

MAC GROUP EXERCISE SCHEDULE – AUGUST 2010

MAC AQUA

MONDAY 30	TUESDAY 31	WEDNESDAY	THURSDAY	FRIDAY	SATURDY	SUNDAY 1
8:30AM P H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM P H ₂ O AEROBICS	8:30AM (45min)P DEEPH ₂ O AEROBIC	8:30AM P H ₂ O AEROBICS		
	9:15AM (45min)P H ₂ O PILATES <i>Nellie</i>		9:15AM (45min)P H ₂ O PILATES			
9:45 AM P H ₂ O AEROBICS <i>Bonnie</i>	10:00 AM P H ₂ O ARTHRITIS <i>Nellie</i>	9:45 AM P H ₂ O AEROBICS	10:00 AM P H ₂ O ARTHRITIS	9:45 AM P H ₂ O AEROBICS		
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE		10:00 AM P H ₂ O SCULPT	
	6:00 PM P H ₂ O SCULPT <i>Stacy</i>		6:00 PM P DEEPH ₂ O CHLLNGE			4:00 PM P H ₂ O WALKNG <i>Nellie</i>

MAC SPIN

MONDAY 30	TUESDAY 31	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 1
	6:00AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN		
9:30 AM SS MAC SPIN <i>Deborah</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN	9:30 AM SS MAC SPIN	9:30 AM SS MAC SPIN	8:30AM 75in MAC SPIN.SS	
	11:30 AM SS MAC EZ RIDER *On Request *	10:00 AM G/SS SPIN & SPAR				
5:30 PM.SS MAC SPIN <i>Monica</i>		5:30 PM.SS MAC SPIN				
	6:30 PM.SS MAC SPIN <i>Tina</i>		6:30 PM.SS MAC SPIN			

MAC GROUP EX & MIND/BODY

MONDAY 30	TUESDAY 31	WEDNESDAY	THURSDAY	FRIDAY	SATURDY	SUNDAY 1
		9:30AM.M/B PRENAT.YOGA			8:30 AM.GX1 TBS	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Kristen</i>	9:30 AM .GX1 LINEUP.DANCE	9:30 AM.GX1 JUST STEP	9:30 AM.GX1 LIA	9:30AM.GX1 BODY PUMP	
10:00AM.GYM MACATTACK <i>Kim</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.M/B FITNESS YOGA	10:30AM GX1 BODY PUMP	10:00 AM.GYM H.I.T.		
10:30 AM.GX1 ZUMBA	10:30AM.GX1 STEP&STRGTH <i>Kristen</i>	10:30 AM.GX1 ZUMBA	10: 30 AM.GX2 TBS	10:30AM.GX1 STEP&STRGT	10:30 AM GX2 LIA	11:00AM.GX1 TBS <i>Stephanie</i>
10:30AM .M/B FITNESS.YOGA <i>Lise</i>		11:30AM.M/B FITNESS.YOGA	11:30AM.M/B YOGALAX	10:30AM.M/B PILATES	10:45AM BODYCOMBAT	
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>		11:30AM.GX1 BUFF&SHINE		11:30 AM.GX1 BUFF&SHINE	11:30AM.GYM ZUMBA	
	12:00PM.M/B TAI CHI <i>Jack</i>	4:30 PM.GX1 STEP&STRNTH				
4:30PM M/B GENTLE.YOGA <i>Jayne</i>		4:30PM.M/B YIN YOGA				4:00 PM.M/B GTL YOGA <i>Jayne</i>
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	5:30 PM.GX1 TBS	5:30 PM.GYM ZUMBA			
5:30PM.M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Arthur</i>	5:30PM M/B PILATES	5:30PM.M/B FITNESSYOGA			
6:30 PM 75 min TBS/CORE <i>Gwen</i>	5:30 PM BODYCOMBAT <i>Seo</i>	6:30 PM.GX1 BODY PUMP	6:30PM.GYM MAC.ATTACK			
6:30 PM INTERMD.YOGA <i>Arthur</i>	6:30 PM.GYM H.I.T. <i>Jessica</i>	6:30PM.M/B INTRMDYOGA				

M/B = MIND/BODY STUDIO, 2ND FLOOR GX2=BLUE STUDIO, 1ST FLOOR P=INDOOR POOL SS=SPIN STUDIO
GX1= AEROBIC STUDIO, 2ND FLOOR GYM= BASKETBALL GYM

