

MAC GROUP EXERCISE SCHEDULE – JUNE 2010

MAC AQUA

MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
8:30AM H ₂ O AEROBICS	8:30AM (45min) DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min) DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM H ₂ O AEROBICS <i>Kim</i>		
	9:15AM (45min) H ₂ O PILATES <i>Nellie</i>		9:15AM (45min) H ₂ O PILATES <i>Bonnie</i>			
9:45 AM H ₂ O AEROBICS		9:45 AM H ₂ O AEROBICS <i>Louise</i>		9:45 AM H ₂ O AEROBICS <i>Louise</i>		
	10:00 AM H ₂ O ARTHRITIS <i>Nellie</i>		10:00 AM H ₂ O ARTHRITIS <i>Thelma</i>		10:00 AM H ₂ O SCULPT <i>Bonnie</i>	
	11:00 AM AQUALYTE <i>Nellie</i>		11:00 AM AQUALYTE <i>Thelma</i>			
	6:00 PM H ₂ O SCULPT <i>Kathleen</i>		6:00 PM DEEPH ₂ O CHLLNGE <i>Thelma</i>			4:00 PM H ₂ O WALKNG <i>Stacy</i>

MAC SPIN

MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
	6:00AM MAC SPIN <i>Emilie</i>			6:00AM MAC SPIN <i>Emilie</i>		
9:30 AM MAC SPIN	9:30 AM MAC SPIN <i>Michelle</i>	9:30 AM MAC SPIN <i>Laura</i>	9:30 AM MAC SPIN <i>Kristen</i>	9:30 AM MAC SPIN <i>Michelle</i>	8:30AM 75 min MAC SPIN <i>Kristen?</i>	
		10:00 AM SPIN & SPAR <i>Patricia</i>				
	11:30 AM 45 min MAC EZ RIDER *On Request *					3:00 PM MAC SPIN <i>Tina</i>
5:30 PM MAC SPIN		5:30 PM MAC SPIN ??				
	6:30 PM MAC SPIN <i>Gwen</i>		6:30 PM MAC SPIN <i>Laura</i>			

MAC GROUP EX

MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
					8:30 AM TBS <i>Ruth</i>	
9:30 AM LIA	9:30 AM TBS <i>Patricia</i>	9:30 AM LINEUP&DANCE <i>Wendy</i>	9:30 AM CLASSICSTEP <i>Stephanie</i>	9:30 AM LIA <i>Sandy</i>	9:30AM 75min BODY PUMP <i>Melissa</i>	
10:00AM MAC ATTACK				10:00 AM H.I.T. <i>Kim</i>		
10:30 AM ZUMBA	10:30AM STEP&STRENGTH <i>Michelle</i>	10:30 AM ZUMBA <i>Stephanie</i>	10:30 AM TBS <i>Kristen</i>	10:30AM STEP&STRGTH <i>Tina</i>	10:30 AM GX2 LIA <i>Ruth</i>	11:00AM TBS <i>Melissa</i>
11:30 AM BUFF& SHINE	11:30AM STEP <i>Stephanie</i>	11:30AM BUFF&SHINE <i>Wendy</i>	11:30 AM 3-2-1 <i>Michelle</i>	11:30 AM BUFF&SHINE <i>Wendy</i>	11:30AM(GYM) ZUMBA <i>Tracey</i>	
4:30 PM LIA		4:30 PM STEP&STRNTH <i>Ruth</i>				4:00 PM HI/LO/STRG <i>Ruth</i>
5:30 PM KICKBOXING	5:30 PM ZUMBA(gym) <i>Tracey</i>	5:30 PM TBS <i>Melissa</i>	5:30 PM ZUMBA (gym) <i>Tracey</i>			
6:30 PM 75 min TBS/CORE	6:30 PM H.I.T. <i>Jessica</i>	6:30 PM 75min BODY PUMP <i>Dana</i>	6:30PM MAC ATTACK <i>Gwen</i>			
	7:30 PM LIA <i>Sandy</i>		7:30 PM LOW/STRGTH <i>Ruth</i>			

