

MAC GROUP EXERCISE SCHEDULE SEPTEMBER 2010

MAC AQUA

MONDAY	TUESDAY	WEDNSDAY 1	THURSDAY 2	FRIDAY 3	SATURDY 4	SUNDAY 5
8:30AM P H ₂ O AEROBICS	8:30AM (45min)P DEEPH ₂ O AEROBICS	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>		LABOR DAY WEEKEND
	9:15AM (45min)P H ₂ O PILATES		9:15AM (45min)P H ₂ O PILATES <i>Bonnie</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 <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Thelma</i>	9:45 AM P H ₂ O AEROBICS <i>Bonnie</i>		
	11:00 AM P AQUALYTE		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		6:00 PM P DEEPH ₂ O CHLLNGE <i>Thelma</i>			4:00 PM P H ₂ O WALKNG NO CLASS

MAC SPIN

MONDAY	TUESDAY	WEDNSDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
	6:00AM SS MAC SPIN			6:00AM SS MAC SPIN <i>Emilie</i>		
9:30 AM SS MAC SPIN	9:30 AM SS MAC SPIN	9:30 AM SS MAC SPIN <i>Blake</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	9:30 AM SS MAC SPIN <i>Laura</i>	8:30AM 75in MAC SPIN.SS <i>Blake?</i>	
	11:30 AM SS MAC EZ RIDER *On Request *	10:00 AM G/SS SPIN & SPAR <i>Patricia</i>				
5:30 PM.SS MAC SPIN		5:30 PM.SS MAC SPIN <i>Robert</i>				
	6:30 PM.SS MAC SPIN		6:30 PM.SS MAC SPIN <i>Monica</i>			

MAC GROUP EX & MIND/BODY

MONDAY	TUESDAY	WEDNSDAY 1	THURSDAY 2	FRIDAY 3	SATURDY 4	SUNDAY 5
8:30 AM.GX1 ZUMBA		8:30 AM.GX1 ZUMBA <i>Stephanie</i>			8:30 AM.GX1 TBS <i>Wendy</i>	
9:30AM.GX1 LIA	9:30 AM.GX1 TBS	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	
10:00AM.GYM MAC ATTACK	10:30AM.M/B PILATES	10:30AM.M/B FITNESS YOGA <i>Deborah</i>	10:30AM GX1 BODY PUMP <i>Melissa</i>	10:00 AM.GYM H.I.T. <i>Melissa?</i>		
10:30AM .M/B FITNESS.YOGA	10:30AM.GX1 STEP&STRGTH		10: 30 AM.GX2 TBS <i>Deborah</i>	10:30AM.GX1 STEP&STRGT <i>Randy</i>	10:30 AM GX2 LIA <i>Wendy</i>	11:00AM.GX1 TBS NO CLASS
11:30 AM.GX1 BUFF& SHINE	12:00PM.M/B TAI CHI		11:30AM.M/B YOGALAX <i>Sandi</i>	10:30AM.M/B PILATES <i>Deborah</i>	10:45AM BODYCOMBAT <i>Seo</i>	
4:30PM GX145min BODYPUMP		11:30AM.GX1 BUFF&SHINE <i>Wendy</i>		11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	11:30AM.GYM ZUMBA <i>Tracey</i>	
4:30PM M/B GENTLE.YOGA	5:30PM GX1 TWEENS	4:30 PM.GX1 STEP&STRNTH <i>Ruth</i>				
5:30 PM.GX1 KICKBOXING	5:30 PM.GYM ZUMBA	4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GNTLYOGA <i>Arthur</i>
5:30PM.M/B PILATES	5:30PM.M/B FITNESS YOGA	5:30 PM.GX1 TBS <i>Ruth</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
6:30 PM 75 min TBS/CORE	6:30 PM GX1 BODYCOMBAT	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS.YOGA <i>Debbie</i>			
6:30 PM INTERMD.YOGA	6:30 PM.GYM H.I.T.	6:30 PM.GX1 BODY PUMP <i>Melissa</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			
	6:30 PM.M/B PRENAT.YOGA	6:30PM.M/B INTRMDYOGA <i>Arthur</i>				