MAC GROUP EXERCISE SCHEDULE – AUGUST 2010

MAC AQUA

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDY 7	SUNDAY 8
8:30AM P H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM P H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Bonnie</i>		
	9:15AM (45min)P H ₂ O PILATES <i>Nellie</i>		9:15AM (45min)P H ₂ O PILATES <i>Bonnie</i>			
9:45 AM P H ₂ O AEROBICS <i>Laura RB</i>	10:00 AM P H ₂ O ARTHRITIS <i>Nellie</i>	9:45 AM P H ₂ O AEROBICS <i>Bonnie</i>	10:00 AM P H ₂ O ARTHRITIS <i>Thelma</i>	9:45 AM P H ₂ O AEROBICS <i>Louise</i>		
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE <i>Thelma</i>		10:00 AM P H ₂ O SCULPT <i>Thelma</i>	
	6:00 PM P H ₂ O SCULPT <i>Thelma</i>		6:00 PM P DEEPH ₂ OCHLLNGE <i>Kathleen</i>			4:00 PM P H ₂ O WALKNG <i>Stacy</i>

MAC SPIN

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7	SUNDAY 8
	6:00AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN <i>Emilie</i>		
9:30 AM SS MAC SPIN <i>Laura</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	9:30 AM SS MAC SPIN <i>Laura</i>	9:30 AM SS MAC SPIN <i>Amy</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	8:30AM 75in MAC SPIN.SS	
	11:30 AM SS MAC EZ RIDER *On Request *	10:00 AM G/SS SPIN & SPAR				
5:30 PM.SS MAC SPIN <i>Monica</i>		5:30 PM.SS MAC SPIN				
	6:30 PM.SS MAC SPIN <i>Gwen</i>		6:30 PM.SS MAC SPIN <i>Robert</i>			

MAC GROUP EX & MIND/BODY

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDY 7	SUNDAY 8
		9:30AM.M/B PRENAT.YOGA <i>Deborah</i>			8:30 AM.GX1 TBS <i>Ruth</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Randy</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	9:30 AM.GX1 JUST STEP <i>Randy</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Amy</i>	
10:00AM.GYM MAC ATTACK <i>Kim</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.M/B FITNESS YOGA <i>Deborah</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:00 AM.GYM H.I.T. <i>Laura</i>		
10:30 AM.GX1 ZUMBA <i>Stephanie</i>	10:30AM.GX1 STEP&STRGTH <i>Deborah</i>	10:30 AM.GX1 ZUMBA <i>Stephanie</i>	10: 30 AM.GX2 TBS <i>Stephanie</i>	10:30AM.GX1 STEP&STRGT <i>Stephanie</i>	10:30 AM GX2 LIA <i>Ruth</i>	11:00AM.GX1 TBS <i>Ruth</i>
10:30AM .M/B FITNESS.YOGA <i>Lise</i>		11:30AM.M/B FITNESS.YOGA <i>Lise</i>	11:30AM.M/B YOGALAX <i>Lise</i>	10:30AM.M/B PILATES <i>Deborah</i>	10:45AM BODYCOMBAT <i>Amy</i>	
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>		11:30AM.GX1 BUFF&SHINE <i>Wendy</i>		11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	11:30AM.GYM ZUMBA <i>Tracey</i>	
	12:00PM.M/B TAI CHI <i>Jack</i>	4:30 PM.GX1 STEP&STRNTH <i>Ruth</i>				
4:30PM M/B GENTLE.YOGA <i>Lise</i>		4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GTL YOGA <i>Arthur</i>
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	5:30 PM.GX1 TBS <i>Ruth</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
5:30PM.M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Arthur</i>	5:30PM M/B PILATES <i>Debbie?</i>	5:30PM.M/B FITNESSYOGA <i>Arthur</i>			
6:30 PM 75 min TBS/CORE <i>Randy</i>	5:30 PM BODYCOMBAT <i>Seo</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	6:30PM.GYM MAC.ATTACK <i>Gwen</i>			
6:30 PM INTERMD.YOGA <i>Jayne</i>	6:30 PM.GYM H.I.T. <i>Jessica</i>	6:30PM.M/B INTRMDYOGA <i>Arthur</i>				

M/B = MIND/BODY STUDIO, 2ND FLOOR GX2=BLUE STUDIO, 1ST FLOOR P=INDOOR POOL SS=SPIN STUDIO
GX1= AEROBIC STUDIO, 2ND FLOOR GYM= BASKETBALL GYM

