

# Cardio/Strength and Cycling June 2018

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|---|---|--|--|--|---|---|
| <p><b>*Please note*</b><br/><b>Instructors are subject to change!</b></p> |   |  |  |  | <p><b>1</b><br/>5:45 End. Ride <u>Ginger</u><br/>5:45 BCamp(Y) <u>Teley</u><br/>8:30 Fit For Life <u>Billie Jenn</u><br/>9:30 Str. Ride <u>Sharlyn</u><br/>9:30 *POUND* <u>Sheree</u><br/>10:30 Lift&amp;Pump <u>Jennifer</u><br/>4:45 Variety Friday<br/>Zumba <u>Katelyn</u></p>      | <p><b>2</b><br/>8:30 BARRE <u>Sheree</u><br/>8:30 Choice Ride<br/><u>Jenn</u><br/>9:30 Muscle Mix<br/><u>Maria</u><br/>11:00 Senior Wellness<br/><u>Ginger</u></p>        |
| <p><b>3</b><br/>1:30 Step &amp; Shape<br/><u>Avis</u></p>                 | <p><b>4</b><br/>5:45 BCamp(Y) <u>Teley</u><br/>8:30 Fit for Life <u>Billie</u><br/>9:30 TurboKick <u>Stacy</u><br/>10:30 Lift &amp; Pump<br/><u>Iris</u><br/>4:30 Step <u>Jenn+</u><br/>5:30 Muscle Mix <u>Donna</u><br/>6:00 BCamp(GH) <u>Myron</u><br/>6:30 Zumba <u>Melissa S.</u></p>     | <p><b>5</b><br/>5:45 Str. Ride <u>Mark</u><br/>8:30 BCamp(Y) <u>Sharlyn</u><br/>8:30 LI Intervals <u>Billie</u><br/>9:30 End. Ride <u>Ginger</u><br/>11:00 Senior Wellness<br/><u>Sharlyn</u><br/>12:05 Step <u>Iris</u><br/>4:30 Lift&amp;Pump <u>Jenn</u><br/>5:30 Barre <u>Sheree</u><br/>6:30 HEAT <u>Maria</u></p>    | <p><b>6</b><br/>5:45 Insanity <u>Melissa A.</u><br/>7:30 <b>Fusion Fit</b> <u>Sheree</u><br/>8:30 Zumba <u>Maria</u><br/>9:30 Muscle Mix <u>Jennifer</u><br/>4:30 Step&amp;Shape <u>Tarenne</u><br/>4:30 End. Ride <u>Sharlyn</u><br/>5:30 Zumba <u>Katelyn</u><br/>5:30 TRX(WR) <u>Donna</u><br/>6:00 BCamp(LH) <u>Myron</u></p>  | <p><b>7</b><br/><b>5:45</b> Tabata <u>Melissa A.</u><br/>8:30 BARRE <u>Sheree</u><br/>8:30 BCamp(Y) <u>Myron</u><br/>8:30 Int. Ride <u>Rick</u><br/>9:30 Zumba <u>Stacy</u><br/>10:30 Fit for Life <u>Cathy</u><br/>11:00 Senior Wellness<br/><u>Cathy</u><br/>4:30 Muscle Mix <u>Donna</u><br/>5:30 Zumba <u>Katelyn</u><br/>6:30 HEAT <u>TBD</u></p>     | <p><b>8</b><br/>5:45 Interval Ride <u>Lisa</u><br/>5:45 BCamp(Y) <u>Teley</u><br/>8:30 Fit For Life <u>Cathy</u><br/>9:30 Choice Ride <u>Sharlyn</u><br/>9:30 *POUND* <u>Sheree</u><br/>10:30 Lift&amp;Pump <u>Sharlyn</u><br/>4:45 Variety Friday<br/>Spin &amp; Core <u>Donna</u></p> | <p><b>9</b><br/>8:30 BARRE <u>Melissa A.</u><br/>8:30 Choice Ride<br/><u>Donna</u><br/>9:30 Muscle Mix<br/><u>Donna</u><br/>11:00 Senior Wellness<br/><u>Cathy</u></p>    |