MAC GROUP EXERCISE SCHEDULE SEPTEMBER 2010

MAC AQUA

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

MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDY 11	SUNDAY 12
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>Kim</i>	8:30AM (45min)P DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Kim</i>		
Labor Day	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>NO CLASS</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 O CHLLNGE <i>Debi</i>			4:00 PM P H ₂ O WALKNG <i>Debi</i>

MAC SPIN

MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11	SUNDAY 12
Special Labor Day Ride 75 min	6:00AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN <i>Emilie</i>		
830 AM SS MAC SPIN <i>Emilie</i>	9:30 AM SS MAC SPIN <i>Patricia</i>	9:30 AM SS MAC SPIN <i>Blake</i>	9:30 AM SS MAC SPIN <i>Michelle</i>	9:30 AM SS MAC SPIN <i>Laura</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 <i>Laura</i>				
5:30 PM.SS MAC SPIN <i>NO CLASS</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 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDY 11	SUNDAY 12
8:30 AM.GX1 ZUMBA <i>Stephanie</i>		8:30 AM.GX1 ZUMBA <i>Stephanie</i>			8:30 AM.GX1 TBS <i>Wenndy</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Laura</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>Blake</i>	
10:00AM.GYM MACATTACK <i>Patricia</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.M/B FITNESS YOGA <i>Lise</i>	10:30AM GX1 BODY PUMP <i>Dana</i>	10:00 AM.GYM H.I.T. <i>Kim</i>		
10:30AM .M/B FITNESS.YOGA <i>Sandi</i>	10:30AM.GX1 STEP&STRGTH <i>Patricia</i>		10: 30 AM.GX2 TBS <i>Michelle</i>	10:30AM.GX1 STEP&STRGT <i>Randy</i>	10:30 AM GX2 LIA <i>Wenndy</i>	11:00AM.GX1 TBS <i>Monica</i>
11:30 AM.GX1 BUFF& SHINE <i>NO CLASS</i>	12:00PM.M/B TAI CHI <i>Jack</i>		11:30AM.M/B YOGALAX <i>Lise</i>	10:30AM.M/B PILATES <i>Deborah</i>	10:45AM BODYCOMBAT <i>Blake</i>	
4:30PM GX145min BODYPUMP <i>NO CLASS</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>	
4:30PM M/B GENTLE.YOGA <i>NO CLASS</i>	5:30PM GX1 TWEENS <i>Jessica</i>	4:30 PM.GX1 STEP&STRNTH <i>Ruth</i>				
5:30 PM.GX1 KICKBOXING <i>NO CLASS</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Jayne</i>
5:30PM.M/B PILATES <i>NO CLASS</i>	5:30PM.M/B FITNESS YOGA <i>Arthur</i>	5:30 PM.GX1 TBS <i>Ruth</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
6:30 PM 75 min TBS/CORE <i>NO CLASS</i>	6:30PM GX1 BODYCOMBAT <i>Seo</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS.YOGA <i>Debbie</i>			
6:30 PM INTERMD.YOGA <i>NO CLASS</i>	6:30 PM.GYM H.I.T. <i>Robert</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			
	6:30 PM.M/B	6:30PM.M/B				

MAC GROUP EXERCISE SCHEDULE SEPTEMBER 2010

MAC AQUA

	PRENAT.YOGA <i>Deborah</i>	INTRMDYOGA <i>Jayne</i>				
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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

MONDAY 13	TUESDAY 14	WEDNSDAY15	THURSDAY 16	FRIDAY 17	SATURDY 18	SUNDAY 19
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>Kim</i>	8:30AM (45min)P DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Kim</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>Thelma</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>Stacy</i>

MAC SPIN

MONDAY 13	TUESDAY 14	WEDNSDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
6:00AM SS SPIN40 ABS20 <i>Emilie</i>	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>Patricia</i>	9:30 AM SS MAC SPIN <i>Blake</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Michelle</i>	8:30AM 75in MAC SPIN.SS <i>Blake</i>	
	11:30 AM SS MAC EZ RIDER *On Request *	10:00 AM G/SS SPIN & SPAR <i>Patricia</i>				
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>Robert</i>		6:30 PM.SS MAC SPIN <i>Gwen</i>			