MAC GROUP EXERCISE SCHEDULE – JUNE 2010

MAC AQUA

MONDAY 7	TUESDAY 8	WEDNESDY 9	THURSDAY 10	FRIDAY 11	SATURDAY12	SUNDAY13
8:30AM H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min) DEEPH ₂ O AEROBICS <i>Bonnie</i>	8:30AM H ₂ O AEROBICS <i>Kim</i>	8:30AM (45min) DEEPH ₂ O AEROBIC <i>Nellie</i>	8:30AM H ₂ O AEROBICS <i>Kim</i>		
	9:15AM (45min) H ₂ O PILATES <i>Bonnie</i>		9:15AM (45min) H ₂ O PILATES <i>Nellie</i>			
9:45 AM H ₂ O AEROBICS <i>Bonnie</i>		9:45 AM H ₂ O AEROBICS <i>Louise</i>		9:45 AM H ₂ O AEROBICS <i>Louise</i>		
	10:00 AM H ₂ O ARTHRITIS <i>Thelma</i>		10:00 AM H ₂ O ARTHRITIS <i>Nellie</i>		10:00 AM H ₂ O SCULPT <i>Thelma</i>	
	11:00 AM AQUALYTE <i>Thelma</i>		11:00 AM AQUALYTE <i>Nellie</i>			
						4:00 PM H ₂ O WALKNG <i>Stacy</i>
	6:00 PM H ₂ O SCULPT <i>Stacy</i>		6:00 PM DEEPH ₂ O CHLLNGE <i>Bonnie</i>			

MAC SPIN

MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
	6:00AM MAC SPIN <i>Emilie</i>			6:00AM MAC SPIN <i>Emilie</i>		
9:30 AM MAC SPIN <i>Patricia</i>	9:30 AM MAC SPIN <i>Deborah</i>	9:30 AM MAC SPIN <i>Laura</i>	9:30 AM MAC SPIN <i>Kristen</i>	9:30 AM MAC SPIN <i>Patricia</i>	8:30AM 75 min MAC SPIN <i>Tina</i>	
		10:00 AM SPIN & SPAR <i>Natalie?</i>				
	11:30 AM 45 min MAC EZ RIDER *On Request *					3:00 PM MAC SPIN <i>Monica</i>
5:30 PM MAC SPIN <i>Monica</i>		5:30 PM MAC SPIN <i>Debbie</i>				
	6:30 PM MAC SPIN <i>Robert</i>		6:30 PM MAC SPIN <i>Monica</i>			

MAC GROUP EX

MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SATURDY 12	SUNDAY 13
					8:30 AM TBS <i>Wendy</i>	
9:30 AM LIA <i>Sandy</i>	9:30 AM TBS <i>Patricia</i>	9:30 AM LINEUP & DANCE <i>Wendy</i>	9:30 AM CLASSIC STEP <i>Randy</i>	9:30 AM LIA <i>Sandy</i>	9:30AM 75min BODY PUMP <i>Melissa</i>	
10:00AM MAC ATTACK <i>Kim</i>				10:00 AM H.I.T. <i>Jessica</i>		
10:30 AM ZUMBA <i>Stephanie</i>	10:30AM STEP & STRENGTH <i>Tina?</i>	10:30 AM ZUMBA <i>Stephanie</i>	10:30 AM TBS <i>Kristen</i>	10:30AM STEP & STRGTH <i>Deborah</i>	10:30 AM GX2 LIA <i>Wendy</i>	11:00AM TBS <i>Wendy</i>
11:30 AM BUFF & SHINE <i>Sandy</i>	11:30AM STEP <i>Tina?</i>	11:30AM BUFF & SHINE <i>Wendy</i>	11:30 AM 3-2-1 <i>Michelle</i>	11:30 AM BUFF & SHINE <i>Sandy</i>	11:30AM (GYM) ZUMBA <i>Tracey</i>	
4:30 PM LIA <i>Ruth</i>		4:30 PM STEP & STRNTH <i>Ruth</i>				4:00 PM HI/LO/STRG ???
5:30 PM KICKBOXING <i>Jessica</i>	5:30 PM ZUMBA (gym) <i>Tracey</i>	5:30 PM TBS <i>Ruth</i>	5:30 PM ZUMBA (gym) <i>Tracey</i>			
6:30 PM 75 min TBS/CORE <i>Gwen</i>	6:30 PM H.I.T. <i>Jessica</i>	6:30 PM 75min BODY PUMP <i>Melissa</i>	6:30PM MAC ATTACK <i>Natalie</i>			
	7:30 PM LIA <i>Sandy</i>		7:30 PM LOW/STRGTH <i>Ruth</i>			

