

# MAC GROUP EXERCISE SCHEDULE – MAY 2010

## MAC AQUA

MONDAY 31	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 1	2
8:30AM H <sub>2</sub> O AEROBICS	8:30AM (45min) DEEPH <sub>2</sub> O AEROBICS	8:30AM H <sub>2</sub> O AEROBICS	8:30AM (45min) DEEPH <sub>2</sub> O AEROBIC	8:30AM H <sub>2</sub> O AEROBICS		
	9:15AM (45min) H <sub>2</sub> O PILATES		9:15AM (45min) H <sub>2</sub> O PILATES			
9:45 AM H <sub>2</sub> O AEROBICS <i>No Class</i>		9:45 AM H <sub>2</sub> O AEROBICS		9:45 AM H <sub>2</sub> O AEROBICS		
	10:00 AM H <sub>2</sub> O ARTHRITIS		10:00 AM H <sub>2</sub> O ARTHRITIS		10:00 AM H <sub>2</sub> O SCULPT <i>Thelma</i>	
<i>Memorial Day</i>	11:00 AM AQUALYTE		11:00 AM AQUALYTE			
						4:00 PM H <sub>2</sub> O WALKNG <i>Stacy</i>
	6:00 PM H <sub>2</sub> O SCULPT		6:00 PM DEEPH <sub>2</sub> O CHLLNGE			

## MAC SPIN

MONDAY 31	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 1	SUNDAY 2
<i>Memorial Day</i>	6:00AM MAC SPIN			6:00AM MAC SPIN		
					8:30AM 75 min MAC SPIN <i>Natalie</i>	
9:30 AM MAC SPIN	9:30 AM MAC SPIN	9:30 AM MAC SPIN	9:30 AM MAC SPIN	9:30 AM MAC SPIN		
		10:00 AM SPIN & SPAR				
	11:30 AM 45 min MAC EZ RIDER <i>*On Request *</i>					3:00 PM MAC SPIN <i>Robert</i>
5:30 PM MAC SPIN <i>No Class</i>		5:30 PM MAC SPIN				
	6:30 PM MAC SPIN		6:30 PM MAC SPIN			

## MAC GROUP EX

MONDAY 31	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 1	SUNDAY 2
<i>Memorial Day</i>					8:30 AM TBS <i>Gwen</i>	
9:30 AM LIA	9:30 AM TBS	9:30 AM LINEUP&DANCE	9:30 AM CLASSICSTEP	9:30 AM LIA	9:30 AM 20/20/20 <i>Deborah</i>	
10:00AM MACATTACK <i>No Class</i>		10:00AM SPIN & SPAR		10:00 AM H.I.T.		
10:30 AM ZUMBA	10:30AM STEP&STRENGTH	10:30 AM ZUMBA	10: 30 AM TBS	10:30AM STEP&STRGTH	10:30 AM BODY PUMP LAUNCH	11:00AM TBS <i>Monica</i>
11:30 AM BUFF& SHINE <i>No Class</i>	11:30AM STEP	11:30AM BUFF&SHINE	11:30 AM 3-2-1	11:30 AM BUFF&SHINE	11:30AM(GYM) ZUMBA <i>Tracey</i>	
4:30 PM LIA <i>No Class</i>		4:30 PM STEP&STRNTH				4:00 PM HI/LO/STRG <i>Ruth</i>
5:30 PM KICKBOXING <i>No Class</i>	5:30 PM ZUMBA(gym)	5:30 PM LIA	5:30 PM ZUMBA (gym)			
6:30 PM 75 min TBS/CORE <i>No Class</i>	6:30 PM H.I.T.	6:30 PM BODY PUMP	6:30PM MAC ATTACK			
	7:30 PM LIA		7:30 PM LOW/STRGTH			