| <p><b>10</b><br/>1:30 Step &amp; Shape<br/><u>Lisa</u></p>                | <p><b>11</b><br/>5:45 BCamp(LH) <u>Teley</u><br/>8:30 Fit for Life <u>Cathy</u><br/>9:30 TurboKick <u>Stacy</u><br/>10:30 Lift &amp; Pump<br/><u>Jennifer</u><br/>4:30 Step <u>Jenn</u><br/>5:30 Muscle Mix <u>Donna</u><br/>6:00 BCamp(GH) <u>Myron</u><br/>6:30 Zumba <u>Melissa S.</u></p> | <p><b>12</b><br/>5:45 Choice Ride <u>Mark</u><br/>8:30 BCamp(Y) <u>Sharlyn</u><br/>8:30 LI Intervals <u>Cathy</u><br/>9:30 Str. Ride <u>Iris</u><br/>11:00 Senior Wellness<br/><u>Sharlyn</u><br/>12:05 Step <u>Iris</u><br/>4:30 Lift&amp;Pump <u>Iris</u><br/>5:30 Barre <u>Melissa A</u><br/>6:30 HEAT <u>Maria</u></p> | <p><b>13</b><br/>5:45 Insanity <u>Lisa</u><br/>7:30 <b>Fusion Fit</b> <u>Cathy</u><br/>8:30 Zumba <u>Sharlyn</u><br/>9:30 Muscle Mix <u>Iris</u><br/>4:30 Step&amp;Shape <u>Tarenne</u><br/>4:30 Int. Ride <u>Donna</u><br/>5:30 Zumba <u>Maria</u><br/>5:30 TRX(WR) <u>Donna</u><br/>6:00 BCamp(LH) <u>Myron</u></p>              | <p><b>14</b><br/><b>5:45</b> Lift&amp;Pump <u>Lisa</u><br/>8:30 BARRE <u>Sheree</u><br/>8:30 BCamp(Y) <u>Myron</u><br/>8:30 End. Ride <u>Wendy</u><br/>9:30 Zumba <u>Stacy</u><br/>10:30 Fit for Life <u>Cathy</u><br/>11:00 Senior Wellness<br/><u>Cathy</u><br/>4:30 Muscle Mix <u>Iris</u><br/>5:30 Zumba <u>Maria</u><br/>6:30 HEAT <u>Maria</u></p>   | <p><b>15</b><br/>5:45 Str. Ride <u>Mark</u><br/>5:45 BCamp(LH) <u>Teley</u><br/>8:30 Fit for Life <u>Cathy</u><br/>9:30 Int. Ride <u>Iris</u><br/>9:30 *POUND* <u>Sheree</u><br/>10:30 Lift &amp; Pump <u>Iris</u><br/>4:45 Variety Friday<br/>Zumba <u>Katelyn</u></p>                 | <p><b>16</b><br/>8:30 BARRE <u>Melissa A.</u><br/>8:30 Choice Ride<br/><u>Iris</u><br/>9:30 Lift &amp; Pump<br/><u>Maria</u><br/>11:00 Senior Wellness<br/><u>Ana</u></p> |
| <p><b>17</b><br/>1:30 Step &amp; Shape<br/><u>Maria</u></p>               | <p><b>18</b><br/>5:45 BCamp(LH) <u>Teley</u><br/>8:30 Fit For Life <u>Billie</u><br/>9:30 TurboKick <u>Stacy</u><br/>10:30 Lift &amp; Pump<br/><u>Jennifer</u><br/>4:30 Step <u>Jenn</u><br/>5:30 Muscle Mix <u>Lisa</u><br/>6:00 BCamp(GH) <u>Myron</u><br/>6:30 Zumba <u>Melissa S.</u></p> | <p><b>19</b><br/>5:45 End. Ride <u>Lisa</u><br/>8:30 BCamp(Y) <u>Sharlyn</u><br/>8:30 LI Intervals <u>Cathy</u><br/>9:30 Choice Ride <u>Wen</u><br/>11:00 Senior Wellness<br/><u>Sharlyn</u><br/>12:05 Step <u>Lise</u><br/>4:30 Lift&amp;Pump <u>Iris</u><br/>5:30 Barre <u>Sheree</u><br/>6:30 HEAT <u>Maria</u></p>     | <p><b>20</b><br/>5:45 Insanity <u>Melissa A.</u><br/>7:30 <b>Fusion Fit</b> <u>Sheree</u><br/>8:30 Zumba <u>Sharlyn</u><br/>9:30 Muscle Mix <u>Jennifer</u><br/>4:30 Step&amp; Shape <u>Tarenn</u><br/>4:30 Str. Ride <u>Donna</u><br/>5:30 Zumba <u>Katelyn</u><br/>5:30 TRX(WR) <u>Donna</u><br/>6:00 BCamp(LH) <u>Myron</u></p> | <p><b>21</b><br/><b>5:45</b> Tabata <u>Melissa A.