

M.A.C. GROUP EXERCISE SCHEDULE – FEBRUARY 2010

MONDAY 1	TUESDAY 2	WEDNESDAY3	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>Bonnie</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>		
	9:15AM (45min) H ₂ O PILATES <i>Bonnie</i>		9:15AM (45min) H ₂ O PILATES <i>Kim</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>Louise</i>		
	10:00 AM H ₂ O ARTHRITIS <i>Thelma</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>Thelma</i>		11:00 AM AQUALYTE <i>Thelma</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>Thelma</i>			

M.A.C. SPIN

MONDAY 1	TUESDAY 2	WEDNESDAY3	THURSDAY 4	FRIDAY 5	SATURDAY 6	SUNDAY 7
	6:00AM MAC SPIN <i>Emilie</i>			6:00AM MAC SPIN <i>Emilie</i>		
8:30 AM 45 min MAC SPIN EXP <i>Lise</i>			8:30 AM 45 min MAC SPIN EXP <i>Laura</i>		8:30AM 75 min MAC SPIN <i>Tina</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 <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>Gwen</i>		5:30 PM MAC SPIN <i>Monica</i>				
	6:30 PM MAC SPIN <i>Tina</i>		6:30 PM MAC SPIN <i>Robert</i>			

M.A.C. AEROBIC & MIND/BODY

MONDAY 1	TUESDAY 2	WEDNESDAY3	THURSDAY 4	FRIDAY 5	SATURDAY6	SUNDAY 7
					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 ZUMBA <i>Tracey</i>	
10:00AM MAC ATTACK <i>Michelle</i>		10:00AM SPIN & SPAR <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>		11:00AM TBS <i>Wenddy</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>		
4:30 PM GENTLE YOGA <i>Jayne</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 TBS <i>Melissa</i>	6:30 PM H.I.T. <i>Natalie</i>	6:30 PM TBS <i>Ruth</i>	6:30PM MAC ATTACK <i>Gwen</i>			
7:30 PM 30 min CORE <i>Melissa</i>	7:30 PM YOGA <i>Lise?</i>	7:30 PM 30 min S.I.O. <i>Ruth</i>	7:30 PM YOGA <i>Arthur</i>			

M.A.C. GROUP EXERCISE SCHEDULE – FEBRUARY 2010

MONDAY 8	TUESDAY 9	WEDNSDAY10	THURSDAY 11	FRIDAY 12	SATRDAY13	SUNDAY 14
8:30AM H ₂ O AEROBICS <i>Kim</i>	8:30AM (45min) DEEPH ₂ O AEROBICS <i>Bonnie</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>		
	9:15AM (45min) H ₂ O PILATES <i>Bonnie</i>		9:15AM (45min) H ₂ O PILATES <i>Kim</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>Thelma</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>Thelma</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>Thelma</i>		6:00 PM DEEPH ₂ O CHLLNGE <i>Kathleen</i>			

M.A.C. SPIN

MONDAY 8	TUESDAY 9	WEDNESDAY10	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
	6:00AM MAC SPIN <i>Emilie</i>			6:00AM MAC SPIN <i>Emilie</i>		
8:30 AM 45 min MAC SPIN EXP <i>Lise</i>			8:30 AM 45 min MAC SPIN EXP <i>Laura</i>		8:30AM 75 min VIDEO SPIN <i>Michelle</i>	
	9:30 AM MAC SPIN <i>Patricia</i>	9:30 AM MAC SPIN <i>Deborah</i>		9:30 AM VIDEO SPIN <i>Michelle</i>		
		10:00 AM SPIN & SPAR <i>Michelle</i>				
	11:30 AM 45 min MAC EZ RIDER <i>*On Request *</i>					3:00 PM VIDEO SPIN <i>Michelle</i>
5:30 PM MAC SPIN <i>Monica</i>		5:30 PM MAC SPIN <i>Robert</i>				
	6:30 PM MAC SPIN <i>Gwen</i>		6:30 PM MAC SPIN <i>Monica</i>			

M.A.C. AEROBIC & MIND/BODY

MONDAY 8	TUESDAY 9	WEDNESDAY10	THURSDAY 11	FRIDAY 12	SATURDAY13	SUNDAY 14
					8:30 AM TBS <i>Melissa</i>	
9:30 AM LIA <i>Sandy</i>	9:30 AM TBS <i>Wendy</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 ZUMBA <i>Wendy</i>	
10:00AM MAC ATTACK <i>Patricia</i>		10:00AM SPIN & SPAR <i>Michelle</i>		10:00 AM H.I.T. <i>Michelle</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>Wendy</i>		11:00AM TBS <i>Laura</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>		1:00 PM 90 MN INTRMDYOGA <i>Laurie</i>
4:30 PM GENTLE YOGA <i>Sandi</i>		4:30 PM FITNESS YOGA <i>Sandi</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 TBS <i>Gwen</i>	6:30 PM H.I.T. <i>Natalie</i>	6:30 PM TBS <i>Melissa</i>	6:30PM MAC ATTACK <i>Robert</i>			
7:30 PM 30 min CORE <i>Gwen</i>	7:30 PM YOGA <i>Arthur?</i>	7:30 PM 30 min S.I.O. <i>Melissa</i>	7:30 PM YOGA <i>Arthur</i>			

