

MAC GROUP EXERCISE SCHEDULE – MARCH 2010

MAC AQUA

MONDAY 1	TUESDAY 2	WEDNESDY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6	SUNDAY 7
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>Louise</i>	8:30AM (45min) DEEPH ₂ O AEROBIC <i>Kim</i>	8:30AM H ₂ O AEROBICS <i>Louise</i>		
9:45 AM H ₂ O AEROBICS <i>Kim</i>	9:15AM (45min) H ₂ O PILATES <i>Nellie</i>	9:45 AM H ₂ O AEROBICS <i>Laura RB</i>	9:15AM (45min) H ₂ O PILATES <i>Kim</i>	9:45 AM H ₂ O AEROBICS <i>Laura RB</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>Thelma</i>	
	11:00 AM AQUALYTE <i>Nellie</i>		11:00 AM AQUALYTE <i>Thelma</i>			
	6:00 PM H ₂ O SCULPT <i>Stacy</i>		6:00 PM DEEPH ₂ O CHLLNGE <i>Kathleen</i>			4:00 PM H ₂ O WALKNG <i>Stacy</i>

MAC SPIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00AM MAC SPIN <i>Emilie</i>			6:00AM MAC SPIN <i>Ginger</i>		
					8:30AM 75 min MAC SPIN <i>Tina</i>	
9:30 AM MAC SPIN <i>Deborah</i>	9:30 AM MAC SPIN <i>Patricia</i>	9:30 AM MAC SPIN <i>Deborah</i>	9:30 AM MAC SPIN <i>Kristen</i>	9:30 AM MAC SPIN <i>Michelle</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>Monica</i>		5:30 PM MAC SPIN				
	6:30 PM MAC SPIN <i>Robert</i>		6:30 PM MAC SPIN <i>Monica</i>			

MAC AEROBIC & MIND/BODY

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6	SUNDAY 7
					8:30 AM TBS	
9:30 AM LIA <i>Sandy</i>	9:30 AM TBS <i>Laura</i>	9:30 AM LINEUP & DANCE <i>Wendy</i>	9:30 AM CLASSIC STEP <i>Wendy</i>	9:30 AM LIA <i>Sandy</i>	9:30 AM 20/20/20	
10:00AM MAC ATTACK				10:00 AM H.I.T. <i>Kim</i>		
10:30 AM FITNESS YOGA <i>Sandi</i>	10:30AM PILATES <i>Sandi</i>	10:30 AM FITNESS YOGA <i>Laurie</i>	10:30 AM TBS <i>Kristen</i>	10:30AM PILATES <i>Michelle</i>	10:30 AM LIA <i>Melissa</i>	11:00AM TBS <i>Wendy</i>
11:30 AM BUFF & SHINE <i>Sandy</i>	12:00 PM TAI CHI <i>Jack</i>	11:30 AM BUFF & SHINE <i>Wendy</i>	11:30 AM YOGALAX <i>Sandi</i>	11:30 AM BUFF & SHINE <i>Sandy</i>	11:30AM (GYM) ZUMBA <i>Tracey</i>	
4:30 PM GENTLE YOGA <i>Jayne</i>		4:30 PM FITNESS YOGA <i>Linda</i>				4:00 PM GENTLE YOGA <i>Jayne</i>
5:30 PM KICKBOXING <i>Jessica</i>	5:30 PM ZUMBA (gym) <i>Tracey</i>	5:30 PM PILATES <i>Sandi</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>Natalie</i>	6:30 PM 75 min TBS/STRETCH <i>Gwen</i>	6:30PM MAC ATTACK <i>Gwen</i>			
	7:30 PM YOGA <i>Arthur</i>		7:30 PM YOGA <i>Jayne</i>			

MAC GROUP EXERCISE SCHEDULE – MARCH 2010

MAC AQUA

MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
8:30AM H ₂ O AEROBICS <i>Louise</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 <i>Bonnie</i>	8:30AM H ₂ O AEROBICS <i>Louise</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>Louise</i>		9:45 AM H ₂ O AEROBICS <i>Laura RB</i>		9:45 AM H ₂ O AEROBICS <i>Laura RB</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>Stacy</i>		6:00 PM DEEPH ₂ O CHLLNGE <i>Thelma</i>			

MAC SPIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00AM MAC SPIN <i>Ginger</i>			6:00AM MAC SPIN <i>Ginger</i>		
					8:30AM 75 min JAM&RIDE <i>Robert&Natalie</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>Michelle</i>	9:30 AM MAC SPIN <i>Deborah</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 <i>Robert</i>		5:30 PM MAC SPIN <i>Monica</i>				
	6:30 PM MAC SPIN <i>Gwen</i>		6:30 PM MAC SPIN <i>Robert</i>			