</u><br/>8:30 BARRE <u>Sheree</u><br/>8:30 BCamp(Y) <u>Myron</u><br/>8:30 Str. Ride <u>Wendy</u><br/>9:30 Step <u>Lise</u><br/>10:30 Fit for Life <u>Cathy</u><br/>11:00 Senior Wellness<br/><u>Cathy</u><br/>4:30 Muscle Mix <u>Donna</u><br/>5:30 Zumba <u>Maria</u><br/>6:30 HEAT <u>Maria</u></p>     | <p><b>22</b><br/>5:45 Int. Ride <u>Lisa</u><br/>5:45 BCamp(LH) <u>Teley</u><br/>8:30 Fit for Life <u>Cathy</u><br/>9:30 End. Ride <u>Sharlyn</u><br/>9:30 *POUND* <u>Sheree</u><br/>10:30 Lift &amp; Pump <u>Sharlyn</u><br/>4:45 Variety Friday<br/>Spin &amp; Core <u>Donna</u></p>   | <p><b>23</b><br/>8:30 BARRE <u>Sheree</u><br/>8:30 Choice Ride<br/><u>Donna</u><br/>9:30 Lift &amp; Pump<br/><u>Donna</u><br/>11:00 Senior Wellness<br/><u>Cathy</u></p>  |
| <p><b>24</b><br/>1:30 Step &amp; Shape<br/><u>Melissa S.</u></p>          | <p><b>25</b><br/>5:45 BCamp(LH) <u>Teley</u><br/>8:30 Fit For Life <u>Cathy</u><br/>9:30 CardioBox <u>Avis</u><br/>10:30 Lift &amp; Pump<br/><u>Iris</u><br/>4:30 Step <u>Jenn</u><br/>5:30 Muscle Mix <u>Lisa</u><br/>6:00 BCamp(GH) <u>Myron</u><br/>6:30 Zumba <u>Melissa S.</u></p>       | <p><b>26</b><br/>5:45 Str. Ride <u>Mark</u><br/>8:30 BCamp(Y) <u>Sharlyn</u><br/>8:30 LI Intervals <u>Billie</u><br/>9:30 Int. Ride <u>Iris</u><br/>11:00 Senior Wellness<br/><u>Cathy</u><br/>12:05 Step <u>Iris</u><br/>4:30 Lift&amp;Pump <u>Iris</u><br/>5:30 Barre <u>Sheree</u><br/>6:30 HEAT <u>TBD</u></p>         | <p><b>27</b><br/>5:45 Insanity <u>Lisa</u><br/>7:30 <b>Fusion Fit</b> <u>Sheree</u><br/>8:30 Zumba <u>TBD</u><br/>9:30 Muscle Mix <u>Iris</u><br/>4:30 Step&amp; Shape <u>Tarenne</u><br/>4:30 Str. Ride <u>Donna</u><br/>5:30 Zumba <u>Maria</u><br/>5:30 TRX(WR) <u>Donna</u><br/>6:00 BCamp(LH) <u>Myron</u></p>                | <p><b>28</b><br/><b>5:45 Lift &amp; Pump</b> <u>Lisa</u><br/>8:30 BARRE <u>Sheree</u><br/>8:30 BCamp(Y) <u>Myron</u><br/>8:30 Choice Ride <u>Iris</u><br/>9:30 Step <u>Lise</u><br/>10:30 Fit for Life <u>Cathy</u><br/>11:00 Senior Wellness<br/><u>Cathy</u><br/>4:30 Muscle Mix <u>Donna</u><br/>5:30 Zumba <u>Maria</u><br/>6:30 HEAT <u>Maria</u></p> | <p><b>29</b><br/>5:45 End. Ride <u>Mark</u><br/>5:45 BCamp(LH) <u>Lisa</u><br/>8:30 Fit for Life <u>Cathy</u><br/>9:30 Str. Ride <u>Iris</u><br/>9:30 *POUND* <u>Sheree</u><br/>10:30 Lift &amp; Pump <u>Iris</u><br/>4:45 Variety Friday<br/>Zumba <u>Katelyn</u></p>                  | <p><b>30</b><br/>8:30 BARRE <u>Sheree</u><br/>8:30 Choice Ride<br/><u>Avis</u><br/>9:30 Lift &amp; Pump<br/><u>Avis</u><br/>11:00 Senior Wellness<br/><u>Ana</u></p>      |