

MAC GROUP EXERCISE SCHEDULE- JANUARY 2011

MAC AQUA

MONDAY 31	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDY 01	SUNDAY 02
8:30AM P H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH ₂ O AEROBICS	8:30AM P H ₂ O AEROBICS	8:30AM (45min)P DEEPH ₂ O AEROBIC	8:30AM P H ₂ O AEROBICS	<i>HOLIDAY NO CLASSES</i>	
	9:15AM (45min)P H ₂ O PILATES		9:15AM (45min)P H ₂ O PILATES			
9:45 AM P H ₂ O AEROBICS <i>Bonnie</i>	10:00 AM P H ₂ O ARTHRITIS	9:45 AM P H ₂ O AEROBICS	10:00 AM P H ₂ O ARTHRITIS	9:45 AM P H ₂ O AEROBICS		
	11:00 AM P AQUALYTE		11:00 AM P AQUALYTE		10:00 AM P H ₂ O SCULPT	
	6:00 PM P H ₂ O SCULPT		6:00 PM P DEEPH ₂ O CHLLNGE			4:00 PM P H ₂ O CIRCUIT <i>Bonnie</i>

MAC SPIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 01	SUNDAY 02
6:00AM SS SPIN40&ABS20 <i>Emilie</i>	6:00AM SS MAC SPIN			6:00AM SS MAC SPIN	<i>HOLIDAY NO CLASSES</i>	
9:30 AM SS MAC SPIN <i>Deborah</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	8:30AM 75in MAC SPIN.SS	
	11:30 AM SS MAC EZ RIDER <i>*On Request *</i>	10:00 AM G/SS SPIN & SPAR				
5:30 PM.SS MAC SPIN <i>Monica</i>		5:30 PM.SS MAC SPIN				3:00 PM MACSPIN <i>Monica</i>
	6:30 PM.SS MAC SPIN		6:30 PM.SS MAC SPIN			

MAC GROUP EX & MIND/BODY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDY 01	SUNDAY 02
		8:30AM.GX1 BODYFLOW			8:30 AM.GX1 TBS	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS	9:30 AM .GX1 LINEUP.DANCE	9:30 AM.GX1 JUST STEP	9:30 AM.GX1 LIA	9:30AM.GX1 BODY PUMP	
10:00AM.GYM MACATTACK <i>Kim</i>	10:30AM.M/B PILATES	10:30AM.M/B FITNESS YOGA	10:30AM GX1 BODY PUMP	10:30AM.GX1 STEP&STRGT	<i>HOLIDAY NO CLASSES</i>	
10:30AM .M/B FITNESS.YOGA <i>Deborah</i>	10:30AM.GX1 STEP&STRGTH		10: 30 AM.GX2 TBS	10:30AM.M/B PILATES		
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>	12:00PM.M/B TAI CHI	11:30AM.GX1 BUFF&SHINE	11:30AM.M/B YOGALAX	11:30 AM.GX1 BUFF&SHINE	10:30AM.GX1 ZUMBA	1:30PM.GX1 BODYFLOW <i>Marian</i>
4:30PM M/B GENTLE.YOGA <i>Sandi</i>		4:30PM.M/B YIN YOGA				4:00 PM.M/B GENTL.YOGA <i>Jayne</i>
4:30PM GX1 BODYPUMP <i>Melissa</i>		5:30 PM.GX1 TBS		4:30PM.GX1 KICKBOXING		
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30PM.M/B FITNESS YOGA	5:30PM M/B PILATES	5:30 PM.GYM ZUMBA			
5:30PM.M/B PILATES <i>Kellee</i>	5:30 PM.GYM ZUMBA	6:30 PM.GX1 BODY PUMP	5:30PM.M/B FITNESS.YOGA			
6:30PM75minGX1 TBS/CORE <i>Ruth</i>	6:30 PM.GYM H.I.T.	6:30PM.M/B YOGA	6:30PM.GYM MAC.ATTACK			

