


# Cardio/Strength and Cycling May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*Please note the venue change for the 5:45am BootCamp classes beginning <b>May 14<sup>th</sup></b> . We will start holding class at Lee High School instead of here at the Y.	<b>1</b> 5:45 End. Ride <a href="#">Lisa</a> 8:30 BCamp(Y) <a href="#">Sharyn</a> 8:30 LI Intervals <a href="#">Ginger</a> 9:30 Int. Ride <a href="#">Rick</a> 11:00 Senior Wellness <a href="#">Sharyn</a> 12:05 LI Cardio <a href="#">Sharyn</a> 4:30 Lift&Pump <a href="#">Iris</a> 5:30 Barre <a href="#">Melissa A.</a> 6:30 HEAT <a href="#">Sharyn</a>	<b>2</b> 5:45 Insanity <a href="#">Lisa</a> 7:30 <b>Fusion Fit</b> <a href="#">Ginger</a> 8:30 Zumba <a href="#">Sharyn</a> 9:30 Muscle Mix <a href="#">Jennifer</a> 4:30 Step&Shape <a href="#">Jenn</a> 4:30 Choice Ride <a href="#">Donna</a> 5:30 Zumba <a href="#">Maria</a> 5:30 TRX(WR) <a href="#">Donna</a> 6:00 BCamp(LH) <a href="#">Myron</a>	<b>3</b> <b>5:45 Lift&amp;Pump</b> <a href="#">Melissa A.</a> 8:30 BARRE <a href="#">Sheree</a> 8:30 BCamp(Y) <a href="#">Myron</a> 8:30 Choice Ride <a href="#">Ginger</a> 9:30 Zumba <a href="#">TBD</a> 10:30 Fit for Life <a href="#">Ginger</a> 11:00 Senior Wellness <a href="#">TBD</a> 4:30 Muscle Mix <a href="#">Iris</a> 5:30 Zumba <a href="#">Katelyn</a> 6:30 HEAT <a href="#">Maria</a>	<b>4</b> 5:45 Str. Ride <a href="#">Mark</a> 5:45 BCamp(Y) <a href="#">Lisa</a> 8:30 Fit For Life <a href="#">Avis</a> 9:30 Str. Ride <a href="#">Ginger</a> 9:30 <b>*POUND*</b> <a href="#">Sheree</a> 10:30 Lift&Pump <a href="#">Jennifer</a> 4:45 Variety Friday Spin&Core <a href="#">Donna</a>	<b>5</b> 8:30 BARRE <a href="#">Melissa A.</a> 8:30 Choice Ride <a href="#">Donna</a> 9:30 Muscle Mix <a href="#">Donna</a> 11:00 Senior Wellness <a href="#">Avis</a>
<b>6</b> 1:30 Step & Shape <a href="#">Melissa S.</a>	<b>7</b> 5:45 BCamp(Y) <a href="#">Lisa</a> 8:30 Fit for Life <a href="#">Billie</a> 9:30 CardioBox <a href="#">Avis</a> 10:30 Lift & Pump <a href="#">Jennifer</a> 4:30 Step <a href="#">Iris</a> 5:30 Muscle Mix <a href="#">Donna</a> 6:00 BCamp(GH) <a href="#">Myron</a> 6:30 Zumba <a href="#">Melissa S.</a>	<b>8</b> 5:45 Int. Ride <a href="#">Lisa</a> 8:30 BCamp(Y) <a href="#">Sharyn</a> 8:30 LI Intervals <a href="#">Billie</a> 9:30 End. Ride <a href="#">Ginger</a> 11:00 Senior Wellness <a href="#">Sharyn</a> 12:05 Step <a href="#">Melissa S.</a> 4:30 Lift&Pump <a href="#">Jenn</a> 5:30 Barre <a href="#">Melissa A.</a> 6:30 HEAT <a href="#">Sharyn</a>	<b>9</b> 5:45 Insanity <a href="#">Melissa A.</a> 7:30 <b>Fusion Fit</b> <a href="#">Sheree</a> 8:30 Zumba <a href="#">Maria</a> 9:30 Muscle Mix <a href="#">Maria</a> 4:30 Step&Shape <a href="#">Iris</a> 4:30 End. Ride <a href="#">Sharyn</a> 5:30 Zumba <a href="#">Katelyn</a> 5:30 TRX(WR) <a href="#">Donna</a> 6:00 BCamp(LH) <a href="#">Myron</a>	<b>10</b> <b>5:45 Tabata</b> <a href="#">Melissa S.