


Cardio/Strength and Cycling December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>**Join us for our 2nd Annual Reindeer Games in place of our Boot Camp class on Dec. 21st at 8:30am in the gym! Join Sharyn and the rest of Santa's helpers getting ready for your Holiday workout!</p>	<p>1</p> <p>5:45 Str. Ride Lisa 5:45 BCamp(Y) Teley 8:30 Fit For Life Cathy 9:30 Str. Ride Ginger 9:30 Fusion Fit Sheree 10:30 Lift&Pump Sharyn 4:45 Variety Friday Spin & Core Cathy T.</p> <p>*Please note new class changes at 9:30am for this month! We will resume our normal schedule in Jan.! *</p>	<p>2</p> <p>8:30 BARRE Sheree 8:30 Choice Ride Jenn 9:30 Muscle Mix Iris 11:00 Senior Wellness Ana</p>
<p>3</p> <p>1:30 Step & Shape Avis</p>	<p>4</p> <p>5:45 BCam(Y) Teley 8:30 Fit for Life Cathy 9:30 CardioBox Avis 10:30 Lift & Pump Avis 4:30 Step Iris 5:30 Muscle Mix Lisa 6:00 BCamp(LH) Myron 6:30 Zumba Melissa S.</p>	<p>5</p> <p>5:45 End. Ride Mark 8:30 BCamp(Y) Sharyn 8:30 LI Intervals Cathy 9:30 TRX (WR) Sharyn 9:30 Int. Ride Ginger 11:00 Senior Wellness Wendy 12:05 Step&Shape No Class 4:30 Lift&Pump Jenn 5:30 Piloxing Barre Jenn 6:30 HEAT Maria</p>	<p>6</p> <p>5:45 Insanity Lisa 7:30 Fusion Fit Ginger 8:30 Zumba Maria 9:30 Muscle Mix Maria 4:30 Step&Shape Jenn 4:30 Str. Ride Sharyn 5:30 Zumba Maria 6:00 BCamp(LH) Myron</p>	<p>7</p> <p>5:45 Lift & Pump Melissa A 8:30 BARRE Sheree 8:30 BCamp(Y) Sharyn 8:30 End. Ride Rick 9:30 Step Lise 10:30 Fit for Life Cathy 11:00 Senior Wellness Cathy 4:30 Muscle Mix Jenn 5:30 Zumba Katelyn 6:30 HEAT Maria</p>	<p>8</p> <p>5:45 Int. Ride Lisa 5:45 BCamp(Y) Teley 8:30 Fit For Life Billie 9:30 Choice Ride Sharyn 9:30 Piloxing Barre Jenn 10:30 Lift&Pump Jenn 4:45 Variety Friday Zumba Katelyn</p>	<p>9</p> <p>8:30 BARRE Melissa A 8:30 Choice Ride Iris 9:30 Muscle Mix Iris 11:00 Senior Wellness Cathy</p>
<p>10</p> <p>1:30 Step & Shape Iris</p>	<p>11</p> <p>5:45 BCam(Y) Lisa 8:30 Fit for Life Billie 9:30 CardioBox Avis 10:30 Lift & Pump Avis 4:30 Step Iris 5:30 Muscle Mix Donna 6:00 BCamp(LH) Myron 6:30 Zumba Melissa S.</p>	<p>12</p> <p>5:45 Choice Ride Mark 8:30 BCamp(Y) Sharyn 8:30 LI Intervals Cathy 9:30 TRX (WR) Sharyn 9:30 Str. Ride Wendy 11:00 Senior Wellness Wendy 12:05 Step&Shape Lise 4:30 Lift&Pump Iris 5:30 Piloxing Barre Jenn 6:30 HEAT Maria</p>	<p>13</p> <p>5:45 Insanity Melissa A. 7:30 Fusion Fit Sheree 8:30 Zumba Sharyn 9:30 Muscle Mix TBD 4:30 Step&Shape Jenn 4:30 Choice Ride Donna 5:30 Zumba Katelyn 6:00 BCamp(LH) Myron</p>	<p>14</p> <p>5:45 Tabata Lisa 8:30 BARRE Sheree 8:30 BCamp(Y) Sharyn 8:30 Int. Ride Ginger 9:30 Step Lise 10:30 Fit for Life Cathy 11:00 Senior Wellness Cathy 4:30 Muscle Mix Donna 5:30 Zumba Katelyn 6:30 HEAT Melissa A.