

MAC GROUP EXERCISE SCHEDULE – DECEMBER 2010

Group Ex Wishes You the Best Holidays Ever!!!

MAC AQUA

MONDAY	TUESDAY	WEDNESDY 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>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		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>Laura RB</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>Bonnie</i>			4:00 PM P H ₂ O WALKNG <i>Debi</i>

MAC SPIN

MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
6:00AM SS SPIN40&ABS20	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>Michelle</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>Tina</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>Monica</i>				
	6:30 PM.SS MAC SPIN		6:30 PM.SS MAC SPIN <i>Monica</i>			

MAC GROUP EX & MIND/BODY

MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDY 4	SUNDAY 5
					8:30 AM.GX1 TBS <i>Monica</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 <i>Seo</i>	
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>Amy</i>			
10:30AM .M/B FITNESS.YOGA	10:30AM.GX1 STEP&STRGTH		10:30 AM.GX2 TBS <i>Kristen</i>	10:30AM.GX1 STEP&STRGT <i>Randy</i>		
11:30 AM.GX1 BUFF& SHINE	12:00PM.M/B TAI CHI		11:30AM.M/B YOGALAX <i>Lise</i>	10:30AM.M/B PILATES <i>Deborah</i>	10:30AM.GX1 ZUMBA <i>Tracey</i>	
		11:30AM.GX1 BUFF&SHINE <i>Wendy</i>		11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>		
4:30PM M/B GENTLE.YOGA	5:30PM.M/B FITNESS YOGA	4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Arthur</i>
4:30PM GX1 BODYPUMP	5:30PM GX1 TWEENS	5:30 PM.GX1 TBS <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
5:30 PM.GX1 KICKBOXING	5:30 PM.GYM ZUMBA	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS.YOGA <i>Debbie</i>			
5:30PM.M/B PILATES	6:30 PM.GYM H.I.T.	6:30 PM.GX1 BODY PUMP <i>Seo</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			
6:30PM75minGX1 TBS/CORE		6:30PM.M/B YOGA <i>Jayne</i>				

M/B = MIND/BODY STUDIO, 2ND FLOOR GX2=BLUE STUDIO, 1ST FLOOR P=INDOOR POOL SS=SPIN STUDIO

MAC GROUP EXERCISE SCHEDULE – DECEMBER 2010

Group Ex Wishes You the Best Holidays Ever!!!

MAC AQUA

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>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 <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>Bonnie</i>	
	6:00 PM P H ₂ O SCULPT <i>Thelma</i>		6:00 PM P DEEPH ₂ O CHLLNGE <i>Bonnie</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
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>Kristen</i>	9:30 AM SS MAC SPIN <i>Patricia</i>	9:30 AM SS MAC SPIN <i>Gwen</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	8:30AM 75in MAC SPIN.SS <i>Gwen</i>	
	11:30 AM SS MAC EZ RIDER <i>*On Request *</i>	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>Monica</i>				
	6:30 PM.SS MAC SPIN <i>Natalie</i>		6:30 PM.SS MAC SPIN <i>Robert?</i>			

MAC GROUP EX & MIND/BODY

MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDY 11	SUNDAY 12
					8:30 AM.GX1 TBS <i>Wendy</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>Melissa</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>			
10:30AM .M/B FITNESS.YOGA <i>Deborah</i>	10:30AM.GX1 STEP&STRGTH <i>Randy</i>		10: 30 AM.GX2 TBS <i>Gwen</i>	10:30AM.GX1 STEP&STRGT <i>Randy</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>Sandi</i>	10:30AM.M/B PILATES <i>Deborah</i>	10:30AM.GX1 ZUMBA <i>Tracey</i>	
		11:30AM.GX1 BUFF&SHINE <i>Wendy</i>		11:30 AM.GX1 BUFF&SHINE <i>Wendy</i>		
4:30PM M/B GENTLE.YOGA <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Jayne</i>	4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Deborah</i>
4:30PM GX1 BODYPUMP <i>Melissa</i>	5:30PM GX1 TWEENS <i>Jessica</i>	5:30 PM.GX1 TBS <i>Ruth</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
5:30 PM.GX1 KICKBOXING <i>Jessica</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>Kelly</i>	6:30 PM.GYM H.I.T. <i>Jessica</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			
6:30PM75minGX1		6:30PM.M/B				