# MAC GROUP EXERCISE SCHEDULE – MAY 2010

## MAC AQUA

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	SATURDAY 8	SUNDAY 9
8:30AM H <sub>2</sub> O AEROBICS <i>Kim</i>	8:30AM (45min) DEEPH <sub>2</sub> O AEROBICS <i>Patricia</i>	8:30AM H <sub>2</sub> O AEROBICS <i>Louise</i>	8:30AM (45min) DEEPH <sub>2</sub> O AEROBIC <i>Kim</i>	8:30AM H <sub>2</sub> O AEROBICS <i>Kim</i>		
	9:15AM (45min) H <sub>2</sub> O PILATES <i>Patricia</i>		9:15AM (45min) H <sub>2</sub> O PILATES <i>Kim</i>			
9:45 AM H <sub>2</sub> O AEROBICS <i>Louise</i>		9:45 AM H <sub>2</sub> O AEROBICS <i>Louise</i>		9:45 AM H <sub>2</sub> O AEROBICS <i>Louise</i>		
	10:00 AM H <sub>2</sub> O ARTHRITIS <i>Thelma</i>		10:00 AM H <sub>2</sub> O ARTHRITIS <i>Thelma</i>		10:00 AM H <sub>2</sub> O SCULPT <i>Thelma</i>	
	11:00 AM AQUALYTE <i>Thelma</i>		11:00 AM AQUALYTE <i>Thelma</i>			
						4:00 PM H <sub>2</sub> O WALKING <i>Bonnie</i>
	6:00 PM H <sub>2</sub> O SCULPT <i>Thelma</i>		6:00 PM DEEPH <sub>2</sub> O CHALLENGE <i>Kathleen</i>			

## MAC SPIN

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	SATURDAY 8	SUNDAY 9
	6:00AM MAC SPIN <i>Emilie</i>			6:00AM MAC SPIN <i>Emilie</i>		
					8:30AM 75 min MAC SPIN	
9:30 AM MAC SPIN <i>Lise</i>	9:30 AM MAC SPIN <i>Natalie</i>	9:30 AM MAC SPIN <i>Michelle</i>	9:30 AM MAC SPIN <i>Laura</i>	9:30 AM MAC SPIN <i>Deborah</i>		
		10:00 AM SPIN & SPAR				
	11:30 AM 45 min MAC EZ RIDER *On Request *					3:00 PM MAC SPIN <i>Tina</i>
5:30 PM MAC SPIN <i>Gwen</i>		5:30 PM MAC SPIN <i>Gwen</i>				
	6:30 PM MAC SPIN <i>Gwen</i>		6:30 PM MAC SPIN <i>Natalie</i>			

## MAC GROUP EX

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	SATURDAY 8	SUNDAY 9
					8:30 AM TBS <i>Wenddy</i>	
9:30 AM LIA <i>Sandy</i>	9:30 AM TBS <i>Michelle</i>	9:30 AM LINEUP & DANCE <i>Wendy</i>	9:30 AM CLASSIC STEP <i>Kristen</i>	9:30 AM LIA <i>Sandy</i>	9:30 AM BODY PUMP	
10:00AM MAC ATTACK <i>Kim</i>				10:00 AM H.I.T. <i>Natalie</i>		
10:30 AM ZUMBA <i>Stephanie</i>	10:30AM STEP & STRENGTH <i>Deborah</i>	10:30 AM ZUMBA <i>Stephanie</i>	10:30 AM TBS <i>Kristen</i>	10:30AM STEP & STRGTH <i>Michelle</i>	10:30 AM LIA <i>Wenddy</i>	*11:00AM ADV STEP <i>Melissa</i>
11:30 AM BUFF & SHINE <i>Sandy</i>	11:30AM STEP <i>Natalie</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 LIA <i>Monica</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 BODY PUMP <i>Melissa</i>	6:30PM MAC ATTACK <i>Gwen</i>			
	7:30 PM LIA <i>Sandy</i>		7:30 PM LOW/STRGTH <i>Natalie</i>			* Change for today only

# MAC GROUP EXERCISE SCHEDULE – MAY 2010

## MAC AQUA

MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14	SATURDAY 15	SUNDAY 16
8:30AM H <sub>2</sub> O AEROBICS <i>Bonnie</i>	8:30AM (45min) DEEP H <sub>2</sub> O AEROBICS <i>Nellie</i>	8:30AM H <sub>2</sub> O AEROBICS <i>Louise</i>	8:30AM (45min) DEEP H <sub>2</sub> O AEROBIC <i>Bonnie</i>	8:30AM H <sub>2</sub> O AEROBICS <i>Kim</i>		
	9:15AM (45min) H <sub>2</sub> O PILATES <i>Nellie</i>		9:15AM (45min) H <sub>2</sub> O PILATES <i>Bonnie</i>			
9:45 AM H <sub>2</sub> O AEROBICS <i>Bonnie</i>		9:45 AM H <sub>2</sub> O AEROBICS <i>Louise</i>		9:45 AM H <sub>2</sub> O AEROBICS <i>Louise</i>		
	10:00 AM H <sub>2</sub> O ARTHRITIS <i>Nellie</i>		10:00 AM H <sub>2</sub> O ARTHRITIS <i>Thelma</i>		10:00 AM H <sub>2</sub> O SCULPT <i>Nellie</i>	
	11:00 AM AQUALYTE <i>Nellie</i>		11:00 AM AQUALYTE <i>Thelma</i>			
						4:00 PM H <sub>2</sub> O WALKING <i>Bonnie?</i>
	6:00 PM H <sub>2</sub> O SCULPT <i>Thelma</i>		6:00 PM DEEP H <sub>2</sub> O CHALLENGE <i>Kathleen</i>			