MAC GROUP EXERCISE SCHEDULE – JUNE 2010

MAC AQUA

MONDAY 14	TUESDAY 15	WEDNESDY 16	THURSDAY 17	FRIDAY 18	SATURDY19	SUNDAY 20
8:30AM H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min) DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min) DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM H ₂ O AEROBICS <i>Kim</i>		
	9:15AM (45min) H ₂ O PILATES <i>Nellie</i>		9:15AM (45min) H ₂ O PILATES <i>Bonnie</i>			
9:45 AM H ₂ O AEROBICS <i>Bonnie</i>		9:45 AM H ₂ O AEROBICS <i>Louise</i>		9:45 AM H ₂ O AEROBICS <i>Louise</i>		
	10:00 AM H ₂ O ARTHRITIS <i>Nellie</i>		10:00 AM H ₂ O ARTHRITIS <i>Thelma</i>		10:00 AM H ₂ O SCULPT <i>Stacy</i>	
	11:00 AM AQUALYTE <i>Nellie</i>		11:00 AM AQUALYTE <i>Thelma</i>			
						4:00 PM H ₂ O WALKNG <i>Bonnie</i>
	6:00 PM H ₂ O SCULPT <i>Kathleen</i>		6:00 PM DEEPH ₂ O CHLLNGE <i>Thelma</i>			

MAC SPIN

MONDAY 14	TUESDAY 15	WEDNESDAY16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
	6:00AM MAC SPIN <i>Emilie</i>			6:00AM MAC SPIN <i>Emilie</i>		
9:30 AM MAC SPIN <i>Deborah</i>	9:30 AM MAC SPIN <i>Patricia</i>	9:30 AM MAC SPIN <i>Tina?</i>	9:30 AM MAC SPIN <i>Kristen</i>	9:30 AM MAC SPIN <i>Laura</i>	8:30AM 75 min MAC SPIN <i>Robert</i>	
		10:00 AM SPIN & SPAR <i>Patricia</i>				
	11:30 AM 45 min MAC EZ RIDER *On Request *					3:00 PM MAC SPIN <i>Monica</i>
5:30 PM MAC SPIN <i>Robert</i>		5:30 PM MAC SPIN ??				
	6:30 PM MAC SPIN <i>Gwen</i>		6:30 PM MAC SPIN <i>Monica</i>			

MAC GROUP EX

MONDAY 14	TUESDAY 15	WEDNESDAY16	THURSDAY 17	FRIDAY 18	SATURDAY19	SUNDAY 20
					8:30 AM TBS <i>Wendy</i>	
9:30 AM LIA <i>Sandy</i>	9:30 AM TBS <i>Jessica</i>	9:30 AM LINEUP&DANCE <i>Wendy</i>	9:30 AM CLASSICSTEP <i>Tina?</i>	9:30 AM LIA <i>Sandy</i>	9:30AM 75min BODY PUMP <i>Dana</i>	
10:00AM MACATTACK <i>Natalie??</i>				10:00 AM H.I.T. <i>Kim</i>		
10:30 AM ZUMBA <i>Stephanie</i>	10:30AM STEP&STRENGTH <i>Laura</i>	10:30 AM ZUMBA <i>Stephanie</i>	10: 30 AM TBS <i>Kristen</i>	10:30AM STEP&STRGTH <i>Randy</i>	10:30 AM GX2 LIA <i>Wendy</i>	11:00AM TBS <i>Ruth</i>
11:30 AM BUFF& SHINE <i>Sandy</i>	11:30AM STEP <i>Laura</i>	11:30AM BUFF&SHINE <i>Wendy</i>	11:30 AM 3-2-1 ??	11:30 AM BUFF&SHINE <i>Sandy</i>	11:30AM(GYM) ZUMBA <i>Tracey</i>	
4:30 PM LIA <i>Ruth</i>		4:30 PM STEP&STRNTH <i>Ruth</i>				4:00 PM HI/LO/STRG <i>Monica</i>
5:30 PM KICKBOXING <i>Jessica</i>	5:30 PM ZUMBA(gym) <i>Tracey</i>	5:30 PM TBS <i>Ruth</i>	5:30 PM ZUMBA (gym) <i>Tracey</i>			
6:30 PM 75 min TBS/CORE <i>Gwen</i>	6:30 PM H.I.T. <i>Jessica</i>	6:30 PM 75min BODY PUMP <i>Dana</i>	6:30PM MAC ATTACK <i>Robert</i>			
	7:30 PM LIA <i>Sandy</i>		7:30 PM LOW/STRGTH <i>Ruth</i>			