</a> 8:30 BARRE <a href="#">Sheree</a> 8:30 BCamp(Y) <a href="#">Sharyn</a> 8:30 Int. Ride <a href="#">Rick</a> 9:30 Zumba <a href="#">Sharyn</a> 10:30 Fit for Life <a href="#">Sharyn</a> 11:00 Senior Wellness <a href="#">Sharyn</a> 4:30 Muscle Mix <a href="#">Donna</a> 5:30 Zumba <a href="#">Melissa S.</a> 6:30 HEAT <a href="#">Sharyn</a>	<b>11</b> 5:45 Choice Ride <a href="#">Mark</a> 5:45 BCamp(Y) <a href="#">Teley</a> 8:30 Fit For Life <a href="#">Cathy</a> 9:30 Choice Ride <a href="#">Sharyn</a> 9:30 <b>*POUND*</b> <a href="#">Sheree</a> 10:30 Lift&Pump <a href="#">Sharyn</a> 4:45 Variety Friday Zumba <a href="#">Katelyn</a>	<b>12</b> 8:30 BARRE <a href="#">Melissa A.</a> 8:30 Choice Ride <a href="#">Iris</a> 9:30 Muscle Mix <a href="#">Iris</a> 11:00 Senior Wellness <a href="#">TBD</a>
<b>13</b> 1:30 Step & Shape <a href="#">Iris</a>	<b>14</b> 5:45 BCamp(LH) <a href="#">Lisa</a> 8:30 Fit for Life <a href="#">Cathy</a> 9:30 CardioBox <a href="#">Avis</a> 10:30 Lift & Pump <a href="#">Jennifer</a> 4:30 Step <a href="#">Iris</a> 5:30 Muscle Mix <a href="#">Donna</a> 6:00 BCamp(GH) <a href="#">Myron</a> 6:30 Zumba <a href="#">Melissa S.</a>	<b>15</b> 5:45 Str. Ride <a href="#">Mark</a> 8:30 BCamp(Y) <a href="#">Sharyn</a> 8:30 LI Intervals <a href="#">Cathy</a> 9:30 Str. Ride <a href="#">Ginger</a> 11:00 Senior Wellness <a href="#">Sharyn</a> 12:05 Step <a href="#">Lise</a> 4:30 Lift&Pump <a href="#">Iris</a> 5:30 Barre <a href="#">Melissa A.</a> 6:30 HEAT <a href="#">Melissa A.</a>	<b>16</b> 5:45 <b>*POUND*</b> <a href="#">Melissa A.</a> 7:30 <b>Fusion Fit</b> <a href="#">Cathy</a> 8:30 Zumba <a href="#">Maria</a> 9:30 Muscle Mix <a href="#">Jennifer</a> 4:30 Step&Shape <a href="#">Jenn</a> 4:30 Int. Ride <a href="#">Donna</a> 5:30 Zumba <a href="#">Katelyn</a> 5:30 TRX(WR) <a href="#">Donna</a> 6:00 BCamp(LH) <a href="#">Myron</a>	<b>17</b> <b>5:45 Lift&amp;Pump</b> <a href="#">Lisa</a> 8:30 BARRE <a href="#">Sheree</a> 8:30 BCamp(Y) <a href="#">Sharyn</a> 8:30 End. Ride <a href="#">Ginger</a> 9:30 Step <a href="#">Lise</a> 10:30 Fit for Life <a href="#">Cathy</a> 11:00 Senior Wellness <a href="#">Cathy</a> 4:30 Muscle Mix <a href="#">Iris</a> 5:30 Zumba <a href="#">Maria</a> 6:30 HEAT <a href="#">Maria</a>	<b>18</b> 5:45 Int. Ride <a href="#">Lisa</a> 5:45 BCamp(LH) <a href="#">Teley</a> 8:30 Fit for Life <a href="#">Cathy</a> 9:30 Int. Ride <a href="#">Sharyn</a> 9:30 <b>*POUND*</b> <a href="#">Sheree</a> 10:30 Lift & Pump <a href="#">Sharyn</a> 4:45 Variety Friday Spine & Core <a href="#">Donna</a>	<b>19</b> 8:30 BARRE <a href="#">Sheree</a> 8:30 Choice Ride <a href="#">Lisa</a> 9:30 Lift & Pump <a href="#">Maria</a> 11:00 Senior Wellness <a href="#">Cathy</a>
