

Cardio/Strength and Cycling March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		*Class change on the noon Step class. Note on March 6,13, and 27 the class will be a 30-minute Low Impact Cardio class with Sharyn.	*New class at 5:30pm in the weight room! Come try the TRX with Donna! *4:30pm class change! Please look at some of our new formats*	1 5:45 Tabata <u>Melissa A.</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>Maria</u>	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 Zumba <u>Katelyn</u>	3 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>
4 1:30 Step & Shape <u>Iris</u>	5 5:45 BCam(Y) <u>Telev</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>	6 5:45 End. 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 End. Ride <u>Rick</u> 11:00 Senior Wellness <u>Sharyn</u> 12:05 LI Cardio <u>Sharyn</u> 4:30 Lift&Pump <u>Iris</u> 5:30 Barre <u>Melissa A.</u> 6:30 HEAT <u>Maria</u>	7 5:45 Insanity <u>Lisa</u> 7:30 Fusion Fit <u>Cathy</u> 8:30 Zumba <u>Sharyn</u> 9:30 Muscle Mix <u>Cathy</u> 4:30 Step&Shape <u>Iris</u> 4:30 Choice Ride <u>Donna</u> 5:30 Zumba <u>Katelyn</u> 5:30 TRX(WR) <u>Donna</u> 6:00 BCamp(LH) <u>Myron</u>	8 5:45 Lift & Pump <u>Lisa</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 Int. Ride <u>Wendy</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>Katelyn</u> 6:30 HEAT/Pound <u>Maria</u>	9 5:45 Int. Ride <u>Mark</u> 5:45 BCamp(Y) <u>Telev</u> 8:30 Fit For Life <u>Billie</u> 9:30 Choice Ride <u>Sharyn</u> 9:30 *POUND* <u>Sheree</u> 10:30 Lift&Pump <u>Jenn</u> 4:45 Variety Friday Zumba <u>Katelyn</u>	10 8:30 BARRE <u>Melissa A.</u> 8:30 Choice Ride <u>Wendy</u> 9:30 Muscle Mix <u>Maria</u> 11:00 Senior Wellness <u>Avis</u>
11 1:30 Step & Shape <u>Maria</u>	12 5:45 BCam(Y) <u>Telev</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>Jenn</u> 5:30 Muscle Mix <u>Donna</u> 6:00 BCamp(LH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u>	13 5:45 Choice 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>Wendy</u> 11:00 Senior Wellness <u>Sharyn</u> 12:05 LI Cardio <u>Sharyn</u> 4:30 Lift&Pump <u>Iris</u> 5:30 Barre/Pound <u>Melissa A.</u> 6:30 HEAT <u>Maria</u>	14 5:45 *POUND* <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 Int. Ride <u>Donna</u> 5:30 Zumba <u>Katelyn</u> 5:30 TRX(WR) <u>Donna</u> 6:00 BCamp(LH) <u>Myron</u>	15 5:45 Tabata <u>Melissa A.</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 End. Ride <u>Wendy</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>Iris</u> 5:30 Zumba <u>Maria</u> 6:30 HEAT <u>Maria</u>	16 5:45 Str. Ride <u>Lisa</u> 5:45 BCamp(Y) <u>Telev</u> 8:30 Fit for Life <u>Avis</u> 9:30 Int. Ride <u>Sharyn</u> 9:30 *POUND* <u>Sheree</u> 10:30 Lift & Pump <u>Sharyn</u> 4:45 Variety Friday Spine & Core <u>Donna</u>	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>
18 1:30 Step & Shape <u>Avis</u>	19 5:45 BCamp(Y) <u>Telev</u> 8:30 Fit For Life <u>Cathy</u> 9:30 TurboKick <u>Stacy</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>	20 5:45 End. 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 Choice Ride <u>Wen</u> 11:00 Senior Wellness <u>Sharyn</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>Lisa</u>	21 5:45 Insanity <u>Melissa A.</u> 7:30 Fusion Fit <u>Cathy</u> 8:30 Zumba <u>Sharyn</u> 9:30 Muscle Mix <u>Cathy</u> 4:30 *POUND <u>Sheree</u> 4:30 Str. Ride <u>Sharyn</u> 5:30 Zumba <u>Katelyn</u> 5:30 TRX(WR) <u>Sheree</u> 6:00 BCamp(LH) <u>Myron</u>	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>Wendy</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>Donna</u> 5:30 Zumba <u>TBD</u> 6:30 HEAT <u>Melissa A.</u>	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 *POUND* <u>Sheree</u> 10:30 Lift & Pump <u>Jenn</u> 4:45 Variety Friday Zumba <u>Sharyn</u>	24 8:30 BARRE <u>Sheree</u> 8:30 Choice Ride <u>Wendy</u> 9:30 Lift & Pump <u>Iris</u> 11:00 Senior Wellness <u>Ana</u>
25 1:30 Step & Shape <u>Melissa S.</u>	26 5:45 BCamp(Y) <u>Lisa</u> 8:30 Fit For Life <u>Cathy</u> 9:30 TurboKick <u>Stacy</u> 10:30 Lift & Pump <u>Jennifer</u> 4:30 Step <u>Jenn</u> 5:30 Muscle Mix <u>Donna</u> 6:00 BCamp(LH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u>	27 5:45 Choice Ride <u>Mark</u> 8:30 BCamp(Y) <u>Myron</u> 8:30 LI Intervals <u>Billie</u> 9:30 TRX (WR) <u>No Class</u> 9:30 Interval Ride <u>Wen</u> 11:00 Senior Wellness <u>Wendy</u> 12:05 LI Cardio <u>Wendy</u> 4:30 Lift&Pump <u>Jenn</u> 5:30 Barre/Pound <u>Melissa A.</u> 6:30 HEAT <u>Maria</u>	28 5:45 Insanity <u>Lisa</u> 7:30 Fusion Fit <u>Sheree</u> 8:30 Zumba <u>Maria</u> 9:30 Muscle Mix <u>Maria</u> 4:30* TurboKick <u>Stacy</u> 4:30 End. Ride <u>Donna</u> 5:30 Zumba <u>TBD</u> 5:30 TRX(WR) <u>Donna</u> 6:00 BCamp(LH) <u>Myron</u>	29 5:45 Tabata <u>Lisa</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Wendy</u> 8:30 Str. Ride <u>Wendy</u> 9:30 Zumba <u>TBD</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>Maria</u> 6:30 HEAT <u>Maria</u>	30 5:45 Interval Ride <u>Lisa</u> 5:45 BCamp(Y) <u>Telev</u> 8:30 Fit for Life <u>Cathy</u> 9:30 End. Ride <u>Wendy</u> 9:30 *POUND* <u>Sheree</u> 10:30 Lift & Pump <u>Wendy</u> 4:45 Variety Friday Spin & Core <u>Donna</u>	31 8:30 BARRE <u>Melissa A.</u> 8:30 Choice Ride <u>Jenn</u> 9:30 Lift & Pump <u>Lisa</u> 11:00 Senior Wellness <u>Cathy</u>