## MAC SPIN

MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14	SATURDAY 15	SUNDAY 16
	6:00AM MAC SPIN <i>Emilie</i>			6:00AM MAC SPIN <i>Emilie</i>		
					8:30AM 75 min MAC SPIN <i>Tina</i>	
9:30 AM MAC SPIN <i>Deborah</i>	9:30 AM MAC SPIN <i>Laura*</i>	9:30 AM MAC SPIN <i>Laura</i>	9:30 AM MAC SPIN <i>Kristen</i>	9:30 AM MAC SPIN <i>Deborah</i>		
		10:00 AM SPIN & SPAR				
	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>Gwen</i>		6:30 PM MAC SPIN <i>Monica</i>			

## MAC GROUP EX

MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14	SATURDAY 15	SUNDAY 16
					8:30 AM TBS <i>Gwen</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	9:30 AM LIA <i>Sandy</i>	9:30 AM BODY PUMP <i>Dana</i>	
10:00AM MAC ATTACK <i>Patricia</i>				10:00 AM H.I.T. <i>Kim</i>		
10:30 AM ZUMBA <i>Stephanie</i>	10:30AM STEP & STRENGTH <i>Patricia</i>	10:30 AM ZUMBA <i>Stephanie</i>	10:30 AM TBS <i>Kristen</i>	10:30AM STEP & STRGTH	10:30 AM LIA <i>Wendy</i>	11:00AM TBS <i>Wendy</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 <i>Michelle</i>	11:30 AM BUFF & SHINE <i>Sandy</i>	11:30AM (GYM) ZUMBA <i>Tracey</i>	
4:30 PM LIA <i>Monica</i>		4:30 PM STEP & STRNTH <i>Laura</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 LIA <i>Laura</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 BODY PUMP <i>Wendi</i>	6:30PM MAC ATTACK <i>Gwen</i>			
	7:30 PM LIA <i>Sandy</i>		7:30 PM LOW/STRGTH			

# MAC GROUP EXERCISE SCHEDULE – MAY 2010

## MAC AQUA

MONDAY 17	TUESDAY 18	WEDNESDY19	THURSDAY 20	FRIDAY 21	SATURDY22	SUNDAY 23
8:30AM H <sub>2</sub> O AEROBICS <i>Bonnie</i>	8:30AM (45min) DEEPH <sub>2</sub> O AEROBICS <i>Nellie</i>	8:30AM H <sub>2</sub> O AEROBICS <i>Patricia</i>	8:30AM (45min) DEEPH <sub>2</sub> O AEROBIC <i>Bonnie</i>	8:30AM H <sub>2</sub> O AEROBICS <i>Bonnie</i>		
	9:15AM (45min) H <sub>2</sub> O PILATES <i>Nellie</i>		9:15AM (45min) H <sub>2</sub> O PILATES <i>Bonnie</i>			
9:45 AM H <sub>2</sub> O AEROBICS <i>Bonnie</i>		9:45 AM H <sub>2</sub> O AEROBICS <i>Louise</i>		9:45 AM H <sub>2</sub> O AEROBICS <i>Bonnie</i>		
	10:00 AM H <sub>2</sub> O ARTHRITIS <i>Nellie</i>		10:00 AM H <sub>2</sub> O ARTHRITIS <i>Thelma</i>		10:00 AM H <sub>2</sub> O SCULPT <i>Stacy</i>	
	11:00 AM AQUALYTE <i>Nellie</i>		11:00 AM AQUALYTE <i>Thelma</i>			
						4:00 PM H <sub>2</sub> O WALKNG <i>Bonnie</i>
	6:00 PM H <sub>2</sub> O SCULPT <i>Thelma</i>		6:00 PM DEEPH <sub>2</sub> O CHLLNGE <i>Stacy</i>			