MAC AEROBIC & MIND/BODY

MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
					8:30 AM TBS <i>Linda</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>Kristen</i>	9:30 AM LIA <i>Sandy</i>	9:30 AM 20/20/20 <i>Wendy</i>	
10:00AM MAC ATTACK <i>Natalie</i>				10:00 AM H.I.T. <i>Kim</i>		
10:30 AM FITNESSYOGA <i>Lise</i>	10:30AM PILATES <i>Sandi</i>	10:30 AM FITNESS YOGA <i>Laurie</i>	10:30 AM TBS <i>Kristen</i>	10:30AM PILATES <i>Michelle</i>	10:30 AM LIA <i>Wendy</i>	11:00AM TBS <i>Monica</i>
11:30 AM BUFF & SHINE <i>Sandy</i>	12:00 PM TAI CHI <i>Jack</i>	11:30 AM BUFF & SHINE <i>Wendy</i>	11:30 AM YOGALAX <i>Deborah</i>	11:30 AM BUFF&SHINE <i>Sandy</i>	11:30AM-GYM ZUMBA <i>Tracey</i>	1:00PM INTERM.YOGA <i>Laurie</i>
4:30 PM GENTLE YOGA <i>Sandi</i>		4:30 PM FITNESS YOGA <i>Linda</i>				4:00 PM GENTLE YOGA <i>Laurie</i>
5:30 PM KICKBOXING <i>Jessica</i>	5:30 PM ZUMBA(gym) <i>Tracey</i>	5:30 PM PILATES <i>Sandi</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>Melissa</i>	6:30 PM 75 min TBS/STRETCH <i>Natalie</i>	6:30PM MAC ATTACK <i>Gwen</i>			
	7:30 PM YOGA <i>Jayne</i>		7:30 PM YOGA <i>Arthur</i>			

MAC GROUP EXERCISE SCHEDULE – MARCH 2010

MAC AQUA

MONDAY 15	TUESDAY16	WEDNESDY17	THURSDAY 18	FRIDAY 19	SATURDY20	SUNDAY 21
8:30AM H ₂ O AEROBICS <i>Louise</i>	8:30AM (45min) DEEPH ₂ O AEROBICS <i>Nellie</i>	8:30AM H ₂ O AEROBICS <i>Louise</i>	8:30AM (45min) DEEPH ₂ O AEROBIC <i>Kim</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>Kim</i>			
9:45 AM H ₂ O AEROBICS <i>Louise</i>		9:45 AM H ₂ O AEROBICS <i>Laura RB</i>		9:45 AM H ₂ O AEROBICS <i>Nellie</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>	Please NOTE: When the MAC pool is closed, there will be NO EVENING or WEEKEND classes		
						4:00 PM H ₂ O WALKNG <i>Thelma</i>
	6:00 PM H ₂ O SCULPT <i>Thelma</i>		6:00 PM DEEPH ₂ O CHLLNGE <i>Kathleen</i>			

MAC SPIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	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>Patricia</i>	9:30 AM MAC SPIN <i>Michelle</i>	9:30 AM MAC SPIN <i>Kristen</i>	9:30 AM MAC SPIN <i>Deborah</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>Natalie</i>
5:30 PM MAC SPIN <i>Monica</i>		5:30 PM MAC SPIN <i>Robert</i>				
	6:30 PM MAC SPIN <i>Natalie</i>		6:30 PM MAC SPIN <i>Monica</i>			

MAC AEROBIC & MIND/BODY

MONDAY 15	TUESDAY 16	WEDNESDAY17	THURSDAY 18	FRIDAY 19	SATURDAY20	SUNDAY 21
					8:30 AM TBS <i>Natalie</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 CLASSICSTEP <i>Wenndy</i>	9:30 AM LIA <i>Sandy</i>	9:30 AM 20/20/20 <i>Wendy</i>	
10:00AM MAC ATTACK <i>Kim</i>				10:00 AM H.I.T. <i>Kim</i>		
10:30 AM FITNESSYOGA <i>Deborah</i>	10:30AM PILATES <i>Sandi</i>	10:30 AM FITNESS YOGA <i>Laurie</i>	10: 30 AM TBS <i>Kristen</i>	10:30AM PILATES <i>Wenndy</i>	10:30 AM LIA <i>Wendy</i>	11:00AM TBS <i>Wenndy</i>
11:30 AM BUFF & SHINE <i>Sandy</i>	12:00 PM TAI CHI <i>Jack</i>	11:30 AM BUFF & SHINE <i>Wendy</i>	11:30 AM YOGALAX <i>Sandi</i>	11:30 AM BUFF&SHINE <i>Sandy</i>	11:30AM(GYM) ZUMBA <i>Tracey</i>	
4:30 PM GENTLE YOGA <i>Sandi</i>		4:30 PM FITNESS YOGA <i>Jayne</i>				4:00 PM GENTLE YOGA <i>Arthur</i>
5:30 PM KICKBOXING <i>Jessica</i>	5:30 PM ZUMBA(gym) <i>Tracey</i>	5:30 PM PILATES <i>Sandi</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>Gwen</i>	6:30 PM 75 min TBS/STRETCH <i>Ruth</i>	6:30PM MAC ATTACK <i>Gwen</i>			
	7:30 PM YOGA <i>Jayne</i>		7:30 PM YOGA <i>Arthur</i>			