<b>20</b> 1:30 Step & Shape <a href="#">TBD</a>	<b>21</b> 5:45 BCamp(LH) <a href="#">Teley</a> 8:30 Fit For Life <a href="#">Cathy</a> 9:30 CardioBox <a href="#">Avis</a> 10:30 Lift & Pump <a href="#">Jennifer</a> 4:30 Step <a href="#">Iris</a> 5:30 Muscle Mix <a href="#">Lisa</a> 6:00 BCamp(GH) <a href="#">Myron</a> 6:30 Zumba <a href="#">Melissa S.</a>	<b>22</b> 5:45 End. Ride <a href="#">Mark</a> 8:30 BCamp(Y) <a href="#">Sharyn</a> 8:30 LI Intervals <a href="#">Cathy</a> 9:30 Choice Ride <a href="#">Rick</a> 11:00 Senior Wellness <a href="#">Sharyn</a> 12:05 Step <a href="#">Lise</a> 4:30 Lift&Pump <a href="#">Iris</a> 5:30 Barre <a href="#">TBD</a> 6:30 HEAT <a href="#">Maria</a>	<b>23</b> 5:45 Insanity <a href="#">Lisa</a> 7:30 <b>Fusion Fit</b> <a href="#">Ginger</a> 8:30 Zumba <a href="#">Sharyn</a> 9:30 Muscle Mix <a href="#">Jennifer</a> 4:30 Step& Shape <a href="#">Iris</a> 4:30 Str. Ride <a href="#">Donna</a> 5:30 Zumba <a href="#">Katelyn</a> 5:30 TRX(WR) <a href="#">Donna</a> 6:00 BCamp(LH) <a href="#">Myron</a>	<b>24</b> <b>5:45 Tabata</b> <a href="#">Lisa</a> 8:30 BARRE <a href="#">Sheree</a> 8:30 BCamp(Y) <a href="#">Sharyn</a> 8:30 Str. Ride <a href="#">Rick</a> 9:30 Zumba <a href="#">Sharyn</a> 10:30 Fit for Life <a href="#">Billie</a> 11:00 Senior Wellness <a href="#">Billie</a> 4:30 Muscle Mix <a href="#">Iris</a> 5:30 Zumba <a href="#">Maria</a> 6:30 HEAT <a href="#">Maria</a>	<b>25</b> 5:45 Str. Ride <a href="#">Mark</a> 5:45 BCamp(LH) <a href="#">Lisa</a> 8:30 Fit for Life <a href="#">Sharyn</a> 9:30 End. Ride <a href="#">Sharyn</a> 9:30 <b>*POUND*</b> <a href="#">Sheree</a> 10:30 Lift & Pump <a href="#">Jennifer</a> 4:45 Variety Friday Zumba <a href="#">Katelyn</a>	<b>26</b> 8:30 BARRE <a href="#">Sheree</a> 8:30 Choice Ride <a href="#">Iris</a> 9:30 Lift & Pump <a href="#">Iris</a> 11:00 Senior Wellness <a href="#">Ana</a>
<b>27</b> 1:30 Step & Shape <a href="#">Iris</a>	<b>28</b> Happy Memorial Day! The Y is closed today. 	<b>29</b> 5:45 Int. Ride <a href="#">Lisa</a> 8:30 BCamp(Y) <a href="#">Myron</a> 8:30 LI Intervals <a href="#">Cathy</a> 9:30 Int. Ride <a href="#">Iris</a> 11:00 Senior Wellness <a href="#">Wendy</a> 12:05 Step <a href="#">Iris</a> 4:30 Lift&Pump <a href="#">Iris</a> 5:30 Barre <a href="#">Melissa A.</a> 6:30 HEAT <a href="#">Maria.</a>	<b>30</b> 5:45 Insanity <a href="#">Lisa</a> 7:30 <b>Fusion Fit</b> <a href="#">Sheree</a> 8:30 Zumba <a href="#">Sharyn</a> 9:30 Muscle Mix <a href="#">Jennifer</a> 4:30 Step& Shape <a href="#">Iris</a> 4:30 Str. Ride <a href="#">Donna</a> 5:30 Zumba <a href="#">Maria</a> 5:30 TRX(WR) <a href="#">Donna</a> 6:00 BCamp(LH) <a href="#">Myron</a>	<b>31</b> <b>5:45 Lift &amp; Pump</b> <a href="#">Melissa A</a> 8:30 BARRE <a href="#">Sheree</a> 8:30 BCamp(Y) <a href="#">Sharyn</a> 8:30 Choice Ride <a href="#">Iris</a> 9:30 Zumba <a href="#">Sharyn</a> 10:30 Fit for Life <a href="#">Cathy</a> 11:00 Senior Wellness <a href="#">Cathy</a> 4:30 Muscle Mix <a href="#">Iris</a> 5:30 Zumba <a href="#">Maria</a> 6:30 HEAT <a href="#">Maria</a>		