

Cardio/Strength and Cycling February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Check out our POUND sampler class on Feb. 3rd (Sat) at 10:30am and Feb. 11th (Sun.) at 2:30pm! These two sampler classes will be a 30-minute Sampler.</p>			<p>*Try out the TRX class on Feb. 7th at 5:30pm held in the weight room downstairs. TRX is a great method of strength training using your core all the time!</p>	<p>1 5:45 Tabata <u>Lisa</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 Choice Ride <u>Rick</u> 9:30 Zumba <u>Sharyn</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>TBD</u></p>	<p>2 5:45 Str. Ride <u>Mark</u> 5:45 BCamp(Y) <u>Lisa</u> 8:30 Fit For Life <u>Cathy</u> 9:30 Str. Ride <u>Sharyn</u> 9:30 *POUND* <u>Sheree</u> 10:30 Lift&Pump <u>Sharyn</u> 4:45 Variety Friday Spin & Core <u>Donna</u></p>	<p>3 8:30 BARRE <u>Melissa A</u> 8:30 Choice Ride <u>Donna</u> 9:30 Muscle Mix <u>Donna</u> 10:30 *Special POUND Sampler* 11:00 Senior Wellness <u>Cathy</u></p>
<p>4 1:30 Step & Shape <u>Avis</u></p>	<p>5 5:45 BCamp(Y) <u>Teley</u> 8:30 Fit for Life <u>Cathy</u> 9:30 CardioBox <u>Avis</u> 10:30 Lift & Pump <u>Avis</u> 4:30 Step <u>Jenn</u> 5:30 Muscle Mix <u>Lisa</u> 6:00 BCamp(LH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u></p>	<p>6 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 End. Ride <u>Wen</u> 11:00 Senior Wellness <u>Sharyn</u> 12:05 Step&Shape <u>Lise</u> 4:30 Lift&Pump <u>Iris</u> 5:30 Barre <u>Melissa A.</u> 6:30 HEAT <u>Maria</u></p>	<p>7 5:45 Insanity <u>Lisa</u> 7:30 Fusion Fit <u>Sheree</u> 8:30 Zumba <u>Sharyn</u> 9:30 Muscle Mix <u>Cathy</u> 4:30 Step&Shape <u>Jenn</u> 4:30 Choice Ride <u>Sharyn</u> 5:30 Zumba <u>Maria</u> **TRX (WR) <u>Donna</u> 6:00 BCamp(LH) <u>Myron</u></p>	<p>8 5:45 Lift & Pump <u>Melissa A</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 Int. Ride <u>Wendy</u> 9:30 Step <u>Lise</u> 10:30 Fit for Life <u>Sharyn</u> 11:00 Senior Wellness <u>Sharyn</u> 4:30 Muscle Mix <u>Iris</u> 5:30 Zumba <u>Katelyn</u> 6:30 HEAT <u>Maria</u></p>	<p>9 5:45 Int. Ride <u>Lisa</u> 5:45 BCamp(Y) <u>Teley</u> 8:30 Fit For Life <u>Billie</u> 9:30 Choice Ride <u>Sharyn</u> 9:30 Piloxing Barre <u>Jenn</u> 10:30 Lift&Pump <u>Jenn</u> 4:45 Variety Friday Zumba <u>Katelyn</u></p>	<p>10 8:30 BARRE <u>Sheree</u> 8:30 Choice Ride <u>Wendy</u> 9:30 Muscle Mix <u>Avis</u> 11:00 Senior Wellness <u>Avis</u></p>
<p>11 1:30 Step & Shape <u>Maria</u> 2:30 *Special POUND Sampler* <u>Y instructors</u></p>	<p>12 5:45 BCamp(Y) <u>Lisa</u> 8:30 Fit for Life <u>Billie</u> 9:30 CardioBox <u>Avis</u> 10:30 Lift & Pump <u>Avis</u> 4:30 Step <u>Iris</u> 5:30 Muscle Mix <u>Donna</u> 6:00 BCamp(LH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u></p>	<p>13 5:45 Choice 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 Str. Ride <u>Wendy</u> 11:00 Senior Wellness <u>Wendy</u> 12:05 Step&Shape <u>Lise</u> 4:30 Lift&Pump <u>Iris</u> 5:30 Barre <u>Melissa A.