

MAC GROUP EXERCISE SCHEDULE – JULY 2010

MAC AQUA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
8:30AM P H ₂ O AEROBICS	8:30AM (45min)P DEEPH ₂ O AEROBICS	8:30AM P H ₂ O AEROBICS	8:30AM (45min)P DEEPH ₂ O AEROBIC <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Kim</i>		HOLIDAY
	9:15AM (45min)P H ₂ O PILATES		9:15AM (45min)P H ₂ O PILATES <i>Bonnie</i>			NO CLASSES
9:45 AM P H ₂ O AEROBICS	10:00 AM P H ₂ O ARTHRITIS	9:45 AM P H ₂ O AEROBICS	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		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>Kathleen</i>			4:00 PM P H ₂ O WALKNG

MAC SPIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
	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	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>Natalie</i>	NO CLASSES
	11:30 AM SS MAC EZ RIDER *On Request *	10:00 AM G/SS SPIN & SPAR				
5:30 PM.SS MAC SPIN		5:30 PM.SS MAC SPIN				
	6:30 PM.SS MAC SPIN		6:30 PM.SS MAC SPIN <i>Gwen</i>			

MAC GROUP EX & MIND/BODY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2	SATURDY 3	SUNDAY 4
		9:30AM.M/B PRENAT.YOGA			8:30 AM.GX1 TBS <i>Wendy</i>	
9:30AM.GX1 LIA	9:30 AM.GX1 TBS	9:30 AM .GX1 LINEUP.DANCE	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>	NO CLASSES
10:00AM.GYM MAC ATTACK	10:30AM.M/B PILATES	10:30AM.M/B FITNESS YOGA	10:30AM GX1 BODY PUMP <i>Dana</i>	10:00 AM.GYM H.I.T. <i>Kim</i>		
10:30 AM.GX1 ZUMBA	10:30AM.GX1 STEP&STRGTH	10:30 AM.GX1 ZUMBA	10: 30 AM.GX2 TBS <i>Kristen</i>	10:30AM.GX1 STEP&STRGT <i>Randy</i>	10:30 AM GX2 LIA <i>Wendy</i>	11:00AM.GX1 TBS
10:30AM .M/B FITNESS.YOGA		11:30AM.M/B FITNESS.YOGA	11:30AM.M/B YOGALAX <i>Sandi</i>	10:30AM.M/B PILATES <i>Patricia?</i>		
11:30 AM.GX1 BUFF& SHINE		11:30AM.GX1 BUFF&SHINE		11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	11:30AM.GYM ZUMBA <i>Tracey</i>	
	12:00PM.M/B TAI CHI	4:30 PM.GX1 STEP&STRNTH				
4:30PM M/B GENTLE.YOGA		4:30PM.M/B YIN YOGA				4:00 PM.M/B GENTL.YOGA
5:30 PM.GX1 KICKBOXING	5:30 PM.GYM ZUMBA	5:30 PM.GX1 TBS	5:30 PM.GYM ZUMBA <i>Tracey</i>			
5:30PM.M/B PILATES	5:30PM.M/B FITNESS YOGA	5:30PM M/B PILATES	5:30PM.M/B FITNESS.YOGA <i>Arthur</i>			
6:30 PM 75 min TBS/CORE	6:30 PM.GYM H.I.T.	6:30 PM.GX1 BODY PUMP	6:30PM.GYM MAC.ATTACK <i>Robert</i>			
6:30 PM INTERMD.YOGA		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
 SHADED CLASSES ARE SUITABLE FOR BEGINNERS.

MAC GROUP EXERCISE SCHEDULE – JULY 2010

MAC AQUA

MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDY 10	SUNDAY 11
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>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>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>Stacy</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>Thelma</i>

