

# Cardio/Strength and Cycling October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 1:30 Step & Shape <u>Avis</u>	<b>2</b> 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>Stacy</u> 4:30 Step <u>Iris</u> 5:30 Muscle Mix <u>Donna</u> 6:00 BCamp(GH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u>	<b>3</b> 5:45 Str. Ride <u>Mark</u> 8:30 BCamp(Y) <u>Myron</u> 8:30 LI Intervals <u>Cathy</u> 9:30 TRX (WR)* <u>NO Class</u> 9:30 Choice Ride <u>Ginger</u> 11:00 Senior Wellness <u>Cathy</u> 12:05 Step&Shape <u>Lise</u> 4:30 Lift&Pump <u>Jenn</u> 5:30 Piloxing Barre <u>Jenn</u> 6:30 HEAT <u>Maria</u>	<b>4</b> 5:45 Insanity <u>Melissa A.</u> 7:30 <b>Fusion Fit</b> <u>Sheree</u> 8:30 Zumba <u>Stacy</u> 9:30 Muscle Mix <u>Maria</u> 4:30 Step&Shape <u>Jenn</u> 4:30 Int. Ride <u>Donna</u> 5:30 Zumba <u>Maria</u> 6:00 BCamp(LH) <u>Myron</u>	<b>5</b> 5:45 Tabata <u>Lisa</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Sharyn</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>Iris</u> 5:30 Zumba <u>Melissa S.</u> 6:30 HEAT <u>Maria</u>	<b>6</b> 5:45 Int. Ride <u>Mark</u> 5:45 BCamp(LH) <u>Telev</u> 8:30 Fit For Life <u>Cathy</u> 9:30 Int. Ride <u>Sharyn</u> 9:30 TurboKick <u>Stacy</u> 10:30 Lift&Pump <u>Sharyn</u> 4:45 Variety Friday Zumba <u>Katelyn</u>	<b>7</b> 8:30 BARRE <u>Melissa A</u> 8:30 Choice Ride <u>Lisa</u> 9:30 Muscle Mix <u>Melissa A.</u> 11:00 Senior Wellness <u>Cathy</u>
<b>8</b> 1:30 Step & Shape <u>Lisa</u>	<b>9</b> 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>Stacy</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>	<b>10</b> 5:45 End. Ride <u>Mark</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 LI Intervals <u>Billie</u> 9:30 TRX (WR) <u>Sharyn</u> 9:30 End. Ride <u>Wendy</u> 11:00 Senior Wellness <u>Wendy</u> 12:05 Step&Shape <u>Lise</u> 4:30 Lift&Pump <u>Jenn</u> 5:30 Barre <u>Melissa A.</u> 6:30 HEAT <u>Maria</u>	<b>11</b> 5:45 Insanity <u>Lisa</u> 7:30 <b>Fusion Fit</b> <u>Sheree</u> 8:30 Zumba <u>Sharyn</u> 9:30 Muscle Mix <u>Sharyn</u> 4:30 Step&Shape <u>Jenn</u> 4:30 End. Ride <u>Cathy T.</u> 5:30 Zumba <u>Maria</u> 6:00 BCamp(LH) <u>Myron</u>	<b>12</b> 5:45 Tabata <u>Lisa</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 Str. Ride <u>Wendy</u> 9:30 Zumba <u>Stacy</u> 10:30 Fit for Life <u>Wendy</u> 11:00 Senior Wellness <u>Wendy</u> 4:30 Muscle Mix <u>Iris</u> 5:30 Zumba <u>Katelyn</u> 6:30 HEAT <u>Maria</u>	<b>13</b> 5:45 Choice Ride <u>Mark</u> 5:45 BCamp(LH) <u>Telev</u> 8:30 Fit For Life <u>Sharyn</u> 9:30 Choice Ride <u>Sharyn</u> 9:30 TurboKick <u>Stacy</u> 10:30 Lift&Pump <u>Sharyn</u> 4:45 Variety Friday Zumba <u>Katelyn</u>	<b>14</b> 8:30 BARRE <u>Melissa A</u> 8:30 Choice Ride <u>Iris</u> 9:30 Muscle Mix <u>Iris</u> 11:00 Senior Wellness <u>Ana</u>