MAC GROUP EXERCISE SCHEDULE – AUGUST 2010

MAC AQUA

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14	SUNDAY 15
8:30AM P H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM P H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Bonnie</i>		
	9:15AM (45min)P H ₂ O PILATES <i>Nellie</i>		9:15AM (45min)P H ₂ O PILATES <i>Bonnie</i>			
9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Nellie</i>	9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Thelma</i>	9:45 AM P H ₂ O AEROBICS <i>Laura RB</i>		
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE <i>Thelma</i>		10:00 AM P H ₂ O SCULPT <i>Stacy</i>	
	6:00 PM P H ₂ O SCULPT <i>Stacy</i>		6:00 PM P DEEPH ₂ OCHLLNGE <i>Thelma</i>			4:00 PM P H ₂ O WALKNG <i>Bonnie</i>

MAC SPIN

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14	SUNDAY 15
	6:00AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN <i>Emilie</i>		
9:30 AM SS MAC SPIN <i>Laura</i>	9:30 AM SS MAC SPIN <i>Michelle</i>	9:30 AM SS MAC SPIN <i>Laura</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	8:30AM 75in MAC SPIN.SS <i>Tina</i>	
	11:30 AM SS MAC EZ RIDER *On Request *	10:00 AM G/SS SPIN & SPAR ??				
5:30 PM.SS MAC SPIN <i>Robert</i>		5:30 PM.SS MAC SPIN <i>Monica</i>				
	6:30 PM.SS MAC SPIN ??		6:30 PM.SS MAC SPIN <i>Gwen</i>			

MAC GROUP EX & MIND/BODY

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14	SUNDAY 15
		9:30AM.M/B PRENAT.YOGA <i>Deborah</i>			8:30 AM.GX1 TBS <i>Wendy</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Deborah</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	9:30 AM.GX1 JUST STEP <i>Laura</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Dana</i>	
10:00AM.GYM MAC ATTACK <i>Kim</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.M/B FITNESS YOGA <i>Sandi</i>	10:30AM GX1 BODY PUMP <i>Dana</i>	10:00 AM.GYM H.I.T. <i>Kim</i>		
10:30 AM.GX1 ZUMBA <i>Stephanie</i>	10:30AM.GX1 STEP&STRGTH <i>Stephanie</i>	10:30 AM.GX1 ZUMBA <i>Stephanie</i>	10: 30 AM.GX2 TBS <i>Kristen</i>	10:30AM.GX1 STEP&STRGT <i>Melissa</i>	10:30 AM GX2 LIA <i>Wendy</i>	11:00AM.GX1 TBS ??
10:30AM .M/B FITNESS.YOGA <i>Lise</i>		11:30AM.M/B FITNESS.YOGA <i>Lise?</i>	11:30AM.M/B YOGALAX <i>Sandi</i>	10:30AM.M/B PILATES <i>Deborah</i>	10:45AM BODYCOMBAT <i>Amy</i>	
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>		11:30AM.GX1 BUFF&SHINE <i>Wendy</i>		11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	11:30AM.GYM ZUMBA <i>Tracey</i>	
	12:00PM.M/B TAI CHI <i>Jack</i>	4:30 PM.GX1 STEP&STRNTH <i>Ruth</i>				
4:30PM M/B GENTLE.YOGA <i>Lise</i>		4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GTL YOGA <i>Arthur</i>
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	5:30 PM.GX1 TBS <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
5:30PM.M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Debbie</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESSYOGA <i>Arthur</i>			
6:30 PM 75 min TBS/CORE <i>Gwen</i>	5:30 PM BODYCOMBAT <i>Seo</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			
6:30 PM INTERMD.YOGA <i>Kathleen</i>	6:30 PM.GYM H.I.T. <i>Robert</i>	6:30PM.M/B INTRMDYOGA <i>Arthur</i>				

M/B = MIND/BODY STUDIO, 2ND FLOOR GX2=BLUE STUDIO, 1ST FLOOR P=INDOOR POOL SS=SPIN STUDIO
GX1= AEROBIC STUDIO, 2ND FLOOR GYM= BASKETBALL GYM