MAC SPIN

MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
	6:00AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN <i>Emilie</i>		
9:30 AM SS MAC SPIN	9:30 AM SS MAC SPIN <i>Natalie</i>	9:30 AM SS MAC SPIN <i>Blake</i>	9:30 AM SS MAC SPIN <i>Tina</i>	9:30 AM SS MAC SPIN <i>Tina</i>	8:30AM 75in MAC SPIN.SS <i>Gwen?</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>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 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDY 10	SUNDAY 11
		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>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 <i>All</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>Melissa</i>		
10:30 AM.GX1 ZUMBA <i>NO CLASS</i>	10:30AM.GX1 STEP&STRGTH <i>Patricia</i>	10:30 AM.GX1 ZUMBA <i>Stephanie</i>	10: 30 AM.GX2 TBS <i>Tina?</i>	10:30AM.GX1 STEP&STRGT <i>Randy</i>	10:30 AM GX2 LIA <i>Stephanie</i>	11:00AM.GX1 TBS <i>Wenndy</i>
10:30AM .M/B FITNESS.YOGA <i>Deborah</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 GX1 BODYCOMBAT <i>All</i>	
11:30 AM.GX1 BUFF& SHINE <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>	
	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>NO CLASS</i>		4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Arthur</i>
5:30 PM.GX1 KICKBOXING <i>NO CLASS</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>NO CLASS</i>	5:30PM.M/B FITNESS YOGA <i>Arthur</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS.YOGA <i>Debbie</i>			
6:30 PM 75 min TBS/CORE <i>NO CLASS</i>	6:30 PM.GYM H.I.T. <i>Natalie</i>	6:30 PM.GX1 BODY PUMP <i>Melissa</i>	6:30PM.GYM MAC.ATTACK <i>Gwen</i>			
6:30 PM INTRMD.YOGA <i>NO CLASS</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
 SHADED CLASSES ARE SUITABLE FOR BEGINNERS.

MAC GROUP EXERCISE SCHEDULE – JULY 2010

MAC AQUA

MONDAY 12	TUESDAY 13	WEDNESDY14	THURSDAY 15	FRIDAY 16	SATURDY 17	SUNDAY18
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>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>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 O CHLLNGE <i>Stacy</i>			4:00 PM P H ₂ O WALKNG <i>Stacy</i>

MAC SPIN

MONDAY 12	TUESDAY13	WEDNESDY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
	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>Blake</i>	9:30 AM SS MAC SPIN <i>Patricia</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>Natalie</i>	
	11:30 AM SS MAC EZ RIDER *On Request *	10:00 AM G/SS SPIN & SPAR <i>Natalie</i>				
5:30 PM.SS MAC SPIN <i>Robert</i>		5:30 PM.SS MAC SPIN <i>Laura</i>				
	6:30 PM.SS MAC SPIN <i>Gwen</i>		6:30 PM.SS MAC SPIN <i>Laura</i>			

MAC GROUP EX & MIND/BODY

MONDAY 12	TUESDAY 13	WEDNESDAY14	THURSDAY 15	FRIDAY 16	SATURDY 17	SUNDAY 18
		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>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>Natalie</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>Patricia</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>	10:30AM GX2 LIA <i>Wenndy</i>	11:00AM.GX1 TBS <i>Monica?</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 GX1 BODYCOMBAT <i>Blake</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>Laura</i>				
4:30PM M/B GENTLE.YOGA ??		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>Tracey</i>	5:30 PM.GX1 TBS <i>Natalie</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
5:30PM.M/B PILATES <i>Michelle</i>	5:30PM.M/B FITNESS YOGA <i>Debbie</i>	5:30PM M/B PILATES <i>Patricia??</i>	5:30PM.M/B FITNESS.YOGA <i>Jayne</i>			
6:30 PM 75 min TBS/CORE <i>Gwen</i>	5:30 PM GX1 BODY COMBAT <i>Seo?</i>	6:30 PM.GX1 BODY PUMP <i>Melissa</i>	6:30PM.GYM MAC.ATTACK <i>Gwen</i>			
6:30 PM INTERMD.YOGA ??	6:30 PM GYM H.I.T. <i>Robert</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
SHADED CLASSES ARE SUITABLE FOR BEGINNERS

MAC GROUP EXERCISE SCHEDULE – JULY 2010

MAC AQUA

MONDAY 19	TUESDAY 20	WEDNESDY21	THURSDAY 22	FRIDAY 23	SATURDY 24	SUNDAY25
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>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>Louise</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>Thelma</i>			4:00 PM P H ₂ O WALKNG <i>Stacy</i>

