


# Cardio/Strength and Cycling July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 1:30 Step & Shape <u>Avis</u>	<b>2</b> 5:45 BCamp(Y) <u>Teley</u> 8:30 Fit for Life <u>Billie</u> 9:30 TurboKick <u>Stacy</u> 10:30 Lift & Pump <u>Iris</u> 4:30 Step <u>Jenn</u> 5:30 Muscle Mix <u>Lisa</u> 6:00 BCamp(GH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u>	<b>3</b> 5:45 Str. Ride <u>Lisa</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 LI Intervals <u>Cathy</u> 9:30 End. Ride <u>Iris</u> 11:00 Senior Wellness <u>Sharyn</u> 12:05 Step <u>Lise</u> 4:30 Lift&Pump <u>Iris</u> 5:30 Barre <u>Sheree</u> 6:30 HEAT <u>No Class</u>	<b>4</b> Happy 4 <sup>th</sup> of July!  The Y is closed!	<b>5</b> 5:45 Tabata <u>Melissa A.</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Myron</u> 8:30 Int. Ride <u>Sharyn</u> 9:30 Zumba <u>Stacy</u> 10:30 Fit for Life <u>Billie</u> 11:00 Senior Wellness <u>Billie</u> 4:30 Muscle Mix <u>TBD</u> 5:30 Zumba <u>Katelyn</u> 6:30 HEAT <u>Lisa</u>	<b>6</b> 5:45 End. Ride <u>Mark</u> 5:45 BCamp(Y) <u>Lisa</u> 8:30 Fit For Life <u>Billie</u> 9:30 Str. Ride <u>Wendy</u> 9:30 *POUND* <u>Sheree</u> 10:30 Lift&Pump <u>Jennifer</u> 4:45 Variety Friday Zumba <u>TBD</u>	<b>7</b> 8:30 BARRE <u>Sheree</u> 8:30 Choice Ride <u>TBD</u> 9:30 Muscle Mix <u>Avis</u> 11:00 Senior Wellness <u>Avis</u>
<b>8</b> 1:30 Step & Shape <u>Melissa S.</u>	<b>9</b> 5:45 BCamp(Y) <u>Lisa</u> 8:30 Fit for Life <u>Billie</u> 9:30 TurboKick <u>Stacy</u> 10:30 Lift & Pump <u>Iris</u> 4:30 Step <u>Jenn</u> 5:30 Muscle Mix <u>Lisa</u> 6:00 BCamp(GH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u>	<b>10</b> 5:45 Str. Ride <u>Mark</u> 8:30 BCamp(Y) <u>Myron</u> 8:30 LI Intervals <u>Billie</u> 9:30 Choice Ride <u>Iris</u> 11:00 Senior Wellness <u>Wendy</u> 12:05 Step <u>Iris</u> 4:30 Lift&Pump <u>Tarenne</u> 5:30 Barre <u>Melissa A.</u> 6:30 HEAT <u>Maria</u>	<b>11</b> 5:45 Insanity <u>Melissa A.</u> 7:30 Fusion Fit <u>Sheree</u> 8:30 Zumba <u>Stacy</u> 9:30 Muscle Mix <u>Jennifer</u> 4:30 Step&Shape <u>Iris</u> 4:30 End. Ride <u>Donna</u> 5:30 Zumba <u>Maria</u> 5:30 TRX(WR) <u>Donna</u> 6:00 BCamp(LH) <u>Myron</u>	<b>12</b> 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>Iris</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>Donna</u> 5:30 Zumba <u>Melissa S.</u> 6:30 HEAT <u>Maria</u>	<b>13</b> 5:45 Interval Ride <u>Lisa</u> 5:45 BCamp(Y) <u>Teley</u> 8:30 Fit For Life <u>Cathy</u> 9:30 Interval Ride <u>Wendy</u> 9:30 *POUND* <u>Sheree</u> 10:30 Lift&Pump <u>Jennifer</u> 4:45 Variety Friday Spin & Core <u>Donna</u>	<b>14</b> 8:30 BARRE <u>Melissa A.</u> 8:30 Choice Ride <u>Donna</u> 9:30 Muscle Mix <u>Donna</u> 11:00 Senior Wellness <u>Cathy</u>