<b>15</b> 1:30 Step & Shape <u>Iris</u>	<b>16</b> 5:45 BCamp(LH) <u>Telev</u> 8:30 Fit for Life <u>Billie</u> 9:30 TurboKick <u>Stacy</u> 10:30 Lift & Pump <u>Stacy</u> 4:30 Step <u>Iris</u> 5:30 Muscle Mix <u>Donna</u> 6:00 BCamp(GH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u>	<b>17</b> 5:45 Str.. Ride <u>Lisa</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 LI Intervals <u>Cathy</u> 9:30 TRX (WR) <u>Sharyn</u> 9:30 Int. Ride <u>Ginger</u> 11:00 Senior Wellness <u>Cathy</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>	<b>18</b> 5:45 Insanity <u>Melissa A.</u> 7:30 <b>Fusion Fit</b> <u>Sheree</u> 8:30 Zumba <u>Sharyn</u> 9:30 Muscle Mix <u>Maria</u> 4:30 Step&Shape <u>Jenn</u> 4:30 Str. Ride <u>Donna</u> 5:30 Zumba <u>Katelyn</u> 6:00 BCamp(LH) <u>Myron</u>	<b>19</b> 5:45 Lift & Pump <u>Melissa A</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 End. Ride <u>Ginger</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>Katelyn</u> 6:30 HEAT <u>Maria</u>	<b>20</b> 5:45 Int. Ride <u>Mark</u> 5:45 BCamp(LH) <u>Lisa</u> 8:30 Fit for Life <u>Cathy</u> 9:30 Str. Ride <u>Rick</u> 9:30 TurboKick <u>Stacy</u> 10:30 Lift & Pump <u>Sharyn</u> 4:45 Variety Friday Spine & Core <u>CathyT</u>	<b>21</b> 8:30 BARRE <u>Sheree</u> 8:30 Choice Ride <u>Wendy</u> 9:30 Lift & Pump <u>Avis</u> 11:00 Senior Wellness <u>Avis</u>
<b>22</b> 1:30 Step & Shape <u>Melissa S.</u>	<b>23</b> 5:45 BCamp(LH) <u>Lisa</u> 8:30 Fit For Life <u>Billie</u> 9:30 TurboKick <u>Stacy</u> 10:30 Lift & Pump <u>Stacy</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>	<b>24</b> 5:45 End. Ride <u>Lisa</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 LI Intervals <u>Billie</u> 9:30 TRX (WR) <u>Sharyn</u> 9:30 Choice Ride <u>Rick</u> 11:00 Senior Wellness <u>Wendy</u> 12:05 Step&Shape <u>Stacy</u> 4:30 Lift&Pump <u>Iris</u> 5:30 Piloxing Barre <u>Jenn</u> 6:30 HEAT <u>Maria</u>	<b>25</b> 5:45 Insanity <u>Lisa</u> 7:30 <b>Fusion Fit</b> <u>Sheree</u> 8:30 Zumba <u>Stacy</u> 9:30 Muscle Mix <u>Maria</u> 4:30 Step&Shape <u>Jenn</u> 4:30 Choice Ride <u>CahtyT</u> 5:30 Zumba <u>Maria</u> 6:00 BCamp(LH) <u>Myron</u>	<b>26</b> 5:45 Tabata <u>Melissa A.</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 Int. Ride <u>Rick</u> 9:30 Zumba <u>Stacy</u> 10:30 Fit for Life <u>Wendy</u> 11:00 Senior Wellness <u>Wendy</u> 4:30 Muscle Mix <u>Jenn</u> 5:30 Zumba <u>Melissa S.</u> 6:30 HEAT <u>Maria</u>	<b>27</b> 5:45 Choice Ride <u>Mark</u> 5:45 BCamp(LH) <u>Telev</u> 8:30 Fit for Life <u>Sharyn</u> 9:30 End. Ride <u>Sharyn</u> 9:30 TurboKick <u>Stacy</u> 10:30 Lift & Pump <u>Jenn</u> 4:45 Variety Friday Spin & Core <u>Donna</u>	<b>28</b> 8:30 BARRE <u>Sheree</u> 8:30 Choice Ride <u>Donna</u> 9:30 Lift & Pump <u>Donna</u> 11:00 Senior Wellness <u>Ana</u>
<b>29</b> 1:30 Step & Shape <u>Maria</u>	<b>30</b> 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>Stacy</u> 4:30 Step <u>Iris</u> 5:30 Muscle Mix <u>Donna</u> 6:00 BCamp(GH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u>	<b>31</b> 5:45 Int. Ride <u>Mark</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 LI Intervals <u>Cathy</u> 9:30 TRX (WR) <u>Sharyn</u> 9:30 Str. Ride <u>Ginger</u> 11:00 Senior Wellness <u>Cathy</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>Melissa A.</u>				