MAC GROUP EX & MIND/BODY

MONDAY 13	TUESDAY 14	WEDNSDAY15	THURSDAY 16	FRIDAY 17	SATURDY 18	SUNDAY 19
8:30 AM.GX1 ZUMBA <i>Stephanie</i>		8:30 AM.GX1 ZUMBA <i>Stephanie</i>			8:30 AM.GX1 TBS <i>Ruth</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Laura</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 MACATTACK <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>Kim</i>		
10:30AM .M/B FITNESS.YOGA <i>Lise</i>	10:30AM.GX1 STEP&STRGTH <i>Randy</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>
11:30 AM.GX1 BUFF& SHINE <i>Sandi</i>	12:00PM.M/B TAI CHI <i>Jack</i>		11:30AM.M/B YOGALAX <i>Sandi</i>	10:30AM.M/B PILATES <i>Deborah</i>	10:45AM BODYCOMBAT <i>Amy</i>	
4:30PM GX145min BODYPUMP <i>Melissa</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>	
4:30PM M/B GENTLE.YOGA <i>Sandi</i>	5:30PM GX1 TWEENS <i>Jessica</i>	4:30 PM.GX1 STEP&STRNTH <i>Ruth</i>				
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Arthur</i>
5:30PM.M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Debbie</i>	5:30 PM.GX1 TBS <i>Ruth?</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
6:30 PM 75 min TBS/CORE <i>Ruth</i>	6:30 PM GX1 BODYCOMBAT <i>Seo</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS.YOGA <i>Arthur</i>			
6:30 PM	6:30 PM.GYM	6:30 PM.GX1	6:30PM.GYM			

MAC GROUP EXERCISE SCHEDULE SEPTEMBER 2010

MAC AQUA

INTERMD.YOGA <i>Arthur</i>	H.I.T. <i>Gwen</i>	BODY PUMP <i>Seo</i>	MAC.ATTACK <i>Jessica</i>			
	6:30 PM.M/B PRENAT.YOGA <i>Deborah</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

MONDAY 20	TUESDAY 21	WEDNSDAY22	THURSDAY 23	FRIDAY 24	SATURDY 25	SUNDAY26
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>Kim</i>	8:30AM (45min)P DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Kim</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 O CHLLNGE <i>Debi</i>			4:00 PM P H ₂ O WALKNG <i>Debi</i>

MAC SPIN

MONDAY 20	TUESDAY 21	WEDNSDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
6:00AM SS SPIN40 ABS20 <i>Emilie</i>	6:00AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN <i>Emilie</i>		
9:30 AM SS MAC SPIN <i>Deborah</i>	9:30 AM SS MAC SPIN <i>Patricia</i>	9:30 AM SS MAC SPIN <i>Blake</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Lise</i>	8:30AM 75in MAC SPIN.SS <i>Blake</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>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>Gwen</i>			

MAC GROUP EX & MIND/BODY

MONDAY 20	TUESDAY 21	WEDNSDAY 22	THURSDAY 23	FRIDAY 24	SATURDY 25	SUNDAY 26
8:30 AM.GX1 ZUMBA <i>Stephanie</i>		8:30 AM.GX1 ZUMBA <i>Stephanie</i>			8:30 AM.GX1 TBS <i>Sandy?</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Patricia</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 ???	
10:00AM.GYM MACATTACK <i>Patricia</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>		
10:30AM .M/B FITNESS.YOGA <i>Lise</i>	10:30AM.GX1 STEP&STRGTH <i>Randy</i>		10: 30 AM.GX2 TBS <i>Kristen</i>	10:30AM.GX1 STEP&STRGT <i>Randy</i>	10:30 AM GX2 LIA <i>Sandy?</i>	11:00AM.GX1 TBS <i>Monica</i>
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>	12:00PM.M/B TAI CHI <i>Jack</i>		11:30AM.M/B YOGALAX <i>Lise</i>	10:30AM.M/B PILATES	10:45AM BODYCOMBAT <i>Blake</i>	
4:30PM GX145min BODYPUMP <i>Melissa</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>	
4:30PM M/B GENTLE.YOGA <i>Lise??</i>	5:30PM GX1 TWEENS <i>Jessica</i>	4:30 PM.GX1 STEP&STRNTH <i>Ruth</i>				
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Jayne</i>
5:30PM.M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Debbie</i>	5:30 PM.GX1 TBS <i>Ruth</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
6:30 PM 75 min	6:30 PM GX1	5:30PM M/B	5:30PM.M/B			