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MAC AQUA

TBS/CORE <i>Ruth</i>		YOGA <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	WEDNESDY15	THURSDAY 16	FRIDAY 17	SATURDY 18	SUNDAY 19
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 <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>Laura RB</i>	10:00 AM P H ₂ O ARTHRITIS <i>Bonnie</i>	9:45 AM P H ₂ O AEROBICS <i>Bonnie</i>		
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE <i>Bonnie</i>		10:00 AM P H ₂ O SCULPT <i>Kathleen</i>	
	6:00 PM P H ₂ O SCULPT <i>Debi</i>		6:00 PM P DEEPH ₂ O CHLLNGE <i>Stacy</i>			4:00 PM P H ₂ O WALKNG <i>Debi</i>

MAC SPIN

MONDAY 13	TUESDAY 14	WEDNESDAY 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>Deborah</i>	9:30 AM SS MAC SPIN <i>Michelle</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	9:30 AM SS MAC SPIN <i>Laura ?</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	8:30AM 75in MAC SPIN.SS <i>Monica</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>Gwen</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>Monica</i>			

MAC GROUP EX & MIND/BODY

MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDY 18	SUNDAY 19
					8:30 AM.GX1 TBS <i>Ruth</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>Gwen</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Seo</i>	
10:00AM.GYM MACATTACK <i>Kim</i>	10:30AM.M/B PILATES <i>Michelle</i>	10:30AM.M/B FITNESS YOGA <i>Sandi</i>	10:30AM GX1 BODY PUMP <i>Amy</i>			
10:30AM .M/B FITNESS.YOGA <i>Lise</i>	10:30AM.GX1 STEP&STRGTH <i>Deborah</i>		10: 30 AM.GX2 TBS <i>Gwen</i>	10:30AM.GX1 STEP&STRGT <i>Michelle</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 <i>Deborah</i>	10:30AM.GX1 ZUMBA <i>Tracey</i>	
		11:30AM.GX1 BUFF&SHINE <i>Wendy</i>		11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>		
4:30PM M/B GENTLE.YOGA <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Arthur</i>	4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Jayne</i>
4:30PM GX1 BODYPUMP <i>Melissa</i>	5:30PM GX1 TWEENS <i>Jessica</i>	5:30 PM.GX1 TBS <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
5:30 PM.GX1 KICKBOXING <i>Jessica</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>Kelly</i>	6:30 PM.GYM H.I.T. <i>Natalie</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			

MAC GROUP EXERCISE SCHEDULE – DECEMBER 2010

Group Ex Wishes You the Best Holidays Ever!!!

MAC AQUA

6:30PM75minGX1 TBS/CORE <i>Ruth</i>		6:30PM.M/B YOGA <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 20	TUESDAY 21	WEDNESDY22	THURSDAY 23	FRIDAY 24	SATURDY 25	SUNDAY26
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>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>Louise</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>No Class</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>No Class</i>	
	6:00 PM P H ₂ O SCULPT <i>Stacy</i>		6:00 PM P DEEPH ₂ O CHLLNGE <i>Bonnie</i>			4:00 PM P H ₂ O WALKNG <i>Debi</i>

MAC SPIN

MONDAY 20	TUESDAY 21	WEDNESDY 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>No Class</i>		
9:30 AM SS MAC SPIN <i>Deborah</i>	9:30 AM SS MAC SPIN <i>Tina</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>Emilie?</i>	8:30AM 75in MAC SPIN.SS <i>No Class</i>	
	11:30 AM SS MAC EZ RIDER <i>*On Request *</i>	10:00 AM G/SS SPIN & SPAR <i>Michelle</i>				
5:30 PM.SS MAC SPIN <i>Gwen</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>Natalie ?</i>			

MAC GROUP EX & MIND/BODY

MONDAY 20	TUESDAY 21	WEDNESDY 22	THURSDAY 23	FRIDAY 24	SATURDY 25	SUNDAY 26
					8:30 AM.GX1 TBS <i>No Class</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>Stephanie</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>No Class</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>			
10:30AM .M/B FITNESS.YOGA <i>Lise</i>	10:30AM.GX1 STEP&STRGTH <i>Michelle</i>		10:30 AM.GX2 TBS <i>Kristen</i>	10:30AM.GX1 STEP&STRGT <i>No Class</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>Sandi</i>	10:30AM.M/B PILATES <i>No Class</i>	10:30AM.GX1 ZUMBA <i>No Class</i>	
		11:30AM.GX1 BUFF&SHINE <i>Wendy</i>		11:30 AM.GX1 BUFF&SHINE <i>No Class</i>		
4:30PM M/B GENTLE.YOGA <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Jayne</i>	4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Jayne?</i>
4:30PM GX1 BODYPUMP <i>Seo?</i>	5:30PM GX1 TWEENS <i>Jessica</i>	5:30 PM.GX1 TBS <i>Gwen</i>	5:30 PM.GYM ZUMBA <i>Traceey</i>			
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Traceey</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS.YOGA <i>Debbie</i>			
5:30PM.M/B	6:30 PM.GYM	6:30 PM.GX1	6:30PM.GYM			