</p>	<p>15</p> <p>5:45 Str. Ride Mark 5:45 BCamp(Y) Lisa 8:30 Fit for Life Cathy 9:30 End. Ride Sharyn 9:30 Tabata Ginger 10:30 Lift & Pump Sharyn 4:45 Variety Friday Spine & Core Cathy T</p>	<p>16</p> <p>8:30 BARRE Sheree 8:30 Choice Ride Wendy 9:30 Lift & Pump Maria 11:00 Senior Wellness Ana</p>
<p>17</p> <p>1:30 Step & Shape Lisa</p>	<p>18</p> <p>5:45 BCamp(Y) Teley 8:30 Fit For Life Cathy 9:30 CardioBox Avis 10:30 Lift & Pump Avis 4:30 Step Iris 5:30 Muscle Mix Donna 6:00 BCamp(LH) Myron 6:30 Zumba Melissa S.</p>	<p>19</p> <p>5:45 End. Ride Mark 8:30 BCamp(Y) Sharyn 8:30 LI Intervals Cathy 9:30 TRX (WR) Sharyn 9:30 Choice Ride Rick 11:00 Senior Wellness Wendy 12:05 Step&Shape Lise 4:30 Lift&Pump Iris 5:30 Piloxing Barre Jenn 6:30 HEAT Maria</p>	<p>20</p> <p>5:45 Insanity Lisa 7:30 Fusion Fit Sheree 8:30 Zumba Maria 9:30 Muscle Mix TBD 4:30 Step&Shape Jenn 4:30 Int. Ride Donna 5:30 Zumba Maria 6:00 BCamp(LH) Myron</p>	<p>21</p> <p>5:45 Lift & Pump Lisa 8:30 BARRE Sheree 8:30 BCamp(Y) Sharyn 8:30 Str. Ride Rick 9:30 Step Iris 10:30 Fit for Life Billie 11:00 Senior Wellness Billie 4:30 Muscle Mix Donna 5:30 Zumba Maria 6:30 HEAT Maria</p>	<p>22</p> <p>5:45 Choice Ride Lisa 5:45 BCamp(Y) Teley 8:30 Fit for Life Cathy 9:30 Int. Ride Ginger 9:30 Piloxing Barre Jenn 10:30 Lift & Pump Jenn 4:45 Variety Friday Spin & Core Donna</p>	<p>23</p> <p>8:30 BARRE Sheree 8:30 Choice Ride Avis 9:30 Lift & Pump Avis 11:00 Senior Wellness Avis</p>
<p>24</p> <p>The Y is closed today for Christmas Eve.</p>	<p>25</p> <p>The Y is closed today for Christmas!</p> <div style="text-align: center;">  <p>Merry Christmas</p> </div>	<p>26</p> <p>There are no group fitness classes today.</p>	<p>27</p> <p>5:45 Insanity Melissa A. 7:30 Fusion Fit Sheree 8:30 Zumba Maria 9:30 Muscle Mix Maria 4:30 Step&Shape TBD 4:30 End. Ride Donna 5:30 Zumba Maria 6:00 BCamp(LH) Myron</p>	<p>28</p> <p>5:45 Tabata Lisa 8:30 BARRE Sheree 8:30 Reindeer Games! Sharyn 8:30 End. Ride Ginger 9:30 Zumba Melissa A. 10:30 Fit for Life Cathy 11:00 Senior Wellness Cathy 4:30 Muscle Mix Donna 5:30 Zumba Maria 6:30 HEAT Maria</p>	<p>29</p> <p>5:45 End. Ride Mark 5:45 BCamp(Y) Teley 8:30 Fit for Life Cathy 9:30 Str. Ride Sharyn 9:30 Zumba Melissa A. 10:30 Lift & Pump Sharyn 4:45 Variety Friday Spine & Core Cathy T</p>	<p>30</p> <p>8:30 BARRE Melissa A 8:30 Choice Ride Donna 9:30 Lift & Pump Donna 11:00 Senior Wellness Ana</p>
<p>31</p> <p>1:30 Step & Shape Iris</p>						