MAC SPIN

MONDAY 19	TUESDAY20	WEDNESDY21	THURSDAY 22	FRIDAY 23	SATURDAY24	SUNDAY 25
	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>Natalie</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>Laura</i>	8:30AM 75in MAC SPIN.SS <i>Lise?</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>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 19	TUESDAY 20	WEDNESDAY21	THURSDAY 22	FRIDAY 23	SATURDY 24	SUNDAY 25
		9:30AM.M/B PRENAT.YOGA <i>Deborah</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 <i>Sandy</i>	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. <i>Jessica</i>		
10:30 AM.GX1 ZUMBA <i>Stephanie</i>	10:30AM.GX1 STEP&STRGTH <i>Patricia</i>	10:30 AM.GX1 ZUMBA <i>Stephanie</i>	10: 30 AM.GX2 TBS <i>Kristen</i>	10:30AM.GX1 STEP&STRGT <i>Laura</i>	10:30 AM GX2 LIA <i>Stephanie?</i>	11:00AM.GX1 TBS <i>Wendy</i>
10:30AM .M/B FITNESS.YOGA <i>Lise</i>		11:30AM.M/B FITNESS.YOGA <i>SP</i>	11:30AM.M/B YOGALAX <i>Sandi</i>	10:30AM.M/B PILATES <i>Deborah</i>	10:45AM GX1 BODYCOMBAT <i>Blake</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 GENTL.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 <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>Sandi</i>	5:30PM.M/B FITNESS.YOGA <i>Debbie</i>			
6:30 PM 75 min TBS/CORE <i>Ruth</i>	5:30 PM GX1 BODY COMBAT	6:30 PM.GX1 BODY PUMP <i>Melissa</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			
6:30 PM INTRMD.YOGA <i>Arthur</i>	6:30 PM.GYM H.I.T. <i>Natalie</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
SHADED CLASSES ARE SUITABLE FOR BEGINNERS

MAC GROUP EXERCISE SCHEDULE – JULY 2010

MAC AQUA

MONDAY 26	TUESDAY 27	WEDNESDY28	THURSDAY 29	FRIDAY 30	SATURDY 31	SUNDAY
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>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>Bonnie</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

MAC SPIN

MONDAY 26	TUESDAY27	WEDNESDY 28	THURSDAY 29	FRIDAY 30	SATURDAY31	SUNDAY
	6:00AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN <i>Emilie</i>		
9:30 AM SS MAC SPIN <i>Natalie</i>	9:30 AM SS MAC SPIN <i>Kristen</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>Tina?</i>	8:30AM 75in MAC SPIN.SS <i>Natalie</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>Robert</i>		5:30 PM.SS MAC SPIN <i>Tina?</i>				
	6:30 PM.SS MAC SPIN <i>Natalie</i>		6:30 PM.SS MAC SPIN <i>Gwen</i>			

MAC GROUP EX & MIND/BODY

MONDAY 26	TUESDAY 27	WEDNESDAY28	THURSDAY 29	FRIDAY 30	SATURDY 31	SUNDAY
		9:30AM.M/B PRENAT.YOGA			8:30 AM.GX1 TBS <i>Wenddy</i>	
9:30AM.GX1 LIA <i>Tina ?</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>Tina?</i>	9:30AM.GX1 BODY PUMP <i>Dana</i>	
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. <i>Melissa</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>Stephanie</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>Sandi</i>	11:30AM.M/B YOGALAX <i>Lise</i>	10:30AM.M/B PILATES <i>Deborah</i>	10:45AM BODYCOMBAT	
11:30 AM.GX1 BUFF& SHINE <i>Lise?</i>		11:30AM.GX1 BUFF&SHINE <i>Wendy</i>		11:30 AM.GX1 BUFF&SHINE <i>Lise?</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>Sandi</i>		4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA
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>Debbie</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS.YOGA <i>Kathleen</i>			
6:30 PM 75 min TBS/CORE <i>Natalie</i>	5:30 PM GX1 BODY COMBAT	6:30 PM.GX1 BODY PUMP <i>Melissa</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			
6:30 PM INTERMD.YOGA <i>Arthur</i>	6:30 PM GYM H.I.T. <i>Gwen</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
SHADED CLASSES ARE SUITABLE FOR BEGINNERS.