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MAC AQUA

PILATES <i>Kelly</i>	H.I.T. <i>Natalie ?</i>	BODY PUMP <i>Melissa</i>	MAC.ATTACK <i>Jessica</i>			
6:30PM75minGX1 TBS/CORE <i>Ruth</i>		6:30PM.M/B YOGA <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 27	TUESDAY 28	WEDNESDY 29	THURSDAY 30	FRIDAY 31	SATURDY	SUNDAY
8:30AM P H ₂ O AEROBICS <i>Kim</i>	8:30AM (45min)P DEEPH.OAEROBICS <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>Bonnie</i>	10:00 AM P H ₂ O ARTHRITIS <i>Nellie</i>	9:45 AM P H ₂ O AEROBICS <i>Kim</i>	10:00 AM P H ₂ O ARTHRITIS <i>Thelma</i>	9:45 AM P H ₂ O AEROBICS <i>No Class</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	
	6:00 PM P H ₂ O SCULPT <i>Debi</i>		6:00 PM P DEEPH ₂ OCHLLNGE <i>Stacy</i>			4:00 PM P H ₂ O WALKNG

MAC SPIN

MONDAY 27	TUESDAY 28	WEDNESDY 29	THURSDAY 30	FRIDAY 31	SATURDAY	SUNDAY
6:00AM SS SPIN40&ABS20 <i>Emilie</i>	6:00AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN <i>No Class</i>		
9:30 AM SS MAC SPIN <i>Laura??</i>	9:30 AM SS MAC SPIN <i>Tina</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	9:30 AM SS MAC SPIN <i>Lise</i>	8:30AM 75in MAC SPIN.SS	
	11:30 AM SS MAC EZ RIDER <i>*On Request *</i>	10:00 AM G/SS SPIN & SPAR <i>Patricia</i>				
5:30 PM.SS MAC SPIN <i>Gwen</i>		5:30 PM.SS MAC SPIN <i>Debbie</i>				
	6:30 PM.SS MAC SPIN <i>??</i>		6:30 PM.SS MAC SPIN <i>Monica ??</i>			

MAC GROUP EX & MIND/BODY

MONDAY 27	TUESDAY 28	WEDNESDY 29	THURSDAY 30	FRIDAY 31	SATURDY	SUNDAY
					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>Kristen</i>	9:30 AM.GX1 LIA <i>No Class</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>			
10:30AM .M/B FITNESS.YOGA <i>Lise</i>	10:30AM.GX1 STEP&STRGTH <i>Deborah</i>		10: 30 AM.GX2 TBS <i>Kristen</i>	10:30AM.GX1 STEP&STRGT <i>No Class</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>Sandi</i>	10:30AM.M/B PILATES <i>No Class</i>	10:30AM.GX1 ZUMBA	
		11:30AM.GX1 BUFF&SHINE <i>Wendy</i>		11:30 AM.GX1 BUFF&SHINE <i>No Class</i>		
4:30PM M/B GENTLE.YOGA <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Jayne?</i>	4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA
4:30PM GX1 BODYPUMP <i>Melissa</i>	5:30PM GX1 TWEENS <i>Jessica</i>	5:30 PM.GX1 TBS <i>Jessica</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
5:30 PM.GX1 KICKBOXING	5:30 PM.GYM ZUMBA	5:30PM M/B PILATES	5:30PM.M/B FITNESS.YOGA			

MAC GROUP EXERCISE SCHEDULE – DECEMBER 2010
Group Ex Wishes You the Best Holidays Ever!!!

MAC AQUA

<i>Jessica</i>	<i>Tracey</i>	<i>Sandi</i>	<i>Arthur</i>			
5:30PM.M/B PILATES <i>Kelly</i>	6:30 PM.GYM H.I.T. <i>Natalie?</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			
6:30PM75minGX1 TBS/CORE <i>Ruth</i>		6:30PM.M/B YOGA <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