30 Int. Ride <u>Iris</u> 11:00 Senior Wellness <u>Cathy</u> 12:05 Step&Shape <u>Lise</u> 4:30 Lift&Pump <u>CathyT</u> 5:30 Piloxing Barre <u>Jenn</u> 6:30 HEAT <u>Maria</u></p>	<p>28</p> <p>5:45 Insanity <u>Lisa</u> 7:30 Fusion Fit <u>Sheree</u> 8:30 Zumba <u>TBD</u> 9:30 Muscle Mix <u>Tarenne</u> 4:30 Step&Shape <u>Iris</u> 4:30 Interval Ride <u>Donna</u> 5:30 Zumba <u>Katelyn</u> 6:00 BCamp(LH) <u>Myron</u></p>	<p>29.</p> <p>5:45 Lift & Pum <u>Melissa A.</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Wendy</u> 8:30 Str. Ride <u>Rick</u> 9:30 Step <u>Lise</u> 10:30 Fit for Life <u>Cathy</u> 11:00 Senior Wellness <u>Cathy</u> 4:30 Muscle Mix <u>Iris</u> 5:30 Zumba <u>Maria</u> 6:30 HEAT <u>Maria</u></p>	<p>30</p> <p>5:45 Int. Ride <u>Lisa</u> 5:45 BCamp(LH) <u>Telev</u> 8:30 Fit for Life <u>Cathy</u> 9:30 End. Ride <u>Iris</u> 9:30 Piloxing Barre <u>Jenn</u> 10:30 Lift & Pump <u>Jenn</u> 4:45 Variety Friday Spin & Core <u>CathyT.</u></p>	