<b>15</b> 1:30 Step & Shape <u>Melissa S.</u>	<b>16</b> 5:45 BCamp(LH) <u>Teley</u> 8:30 Fit for Life <u>Cathy</u> 9:30 TurboKick <u>Stacy</u> 10:30 Lift & Pump <u>Iris</u> 4:30 Step <u>Jenn</u> 5:30 Muscle Mix <u>Donna</u> 6:00 BCamp(GH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u>	<b>17</b> 5:45 Choice Ride <u>Lisa</u> 8:30 BCamp(Y) <u>Myron</u> 8:30 LI Intervals <u>Cathy</u> 9:30 Str. Ride <u>Iris</u> 11:00 Senior Wellness <u>Cathy</u> 12:05 Step <u>Iris</u> 4:30 Lift&Pump <u>Jenn</u> 5:30 Barre <u>Melissa A.</u> 6:30 HEAT <u>Maria</u>	<b>18</b> 5:45 Insanity <u>Melissa A.</u> 7:30 Fusion Fit <u>Cathy</u> 8:30 Zumba <u>Maria</u> 9:30 Muscle Mix <u>Jennifer</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>	<b>19</b> 5:45 Lift&Pump <u>Lisa</u> 8:30 BARRE <u>Melissa A.</u> 8:30 BCamp(Y) <u>Myron</u> 8:30 Choice 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>Tarenne</u> 5:30 Zumba <u>TBD</u> 6:30 HEAT <u>Maria</u>	<b>20</b> 5:45 Str. Ride <u>Mark</u> 5:45 BCamp(LH) <u>Teley</u> 8:30 Fit for Life <u>Cathy</u> 9:30 End. Ride <u>Jenn</u> 9:30 *POUND* <u>Sheree</u> 10:30 Lift & Pump <u>Jennifer</u> 4:45 Variety Friday Spin & Core <u>Donna</u>	<b>21</b> 8:30 BARRE <u>Sheree</u> 8:30 Choice Ride <u>Lisa</u> 9:30 Lift & Pump <u>Lisa</u> 11:00 Senior Wellness <u>Ana</u>
<b>22</b> 1:30 Step & Shape <u>Lisa</u>	<b>23</b> 5:45 BCamp(LH) <u>Lisa</u> 8:30 Fit For Life <u>Billie</u> 9:30 CardioBox <u>Avis</u> 10:30 Lift & Pump <u>Jennifer</u> 4:30 Step <u>Jenn</u> 5:30 Muscle Mix <u>Donna</u> 6:00 BCamp(GH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u>	<b>24</b> 5:45 End. Ride <u>Mark</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 LI Intervals <u>Cathy</u> 9:30 Interval Ride <u>Wen</u> 11:00 Senior Wellness <u>Sharyn</u> 12:05 Step <u>Lise</u> 4:30 Lift&Pump <u>Sharyn</u> 5:30 Barre <u>Sheree</u> 6:30 HEAT <u>Maria</u>	<b>25</b> 5:45 Insanity <u>Lisa</u> 7:30 Fusion Fit <u>Sheree</u> 8:30 Zumba <u>Sharyn</u> 9:30 Muscle Mix <u>Jennifer</u> 4:30 Step& Shape <u>Jenn</u> 4:30 Str. Ride <u>Donna</u> 5:30 Zumba <u>Maria</u> 5:30 TRX(WR) <u>Donna</u> 6:00 BCamp(LH) <u>Myron</u>	<b>26</b> 5:45 Tabata <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 Zumba <u>Stacy</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>	<b>27</b> 5:45 Int. Ride <u>Lisa</u> 5:45 BCamp(LH) <u>Teley</u> 8:30 Fit for Life <u>Cathy</u> 9:30 Choice Ride <u>Wendy</u> 9:30 *POUND* <u>Sheree</u> 10:30 Lift & Pump <u>Jennifer</u> 4:45 Variety Friday Zumba <u>Katelyn</u>	<b>28</b> 8:30 BARRE <u>Sheree</u> 8:30 Choice Ride <u>Donna</u> 9:30 Lift & Pump <u>Donna</u> 11:00 Senior Wellness <u>Ana</u>
<b>29</b> 1:30 Step & Shape <u>Lisa</u>	<b>30</b> 5:45 BCamp(LH) <u>Teley</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(GH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u>	<b>31</b> 5:45 Str. Ride <u>Lisa</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 LI Intervals <u>Cathy</u> 9:30 End. Ride <u>Wen</u> 11:00 Senior Wellness <u>Sharyn</u> 12:05 Step <u>Melissa S.</u> 4:30 Lift&Pump <u>Jenn</u> 5:30 Barre <u>Melissa A.</u> 6:30 HEAT <u>Lisa</u>				