MAC GROUP EXERCISE SCHEDULE – JUNE 2010

MAC AQUA

MONDAY 21	TUESDAY 22	WEDNESDY23	THURSDAY 24	FRIDAY 25	SATURDY26	SUNDAY 27
8:30AM H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min) DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min) DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM H ₂ O AEROBICS <i>Nellie</i>		
	9:15AM (45min) H ₂ O PILATES <i>Nellie</i>		9:15AM (45min) H ₂ O PILATES <i>Bonnie</i>			
9:45 AM H ₂ O AEROBICS <i>Bonnie</i>		9:45 AM H ₂ O AEROBICS <i>Louise</i>		9:45 AM H ₂ O AEROBICS <i>Louise</i>		
	10:00 AM H ₂ O ARTHRITIS <i>Nellie</i>		10:00 AM H ₂ O ARTHRITIS <i>Thelma</i>		10:00 AM H ₂ O SCULPT <i>Stacy</i>	
	11:00 AM AQUALYTE <i>Nellie</i>		11:00 AM AQUALYTE <i>Thelma</i>			
						4:00 PM H ₂ O WALKNG <i>Thelma</i>
	6:00 PM H ₂ O SCULPT <i>Kathleen</i>		6:00 PM DEEPH ₂ O CHLLNGE <i>Bonnie</i>			

MAC SPIN

MONDAY21	TUESDAY22	WEDNESDAY23	THURSDAY 24	FRIDAY25	SATURDAY26	SUNDAY 27
	6:00AM MAC SPIN <i>Emilie</i>			6:00AM MAC SPIN <i>Emilie</i>		
9:30 AM MAC SPIN <i>Michelle</i>	9:30 AM MAC SPIN <i>Deborah</i>	9:30 AM MAC SPIN <i>??</i>	9:30 AM MAC SPIN <i>Kristen</i>	9:30 AM MAC SPIN <i>Lise</i>	8:30AM 75 min MAC SPIN <i>Natalie?</i>	
		10:00 AM SPIN & SPAR <i>Patricia ?</i>				
	11:30 AM 45 min MAC EZ RIDER <i>*On Request *</i>					3:00 PM MAC SPIN <i>Monica</i>
5:30 PM MAC SPIN <i>Monica</i>		5:30 PM MAC SPIN <i>Debbie</i>				
	6:30 PM MAC SPIN <i>Robert</i>		6:30 PM MAC SPIN <i>Gwen</i>			

MAC GROUP EX

MONDAY 21	TUESDAY 22	WEDNESDAY23	THURSDAY 24	FRIDAY 25	SATURDAY26	SUNDAY 27
					8:30 AM TBS <i>Wendy</i>	
9:30 AM LIA <i>Sandy</i>	9:30 AM TBS <i>Jessica</i>	9:30 AM LINEUP&DANCE <i>Wendy</i>	9:30 AM CLASSICSTEP <i>??</i>	9:30 AM LIA <i>Sandy</i>	9:30AM 75min BODY PUMP <i>Amy?</i>	
10:00AM MACATTACK <i>Kim</i>				10:00 AM H.I.T. <i>Jessica</i>		
10:30 AM ZUMBA <i>Stephanie</i>	10:30AM STEP&STRENGTH <i>Kristen?</i>	10:30 AM ZUMBA <i>Stephanie</i>	10: 30 AM TBS <i>Kristen</i>	10:30AM STEP&STRGTH <i>Randy</i>	10:30 AM GX2 LIA <i>Wendy</i>	11:00AM TBS <i>Wenndy</i>
11:30 AM BUFF& SHINE <i>Sandy</i>	11:30AM STEP <i>Kristen?</i>	11:30AM BUFF&SHINE <i>Wendy</i>	11:30 AM 3-2-1 <i>Michelle</i>	11:30 AM BUFF&SHINE <i>Sandy</i>	11:30AM(GYM) ZUMBA <i>Tracey</i>	
4:30 PM LIA <i>Ruth</i>		4:30 PM STEP&STRNTH <i>Ruth</i>				4:00 PM HI/LO/STRG <i>??</i>
5:30 PM KICKBOXING <i>Jessica</i>	5:30 PM ZUMBA(gym) <i>Tracey</i>	5:30 PM TBS <i>Ruth</i>	5:30 PM ZUMBA (gym) <i>Tracey</i>			
6:30 PM 75 min TBS/CORE <i>Ruth</i>	6:30 PM H.I.T. <i>Natalie</i>	6:30 PM 75min BODY PUMP <i>Amy?</i>	6:30PM MAC ATTACK <i>Jessica</i>			
	7:30 PM LIA <i>Sandy</i>		7:30 PM LOW/STRGTH <i>Ruth</i>			