M.A.C. GROUP EXERCISE SCHEDULE – FEBRUARY 2010

MONDAY 15	TUESDAY 16	WEDNSDAY17	THURSDAY 18	FRIDAY 19	SATRDAY20	SUNDAY 21
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>		
	9:15AM (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>Kim</i>		9:45 AM H ₂ O AEROBICS <i>Louise</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>			
						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>Kathleen</i>			

M.A.C. SPIN

MONDAY 15	TUESDAY 16	WEDNESDAY17	THURSDAY 18	FRIDAY 19	SATURDAY20	SUNDAY 21
	6:00AM MAC SPIN <i>Emilie</i>			6:00AM MAC SPIN <i>Emilie</i>		
8:30 AM 45 min MAC SPIN EXP <i>Laura</i>			8:30 AM 45 min MAC SPIN EXP <i>Deborah</i>		8:30AM 75 min MAC SPIN <i>Natalie</i>	
	9:30 AM MAC SPIN <i>Michelle</i>	9:30 AM MAC SPIN <i>Deborah</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 <i>*On Request *</i>					3:00 PM MAC SPIN <i>Monica</i>
5:30 PM MAC SPIN <i>Gwen</i>		5:30 PM MAC SPIN <i>Monica</i>				
	6:30 PM MAC SPIN <i>Tina</i>		6:30 PM MAC SPIN <i>Robert</i>			

M.A.C. AEROBIC & MIND/BODY

MONDAY 15	TUESDAY 16	WEDNESDAY17	THURSDAY 18	FRIDAY 19	SATURDAY20	SUNDAY 21
					8:30 AM TBS <i>Ruth</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 ZUMBA <i>Tracey</i>	
10:00AM MAC ATTACK <i>Natalie</i>		10:00AM SPIN & SPAR <i>Patricia</i>		10:00 AM H.I.T. <i>Michelle</i>		
10:30 AM FITNESSYOGA <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>Wenddy</i>		11:00AM TBS <i>Wenddy</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>		
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 TBS <i>Ruth</i>	6:30 PM H.I.T. <i>Natalie</i>	6:30 PM TBS <i>Melissa</i>	6:30PM MAC ATTACK <i>Gwen</i>			
7:30 PM 30 min CORE <i>Ruth</i>	7:30 PM YOGA <i>Lise?</i>	7:30 PM 30 min S.I.O. <i>Melissa</i>	7:30 PM YOGA <i>Arthur</i>			

M.A.C. GROUP EXERCISE SCHEDULE – FEBRUARY 2010

MONDAY 22	TUESDAY 23	WEDNSDAY24	THURSDAY 25	FRIDAY 26	SATRDAY27	SUNDAY28
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>Kathleen</i>			

M.A.C. SPIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00AM MAC SPIN <i>Emilie</i>			6:00AM MAC SPIN <i>Emilie</i>		
8:30 AM 45 min MAC SPIN EXP <i>Lise</i>			8:30 AM 45 min MAC SPIN EXP <i>Deborah</i>		8:30AM 75 min MAC SPIN <i>Robert</i>	
	9:30 AM MAC SPIN <i>Patricia</i>	9:30 AM MAC SPIN <i>Kristen</i>		9:30 AM MAC SPIN <i>Laura</i>		
		10:00 AM SPIN & SPAR <i>Laura</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>Laura</i>				
	6:30 PM MAC SPIN <i>Gwen</i>		6:30 PM MAC SPIN <i>Monica</i>			

M.A.C. AEROBIC & MIND/BODY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:30 AM TBS <i>Wenddy</i>	
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 CLASSICSTEP <i>Kristen</i>	9:30 AM LIA <i>Sandy</i>	9:30 AM ZUMBA <i>Tracey</i>	
10:00AM MAC ATTACK <i>Patricia</i>		10:00AM SPIN & SPAR <i>Michelle</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>Wenddy</i>		11:00AM TBS <i>Ruth</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>		
4:30 PM GENTLE YOGA <i>Jayne</i>		4:30 PM FITNESS YOGA <i>Linda</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 TBS <i>Gwen</i>	6:30 PM H.I.T. <i>Melissa</i>	6:30 PM TBS <i>Ruth</i>	6:30PM MAC ATTACK <i>Gwen</i>			
7:30 PM 30 min CORE <i>Gwen</i>	7:30 PM YOGA <i>Jayne</i>	7:30 PM 30 min S.I.O. <i>Ruth</i>	7:30 PM YOGA <i>Arthur</i>			