MAC GROUP EXERCISE SCHEDULE – MARCH 2010

MAC AQUA

MONDAY 22	TUESDAY 23	WEDNESDY24	THURSDAY 25	FRIDAY 26	SATURDY27	SUNDAY 28
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>Louise</i>	8:30AM (45min) DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM H ₂ O AEROBICS <i>Louise</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>Kim</i>		9:45 AM H ₂ O AEROBICS <i>Laura RB</i>		9:45 AM H ₂ O AEROBICS <i>Laura RB</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>N/C</i>	
	11:00 AM AQUALYTE <i>Nellie</i>		11:00 AM AQUALYTE <i>Thelma</i>			
						4:00 PM H ₂ O WALKNG <i>N/C</i>
	6:00 PM H ₂ O SCULPT <i>N/C</i>		6:00 PM DEEPH ₂ O CHLLNGE <i>N/C</i>			

MAC SPIN

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

MAC AEROBIC & MIND/BODY

MONDAY 22	TUESDAY23	WEDNESDAY24	THURSDAY25	FRIDAY 26	SATURDAY27	SUNDAY 28
					8:30 AM TBS <i>Wenddy</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>Kristen</i>	9:30 AM LIA <i>Sandy</i>	9:30 AM 20/20/20 <i>Wenddy</i>	
10:00AM MAC ATTACK <i>Patricia</i>				10:00 AM H.I.T. <i>Kim</i>		
10:30 AM FITNESSYOGA <i>Lise</i>	10:30AM PILATES <i>Sandi</i>	10:30 AM FITNESS YOGA <i>Laurie</i>	10: 30 AM TBS <i>Kristen</i>	10:30AM PILATES <i>Wenddy</i>	10:30 AM LIA <i>Melissa</i>	11:00AM TBS <i>Melissa</i>
11:30 AM BUFF & SHINE <i>Sandy</i>	12:00 PM TAI CHI <i>Jack</i>	11:30 AM BUFF & SHINE <i>Wendy</i>	11:30 AM YOGALAX <i>Sandi</i>	11:30 AM BUFF&SHINE <i>Sandy</i>	11:30AM(GYM) ZUMBA <i>Tracey</i>	
4:30 PM GENTLE YOGA <i>Sandi</i>		4:30 PM FITNESS YOGA <i>Linda</i>				4:00 PM GENTLE YOGA <i>Jayne</i>
5:30 PM KICKBOXING <i>Jessica</i>	5:30 PM ZUMBA(gym) <i>Tracey</i>	5:30 PM PILATES <i>Sandi</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>Jessica</i>	6:30 PM 75 min TBS/STRETCH <i>Melissa</i>	6:30PM MAC ATTACK <i>Robert</i>			
	7:30 PM YOGA <i>Lise</i>		7:30 PM YOGA <i>Arthur</i>			

MAC GROUP EXERCISE SCHEDULE – MARCH 2010

MAC AQUA

MONDAY 29	TUESDAY30	WEDNESDY31	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>Louise</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>Kim</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 N/C		6:00 PM DEEPH ₂ O CHLLNGE			

MAC SPIN

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

MAC AEROBIC & MIND/BODY

MONDAY 29	TUESDAY30	WEDNESDAY31	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:30 AM TBS	
9:30 AM LIA <i>Sandy</i>	9:30 AM TBS <i>Natalie</i>	9:30 AM LINEUP&DANCE <i>Wendy</i>	9:30 AM CLASSICSTEP	9:30 AM LIA	9:30 AM 20/20/20	
10:00AM MAC ATTACK <i>Natalie</i>				10:00 AM H.I.T.		
10:30 AM FITNESSYOGA <i>Sandi</i>	10:30AM PILATES <i>Sandi</i>	10:30 AM FITNESS YOGA <i>Laura</i>	10: 30 AM TBS	10:30AM PILATES	10:30 AM LIA	11:00AM TBS
11:30 AM BUFF & SHINE <i>Sandy</i>	12:00 PM TAI CHI <i>Jack</i>	11:30 AM BUFF & SHINE <i>Wendy</i>	11:30 AM YOGALAX	11:30 AM BUFF&SHINE	11:30AM(GYM) ZUMBA	
4:30 PM GENTLE YOGA <i>Lise?</i>		4:30 PM FITNESS YOGA <i>Linda</i>				4:00 PM GENTLE YOGA
5:30 PM KICKBOXING <i>Jessica</i>	5:30 PM ZUMBA(gym) <i>Tracey</i>	5:30 PM PILATES <i>Sandi</i>	5:30 PM ZUMBA (gym)			
6:30 PM 75 min TBS/CORE <i>Natalie</i>	6:30 PM H.I.T. <i>Gwen</i>	6:30 PM 75 min TBS/STRETCH <i>Ruth</i>	6:30PM MAC ATTACK			
	7:30 PM YOGA <i>Arthur?</i>		7:30 PM YOGA			