MAC GROUP EXERCISE SCHEDULE – AUGUST 2010

MAC AQUA

MONDAY 16	TUESDAY 17	WEDNESDAY18	THURSDAY19	FRIDAY 20	SATURDY21	SUNDAY 22
8:30AM P H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM P H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Bonnie</i>		
	9:15AM (45min)P H ₂ O PILATES <i>Nellie</i>		9:15AM (45min)P H ₂ O PILATES <i>Bonnie</i>			
9:45 AM P H ₂ O AEROBICS <i>Bonnie</i>	10:00 AM P H ₂ O ARTHRITIS <i>Nellie</i>	9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Louise</i>	9:45 AM P H ₂ O AEROBICS <i>Laura RB</i>		
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE <i>Thelma</i>		10:00 AM P H ₂ O SCULPT <i>Stacy</i>	
	6:00 PM P H ₂ O SCULPT <i>Stacy</i>		6:00 PM P DEEPH ₂ OCHLLNGE <i>Kathleen</i>			4:00 PM P H ₂ O WALKNG <i>Stacy</i>

MAC SPIN

MONDAY 16	TUESDAY17	WEDNESDAY18	THURSDAY19	FRIDAY 20	SATURDAY 21	SUNDAY 22
	6:00AM SS MAC SPIN <i>Amy</i>			6:00AM SS MAC SPIN <i>Ginger</i>		
9:30 AM SS MAC SPIN <i>Lise</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Laura</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Amy</i>	8:30AM 75in MAC SPIN.SS	
	11:30 AM SS MAC EZ RIDER *On Request *	10:00 AM G/SS SPIN & SPAR ??				
5:30 PM.SS MAC SPIN <i>Monica</i>		5:30 PM.SS MAC SPIN <i>Debbie</i>				
	6:30 PM.SS MAC SPIN <i>Gwen</i>		6:30 PM.SS MAC SPIN <i>Monica</i>			

MAC GROUP EX & MIND/BODY

MONDAY 16	TUESDAY 17	WEDNESDAY18	THURSDAY 19	FRIDAY 20	SATURDY 21	SUNDAY 22
		9:30AM.M/B PRENAT.YOGA <i>Deborah</i>			8:30 AM.GX1 TBS <i>Ruth</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Randy</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	9:30 AM.GX1 JUST STEP <i>Randy</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Dana</i>	
10:00AM.GYM MACATTACK <i>Kim</i>	10:30AM.M/B PILATES <i>Deborah</i>	10:30AM.M/B FITNESS YOGA <i>Deborah</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:00 AM.GYM H.I.T. <i>Kim</i>		
10:30 AM.GX1 ZUMBA <i>Stephanie</i>	10:30AM.GX1 STEP&STRGTH <i>Kristen</i>	10:30 AM.GX1 ZUMBA <i>Stephanie</i>	10: 30 AM.GX2 TBS <i>Kristen</i>	10:30AM.GX1 STEP&STRGT <i>Randy</i>	10:30 AM GX2 LIA <i>Ruth</i>	11:00AM.GX1 TBS <i>Wendy</i>
10:30AM .M/B FITNESS.YOGA <i>Lise</i>		11:30AM.M/B FITNESS.YOGA <i>Sandi</i>	11:30AM.M/B YOGALAX <i>Sandi</i>	10:30AM.M/B PILATES <i>Michelle</i>	10:45AM BODYCOMBAT ??	
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>		11:30AM.GX1 BUFF&SHINE <i>Wendy</i>		11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	11:30AM.GYM ZUMBA <i>Tracey</i>	
	12:00PM.M/B TAI CHI <i>Jack</i>	4:30 PM.GX1 STEP&STRNTH <i>Ruth</i>				
4:30PM M/B GENTLE.YOGA <i>Jayne</i>		4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GTL YOGA <i>Arthur</i>
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	5:30 PM.GX1 TBS <i>Randy</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
5:30PM.M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Arthur</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESSYOGA <i>Arthur</i>			
6:30 PM 75 min TBS/CORE <i>Ruth</i>	5:30 PM BODYCOMBAT <i>Seo</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	6:30PM.GYM MAC.ATTACK <i>Gwen</i>			
6:30 PM INTERMD.YOGA <i>Kathleen</i>	6:30 PM.GYM H.I.T. <i>Jessica</i>	6:30PM.M/B INTRMDYOGA <i>Jayne</i>				

M/B = MIND/BODY STUDIO, 2ND FLOOR GX2=BLUE STUDIO, 1ST FLOOR P=INDOOR POOL SS=SPIN STUDIO
GX1= AEROBIC STUDIO, 2ND FLOOR GYM= BASKETBALL GYM