MAC GROUP EXERCISE SCHEDULE SEPTEMBER 2010

MAC AQUA

TBS/CORE <i>Ruth</i>	BODYCOMBAT <i>Seo</i>	PILATES <i>Sandi</i>	FITNESS.YOGA <i>Arthur</i>			
6:30 PM INTERMD.YOGA <i>Jayne</i>	6:30 PM.GYM H.I.T. <i>Robert</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			
	6:30 PM.M/B PRENAT.YOGA <i>Deborah</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

MONDAY 27	TUESDAY 28	WEDNSDAY29	THURSDAY 30	FRIDAY	SATURDY	SUNDAY
8:30AM P H ₂ O AEROBICS <i>Kim</i>	8:30AM (45min)P DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM P H ₂ O AEROBICS <i>Kim</i>	8:30AM (45min)P DEEPH ₂ O AEROBIC <i>Bonnie</i>	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 <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>Louise</i>	9:45 AM P H ₂ O AEROBICS		
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE <i>Thelma</i>		10:00 AM P H ₂ O SCULPT	
	6:00 PM P H ₂ O SCULPT <i>Thelma</i>		6:00 PM P DEEPH ₂ O CHLLNGE <i>Debi</i>			4:00 PM P H ₂ O WALKNG

MAC SPIN

MONDAY 27	TUESDAY28	WEDNSDAY 29	THURSDAY 30	FRIDAY	SATURDAY	SUNDAY
6:00AM SS SPIN40 ABS20 <i>Emilie</i>	6:00AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN		
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>Blake</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	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 <i>Patricia</i>				
5:30 PM.SS MAC SPIN <i>Robert</i>		5:30 PM.SS MAC SPIN <i>Debbie</i>				
	6:30 PM.SS MAC SPIN <i>Robert</i>		6:30 PM.SS MAC SPIN <i>Gwen</i>			

MAC GROUP EX & MIND/BODY

MONDAY 27	TUESDAY 28	WEDNSDAY29	THURSDAY 30	FRIDAY	SATURDY	SUNDAY
8:30 AM.GX1 ZUMBA <i>Stephanie</i>		8:30 AM.GX1 ZUMBA <i>Stephanie</i>			8:30 AM.GX1 TBS	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Patricia</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	9:30 AM.GX1 JUST STEP <i>Randy</i>	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 <i>Sandi</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:00 AM.GYM H.I.T.		
10:30AM .M/B FITNESS.YOGA <i>Lise</i>	10:30AM.GX1 STEP&STRGTH <i>Patricia</i>		10: 30 AM.GX2 TBS <i>Kristen</i>	10:30AM.GX1 STEP&STRGT	10:30 AM GX2 LIA	11:00AM.GX1 TBS
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>	12:00PM.M/B TAI CHI <i>Jack</i>		11:30AM.M/B YOGALAX <i>Sandi</i>	10:30AM.M/B PILATES	10:45AM BODYCOMBAT	
4:30PM GX145min BODYPUMP <i>Melissa</i>		11:30AM.GX1 BUFF&SHINE <i>Wendy</i>		11:30 AM.GX1 BUFF&SHINE	11:30AM.GYM ZUMBA	
4:30PM M/B GENTLE.YOGA <i>Sandi</i>	5:30PM GX1 TWEENS <i>Jessica</i>	4:30 PM.GX1 STEP&STRNTH <i>Ruth</i>				
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA
5:30PM.M/B	5:30PM.M/B	5:30 PM.GX1	5:30 PM.GYM			

MAC GROUP EXERCISE SCHEDULE SEPTEMBER 2010

MAC AQUA

PILATES <i>Sandi</i>	FITNESS YOGA <i>Arthur</i>	TBS <i>Ruth</i>	ZUMBA <i>Tracey</i>			
6:30 PM 75 min TBS/CORE <i>Ruth</i>	6:30 PM GX1 BODYCOMBAT <i>Seo</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS.YOGA <i>Arthur</i>			
6:30 PM INTERMD.YOGA <i>Jayne</i>	6:30 PM.GYM H.I.T. <i>Gwen</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			
	6:30 PM.M/B PRENAT.YOGA <i>Deborah</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