## MAC SPIN

MONDAY 17	TUESDAY18	WEDNESDAY19	THURSDAY 20	FRIDAY 21	SATURDAY 22	SUNDAY 23
	6:00AM MAC SPIN <i>Emilie</i>			6:00AM MAC SPIN <i>Emilie</i>		
					8:30AM 75 min MAC SPIN <i>Gwen</i>	
9:30 AM MAC SPIN <i>Deborah</i>	9:30 AM MAC SPIN <i>Michelle</i>	9:30 AM MAC SPIN	9:30 AM MAC SPIN <i>Kristen</i>	9:30 AM MAC SPIN <i>Laura</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		5:30 PM MAC SPIN <i>Gwen</i>				
	6:30 PM MAC SPIN		6:30 PM MAC SPIN <i>Gwen</i>			

## MAC GROUP EX

MONDAY 17	TUESDAY 18	WEDNESDAY19	THURSDAY20	FRIDAY 21	SATURDAY22	SUNDAY23
					8:30 AM TBS <i>Tina</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 CLASSICSTEP <i>Laura</i>	9:30 AM LIA <i>Sandy</i>	9:30 AM BODY PUMP	
10:00AM MACATTACK <i>Kim</i>		10:00AM SPIN & SPAR <i>Michelle</i>		10:00 AM H.I.T. ??		
10:30 AM ZUMBA <i>Stephanie</i>	10:30AM STEP&STRENGTH <i>Patricia</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 LIA <i>Wenddy</i>	11:00AM TBS <i>Monica</i>
11:30 AM BUFF& SHINE <i>Sandy</i>	11:30AM STEP <i>Michelle</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		4:30 PM STEP&STRNTH <i>Ruth</i>				4:00 PM HI/LO/STRG <i>Ruth</i>
5:30 PM KICKBOXING <i>Jessica</i>	5:30 PM ZUMBA(gym) <i>Tracey</i>	5:30 PM LIA <i>Monica</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>Gwen</i>	6:30 PM BODY PUMP <i>Melissa</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 – MAY 2010

## MAC AQUA

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

## MAC SPIN

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28	SATURDAY 29	SUNDAY 30
	6:00AM MAC SPIN <i>Emilie</i>			6:00AM MAC SPIN <i>Emilie</i>		
					8:30AM 75 min MAC SPIN	
9:30 AM MAC SPIN <i>Laura</i>	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>Lise</i>		
		10:00 AM SPIN & SPAR				
	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>Gwen</i>				
	6:30 PM MAC SPIN <i>Laura</i>		6:30 PM MAC SPIN <i>Monica</i>			

## MAC GROUP EX

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28	SATURDAY 29	SUNDAY 30
					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 CLASSIC STEP <i>Randy</i>	9:30 AM LIA <i>Sandy</i>	9:30 AM BODY PUMP <i>Amy</i>	
10:00AM MAC ATTACK <i>Patricia</i>				10:00 AM H.I.T. <i>Kim</i>		
10:30 AM ZUMBA <i>Stephanie</i>	10:30AM STEP & STRENGTH <i>Patricia</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 LIA <i>Wendy</i>	11:00AM TBS
11:30 AM BUFF & SHINE <i>Sandy</i>	11:30AM STEP <i>Patricia</i>	11:30AM BUFF & SHINE <i>Sandy</i>	11:30 AM 3-2-1 <i>Laura</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>Monica</i>
5:30 PM KICKBOXING <i>Jessica</i>	5:30 PM ZUMBA (gym) <i>Tracey</i>	5:30 PM LIA <i>Laura*</i>	5:30 PM ZUMBA (gym) <i>Tracey</i>			
6:30 PM 75 min TBS/CORE <i>Melissa</i>	6:30 PM H.I.T. <i>Jessica</i>	6:30 PM BODY PUMP <i>Wendi</i>	6:30PM MAC ATTACK <i>Gwen</i>			
	7:30 PM LIA <i>Sandy</i>		7:30 PM LOW/STRGTH <i>Ruth</i>	PLEASE NOTE: <i>Day</i>	<i>May 31<sup>st</sup>, is on</i>	<i>Memorial Page 1</i>

**MAC GROUP EXERCISE SCHEDULE – MAY 2010**

**MAC AQUA**