MAC GROUP EXERCISE SCHEDULE – AUGUST 2010

MAC AQUA

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28	SUNDAY 29
8:30AM P H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM P H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Bonnie</i>		
	9:15AM (45min)P H ₂ O PILATES <i>Nellie</i>		9:15AM (45min)P H ₂ O PILATES <i>Bonnie</i>			
9:45 AM P H ₂ O AEROBICS <i>Bonnie</i>	10:00 AM P H ₂ O ARTHRITIS <i>Nellie</i>	9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Thelma</i>	9:45 AM P H ₂ O AEROBICS <i>Louise</i>		
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE <i>Thelma</i>		10:00 AM P H ₂ O SCULPT <i>Thelma</i>	
	6:00 PM P H ₂ O SCULPT <i>Stacy</i>		6:00 PM P DEEPH ₂ O CHLLNGE <i>Kathleen</i>			4:00 PM P H ₂ O WALKNG <i>Nellie</i>

MAC SPIN

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28	SUNDAY 29
	6:00AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN <i>Emilie</i>		
9:30 AM SS MAC SPIN <i>Lise</i>	9:30 AM SS MAC SPIN <i>Michelle</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	8:30AM 75in MAC SPIN.SS <i>Amy?</i>	
	11:30 AM SS MAC EZ RIDER *On Request *	10:00 AM G/SS SPIN & SPAR <i>Michelle</i>				
5:30 PM.SS MAC SPIN <i>Robert</i>		5:30 PM.SS MAC SPIN <i>Monica</i>				
	6:30 PM.SS MAC SPIN <i>Gwen</i>		6:30 PM.SS MAC SPIN <i>??</i>			

MAC GROUP EX & MIND/BODY

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28	SUNDAY 29
		9:30AM.M/B PRENAT.YOGA <i>Deborah</i>			8:30 AM.GX1 TBS <i>Wenndy</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Stephanie</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	9:30 AM.GX1 JUST STEP <i>Stephanie</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Amy</i>	
10:00AM.GYM MAC ATTACK <i>Kim</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.M/B FITNESS YOGA <i>Sandi</i>	10:30AM GX1 BODY PUMP <i>Dana</i>	10:00 AM.GYM H.I.T. <i>Kim</i>		
10:30 AM.GX1 ZUMBA <i>??</i>	10:30AM.GX1 STEP&STRGTH <i>Deborah</i>	10:30 AM.GX1 ZUMBA <i>??</i>	10: 30 AM.GX2 TBS <i>Kristen</i>	10:30AM.GX1 STEP&STRGT <i>Michelle</i>	10:30 AM GX2 LIA <i>Wenndy</i>	11:00AM.GX1 TBS <i>Ruth</i>
10:30AM .M/B FITNESS.YOGA <i>Lise</i>		11:30AM.M/B FITNESS.YOGA <i>Sandi</i>	11:30AM.M/B YOGALAX <i>Sandi</i>	10:30AM.M/B PILATES <i>Deborah</i>	10:45AM BODYCOMBAT <i>Amy</i>	
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>		11:30AM.GX1 BUFF&SHINE <i>Wendy</i>		11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	11:30AM.GYM ZUMBA <i>??</i>	
	12:00PM.M/B TAI CHI <i>Jack</i>	4:30 PM.GX1 STEP&STRNTH <i>Ruth</i>				
4:30PM M/B GENTLE.YOGA <i>Lise</i>		4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Jayne?</i>
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>??</i>	5:30 PM.GX1 TBS <i>Ruth</i>	5:30 PM.GYM ZUMBA <i>??</i>			
5:30PM.M/B PILATES <i>Deborah</i>	5:30PM.M/B FITNESS YOGA <i>Debbie</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS.YOGA <i>Debbie</i>		**August 30 &	31 are on Page 1
6:30 PM 75 min TBS/CORE <i>Ruth</i>	5:30 PM BODYCOMBAT <i>??</i>	6:30 PM.GX1 BODY PUMP <i>Melissa</i>	6:30PM.GYM MAC.ATTACK <i>Robert</i>			
6:30 PM INTERMD.YOGA <i>Arthur</i>	6:30 PM.GYM H.I.T. <i>Jessica</i>	6:30PM.M/B INTRMDYOGA <i>Arthur</i>				

MAC GROUP EXERCISE SCHEDULE – AUGUST 2010
MAC AQUA