MAC GROUP EXERCISE SCHEDULE – JUNE 2010

MAC AQUA

MONDAY 28	TUESDAY 29	WEDNESDY30	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM H ₂ O AEROBICS <i>Kim</i>	8:30AM (45min) DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM H ₂ O AEROBICS <i>Kim</i>	8:30AM (45min) DEEPH ₂ O AEROBIC	8:30AM H ₂ O AEROBICS		
	9:15AM (45min) H ₂ O PILATES <i>Nellie</i>		9:15AM (45min) H ₂ O PILATES			
9:45 AM H ₂ O AEROBICS <i>Louise</i>		9:45 AM H ₂ O AEROBICS <i>Louise</i>		9:45 AM H ₂ O AEROBICS		
	10:00 AM H ₂ O ARTHRITIS <i>Nellie</i>		10:00 AM H ₂ O ARTHRITIS		10:00 AM H ₂ O SCULPT	
	11:00 AM AQUALYTE <i>Nellie</i>		11:00 AM AQUALYTE			
						4:00 PM H ₂ O WALKNG
	6:00 PM H ₂ O SCULPT <i>Kathleen</i>		6:00 PM DEEPH ₂ O CHLLNGE			

MAC SPIN

MONDAY 28	TUESDAY 29	WEDNESDAY30	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00AM MAC SPIN <i>Emilie</i>			6:00AM MAC SPIN		
9:30 AM MAC SPIN <i>Michelle</i>	9:30 AM MAC SPIN <i>Patricia</i>	9:30 AM MAC SPIN <i>Lise</i>	9:30 AM MAC SPIN	9:30 AM MAC SPIN	8:30AM 75 min MAC SPIN	
		10:00 AM SPIN & SPAR <i>Patricia</i>				
	11:30 AM 45 min MAC EZ RIDER *On Request *					3:00 PM MAC SPIN
5:30 PM MAC SPIN <i>Robert</i>		5:30 PM MAC SPIN <i>Monica</i>				
	6:30 PM MAC SPIN <i>Gwen</i>		6:30 PM MAC SPIN			

MAC GROUP EX

MONDAY 28	TUESDAY 29	WEDNESDAY30	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:30 AM TBS	
9:30 AM LIA <i>Sandy</i>	9:30 AM TBS <i>Jessica</i>	9:30 AM LINEUP&DANCE <i>Wendy</i>	9:30 AM CLASSICSTEP	9:30 AM LIA	9:30AM 75min BODY PUMP	
10:00AM MACATTACK <i>Kim</i>				10:00 AM H.I.T.		
10:30 AM ZUMBA <i>Stephanie</i>	10:30AM STEP&STRENGTH <i>Kristen?</i>	10:30 AM ZUMBA <i>Stephanie</i>	10:30 AM TBS	10:30AM STEP&STRGTH	10:30 AM GX2 LIA	11:00AM TBS
11:30 AM BUFF& SHINE <i>Sandy</i>	11:30AM STEP <i>Kristen</i>	11:30AM BUFF&SHINE <i>Wendy</i>	11:30 AM 3-2-1	11:30 AM BUFF&SHINE	11:30AM(GYM) ZUMBA	
4:30 PM LIA ??		4:30 PM STEP&STRNTH <i>Ruth</i>				4:00 PM HI/LO/STRG
5:30 PM KICKBOXING <i>Jessica</i>	5:30 PM ZUMBA(gym) <i>Tracey</i>	5:30 PM TBS <i>Ruth</i>	5:30 PM ZUMBA (gym)			
6:30 PM 75 min TBS/CORE <i>Gwen</i>	6:30 PM H.I.T. <i>Jessica</i>	6:30 PM 75min BODY PUMP <i>Dana</i>	6:30PM MAC ATTACK			
	7:30 PM LIA <i>Sandy</i>		7:30 PM LOW/STRGTH			