</u> 6:30 HEAT <u>Maria</u></p>	<p>14 5:45 *POUND* <u>Melissa A.</u> 7:30 Fusion Fit <u>Cathy</u> 8:30 Zumba <u>Stacy</u> 9:30 Muscle Mix <u>Stacy</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></p>	<p>15 5:45 Tabata <u>Melissa A.</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Myron</u> 8:30 End. Ride <u>Wendy</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>Jenn</u> 5:30 Zumba <u>Maria</u> 6:30 *POUND* <u>Maria</u></p>	<p>16 5:45 Str. Ride <u>Lisa</u> 5:45 BCamp(Y) <u>Teley</u> 8:30 Fit for Life <u>Avis</u> 9:30 Int. Ride <u>Wendy</u> 9:30 *POUND* <u>Sheree</u> 10:30 Lift & Pump <u>TBD</u> 4:45 Variety Friday Spine & Core <u>Donna</u></p>	<p>17 8:30 BARRE <u>Sheree</u> 8:30 Choice Ride <u>Iris</u> 9:30 Lift & Pump <u>Iris</u> 11:00 Senior Wellness <u>Ana</u></p>
<p>18 1:30 Step & Shape <u>Iris</u></p>	<p>19 5:45 BCamp(Y) <u>Teley</u> 8:30 Fit For Life <u>Cathy</u> 9:30 CardioBox <u>Avis</u> 10:30 Lift & Pump <u>Avis</u> 4:30 Step <u>Iris</u> 5:30 Muscle Mix <u>Lisa</u> 6:00 BCamp(LH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u></p>	<p>20 5:45 End. 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 Choice Ride <u>Rick</u> 11:00 Senior Wellness <u>Sharyn</u> 12:05 Step&Shape <u>TBD</u> 4:30 Lift&Pump <u>Iris</u> 5:30 Barre <u>Melissa A.</u> 6:30 HEAT <u>Maria</u></p>	<p>21 5:45 Insanity <u>Melissa A.</u> 7:30 Fusion Fit <u>Sheree</u> 8:30 Zumba <u>Maria</u> 9:30 Muscle Mix <u>Maria</u> 4:30 Step&Shape <u>Jenn</u> 4:30 Str. Ride <u>Sharyn</u> 5:30 Zumba <u>Katelyn</u> 6:00 BCamp(LH) <u>Myron</u></p>	<p>22 5:45 Lift & Pump <u>Lisa</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 Str. Ride <u>Rick</u> 9:30 Zumba <u>Sharyn</u> 10:30 Fit for Life <u>Billie</u> 11:00 Senior Wellness <u>Billie</u> 4:30 Muscle Mix <u>Donna</u> 5:30 Zumba <u>Maria</u> 6:30 HEAT <u>Maria</u></p>	<p>23 5:45 Interval Ride <u>Mark</u> 5:45 BCamp(Y) <u>Lisa</u> 8:30 Fit for Life <u>Cathy</u> 9:30 End. Ride <u>Sharyn</u> 9:30 Piloxing Barre <u>Jenn</u> 10:30 Lift & Pump <u>Jenn</u> 4:45 Variety Friday Zumba <u>Katelyn</u></p>	<p>24 8:30 BARRE <u>Melissa A.</u> 8:30 Choice Ride <u>Wendy</u> 9:30 Lift & Pump <u>Maria</u> 11:00 Senior Wellness <u>TBD</u></p>
<p>25 1:30 Step & Shape <u>Melissa S.</u></p>	<p>26 5:45 BCamp(Y) <u>Teley</u> 8:30 Fit For Life <u>Cathy</u> 9:30 CardioBox <u>Avis</u> 10:30 Lift & Pump <u>Avis</u> 4:30 Step <u>Iris</u> 5:30 Muscle Mix <u>Donna</u> 6:00 BCamp(LH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u></p>	<p>27 5:45 Choice 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 Interval Ride <u>Rick</u> 11:00 Senior Wellness <u>Sharyn</u> 12:05 Step&Shape <u>Lise</u> 4:30 Lift&Pump <u>Iris</u> 5:30 Piloxing Barre <u>Jenn</u> 6:30 HEAT <u>Maria</u></p>	<p>28 5:45 Insanity <u>Lisa</u> 7:30 Fusion Fit <u>Cathy</u> 8:30 Zumba <u>Maria</u> 9:30 Muscle Mix <u>Maria</u> 4:30 Step&Shape <u>Jenn</u> 4:30 End. Ride <u>Donna</u> 5:30 Zumba <u>Katelyn</u> 6:00 BCamp(LH) <u>Myron</u></p>			