

Cardio/Strength and Cycling August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5:45 Insanity <u>Melissa A.</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>TBD</u> 4:30 Choice Ride <u>Donna</u> 5:30 TurboKick <u>Stacy</u> 5:30 TRX(WR) <u>Donna</u> 6:00 BCamp(LH) <u>Myron</u>	2 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>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>Lisa</u>	3 5:45 Choice Ride <u>Lisa</u> 5:45 BCamp(LH) <u>Teley</u> 8:30 Fit For Life <u>Billie</u> 9:30 Str. 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>	4 8:30 BARRE <u>Sheree</u> 8:30 Choice Ride <u>Iris</u> 9:30 Muscle Mix <u>Iris</u> 11:00 Senior Wellness <u>Ana</u>
5 1:30 Step & Shape <u>Iris</u>	6 5:45 BCamp(LH) <u>Teley</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>	7 5:45 End. Ride <u>Mark</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 LI Intervals <u>Cathy</u> 9:30 Choice Ride <u>Sharyn</u> 11:00 Senior Wellness <u>Sharyn</u> 12:05 Step <u>Melissa S.</u> 4:30 Lift&Pump <u>Stacy</u> 5:30 Barre <u>Sheree</u> 6:30 HEAT <u>Maria</u>	8 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 Step & Shape <u>Jenn</u> 4:30 Int. Ride <u>Donna</u> 5:30 TurboKick <u>Stacy</u> 5:30 TRX(WR) <u>Donna</u> 6:00 BCamp(LH) <u>Myron</u>	9 5:45 Tabata <u>Lisa</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>Donna</u> 5:30 Zumba <u>Maria</u> 6:30 HEAT <u>Maria</u>	10 5:45 Interval Ride <u>Mark</u> 5:45 BCamp(LH) <u>Teley</u> 8:30 Fit For Life <u>Cathy</u> 9:30 Interval Ride <u>TBD</u> 9:30 *POUND* <u>Sheree</u> 10:30 Lift&Pump <u>Jennifer</u> 4:45 Variety Friday Zuma <u>Katelyn</u>	11 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>Cathy</u>
12 1:30 Step & Shape <u>Avis</u>	13 5:45 BCamp(LH) <u>Lisa</u> 8:30 Fit for Life <u>Cathy</u> 9:30 CardioBox <u>Avis</u> 10:30 Lift & Pump <u>Jennifer</u> 4:30 Step <u>Iris</u> 5:30 Muscle Mix <u>Lisa</u> 6:00 BCamp(GH) <u>Myron</u> 6:30 Zumba <u>Melissa S.</u>	14 5:45 Strength Ride <u>Lisa</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 LI Intervals <u>Billie</u> 9:30 Str. Ride <u>Sharyn</u> 11:00 Senior Wellness <u>Sharyn</u> 12:05 Step <u>Melissa S.</u> 4:30 Lift&Pump <u>Iris</u> 5:30 Barre <u>Sheree</u> 6:30 HEAT <u>Maria</u>	15 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>Maria</u> 4:30 Step&Shape <u>Jenn</u> 4:30 End. Ride <u>Donna</u> 5:30 TurboKick <u>Stacy</u> 5:30 TRX(WR) <u>Donna</u> 6:00 BCamp(LH) <u>Myron</u>	16 5:45 Lift&Pump <u>Melissa A.</u> 8:30 BARRE <u>Sheree</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 Choice Ride <u>Wendy</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>Iris</u> 5:30 Zumba <u>Melissa S.</u> 6:30 HEAT <u>Maria</u>	17 5:45 Choice Ride <u>Mark</u> 5:45 BCamp(LH) <u>Lisa</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 Zuma <u>Katelyn</u>	18 8:30 BARRE <u>Melissa A.</u> 8:30 Choice Ride <u>Lisa</u> 9:30 Lift & Pump <u>Avis</u> 11:00 Senior Wellness <u>Avis</u>
19 1:30 Step & Shape <u>Melissa S.</u>	20 5:45 BCamp(LH) <u>Teley</u> 8:30 Fit For Life <u>Cathy</u> 9:30 *Tabata* <u>Jennifer</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>	21 5:45 End. Ride <u>Lisa</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 LI Intervals <u>Billie</u> 9:30 Interval Ride <u>Sharyn</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>Melissa A.</u> 6:30 HEAT <u>Maria</u>	22 5:45 Insanity <u>Melissa A.</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>Iris</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>	23 5:45 Tabata <u>Melissa A.</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>Cathy</u> 11:00 Senior Wellness <u>Cathy</u> 4:30 Muscle Mix <u>Stacy</u> 5:30 Zumba <u>Melissa S.</u> 6:30 HEAT <u>Maria</u>	24 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>Jenn</u> 9:30 *POUND* <u>Sheree</u> 10:30 Lift & Pump <u>Jennifer</u> 4:45 Variety Friday Spin&Core <u>Donna</u>	25 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>Ana</u>
26 1:30 Step & Shape <u>Maria</u>	27 5:45 BCamp(LH) <u>Teley</u> 8:30 Fit For Life <u>Cathy</u> 9:30 CardioBox <u>Avis</u> 10:30 Lift & Pump <u>Jennifer</u> 4:30 Step <u>Iris</u> 5:30 Muscle Mix <u>Lisa</u> 6:00 BCamp(GH) <u>Myron</u> 6:30 Zumba <u>Stacy</u>	28 5:45 Str. Ride <u>Mark</u> 8:30 BCamp(Y) <u>Sharyn</u> 8:30 LI Intervals <u>Cathy</u> 9:30 End. Ride <u>Sharyn</u> 11:00 Senior Wellness <u>Sharyn</u> 12:05 Step <u>Lise</u> 4:30 Lift&Pump <u>Jenn</u> 5:30 Barre <u>Melissa A.</u> 6:30 HEAT <u>Maria</u>	29 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>Maria</u> 4:30 Step& Shape <u>Jenn</u> 4:30 Choice Ride <u>Donna</u> 5:30 TurboKick <u>Stacy</u> 5:30 TRX(WR) <u>Donna</u> 6:00 BCamp(LH) <u>Myron</u>	30 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 Zumba <u>Sharyn</u> 10:30 Fit for Life <u>TBD</u> 11:00 Senior Wellness <u>TBD</u> 4:30 Muscle Mix <u>Iris</u> 5:30 Zumba <u>Katelyn</u> 6:30 HEAT <u>Maria</u>	31 5:45 Choice Ride <u>Lisa</u> 5:45 BCamp(LH) <u>Teley</u> 8:30 Fit for Life <u>Cathy</u> 9:30 Strength Ride <u>Jenn</u> 9:30 *POUND* <u>Sheree</u> 10:30 Lift & Pump <u>Jennifer</u> 4:45 Variety Friday Zumba <u>Katelyn</u>	