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

MAC GROUP EXERCISE SCHEDULE- JANUARY 2011

MAC AQUA

MONDAY 03	TUESDAY 04	WEDNESDY.05	THURSDAY 06	FRIDAY 07	SATURDY 08	SUNDAY 09
8:30AM P H ₂ O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH ₂ O AEROBICS <i>Bonnie</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>Kim</i>		
	9:15AM (45min)P H ₂ O PILATES <i>Bonnie</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>Louise</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>Thelma</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 CIRCUIT <i>Stacy</i>

MAC SPIN

MONDAY 03	TUESDAY 04	WEDNESDAY 05	THURSDAY 06	FRIDAY 07	SATURDAY 08	SUNDAY 09
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>Patricia</i>	9:30 AM SS MAC SPIN <i>Laura</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 <i>Gwen</i>		5:30 PM.SS MAC SPIN <i>Monica</i>				3:00 PM MAC SPIN <i>Monica</i>
	6:30 PM.SS MAC SPIN <i>Natalie ?</i>		6:30 PM.SS MAC SPIN <i>Monica</i>			

MAC GROUP EX & MIND/BODY

MONDAY 03	TUESDAY 04	WEDNESDY 05	THURSDAY 06	FRIDAY 07	SATURDY 08	SUNDAY 09
		6:00AM.GYM HIT 45 MIN <i>Emilie</i>	6:00AM.GYM HIT 45 MIN <i>Emilie</i>		8:30 AM.GX1 TBS <i>Ruth</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Gwen</i>	8:30AM. GX1 BODYFLOW <i>Marian</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 <i>Kim</i>	10:30AM.M/B PILATES <i>Sandi</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Randy</i>	NEW BP RELEASE *****	
10:30AM .M/B FITNESS.YOGA <i>Deborah</i>	10:30AM.GX1 STEP&STRGTH <i>Randy</i>	10:30AM.M/B FITNESS YOGA <i>Sandi</i>	10: 30 AM.GX2 TBS <i>Kristen</i>	10:30AM.M/B PILATES <i>Kellee</i>		
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>	12:00PM.M/B TAI CHI <i>Jack</i>	11:30AM.GX1 BUFF&SHINE <i>Wendy</i>	11:30AM.M/B YOGALAX <i>Lise</i>	11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	10:30AM.GX1 ZUMBA <i>Tracey</i>	1:30PM. GX1 BODYFLOW <i>Marian</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>Arthur</i>
4:30PM GX1 BODYPUMP <i>Amy</i>		5:30 PM.GX1 TBS <i>Ruth</i>		4:30PM GX1 KICKBOXING <i>Jessica</i>		
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30PM.M/B FITNESS YOGA <i>Jayne</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
5:30PM.M/B PILATES <i>Kellee</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	5:30PM.M/B FITNESS.YOGA <i>Arthur</i>			
6:30PM75minGX1 TBS/CORE <i>Ruth</i>	6:30PM.GYM H.I.T. <i>Jessica</i>	6:30PM.M/B YOGA <i>Jayne</i>	6:30PM.GYM MAC.ATTACK <i>Robert</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

MAC GROUP EXERCISE SCHEDULE- JANUARY 2011

MAC AQUA

MONDAY 10	TUESDAY 11	WEDNESDY12	THURSDAY 13	FRIDAY 14	SATURDY 15	SUNDAY 16
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>Bonnie</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>Stacy</i>			4:00 PM P H ₂ O CIRCUIT <i>Debi</i>

MAC SPIN

MONDAY 10	TUESDAY 11	WEDNESDY 12	THURSDAY 13	FRIDAY 14	SATURDAY 15	SUNDAY 16
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>Natalie</i>	9:30 AM SS MAC SPIN <i>Gwen</i>	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>Michelle</i>	8:30AM 75in MAC SPIN.SS	
	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>Gwen</i>				3:00 PM MAC SPIN <i>Michelle</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 10	TUESDAY 11	WEDNESDY 12	THURSDAY 13	FRIDAY 14	SATURDY 15	SUNDAY 16
		6:00AM.GYM HIT 45 MIN <i>Emilie</i>	6:00AM.GYM HIT 45 MIN <i>Emilie</i>		8:30 AM.GX1 TBS <i>Monica</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Patricia</i>	8:30AM.GX1 BODYFLOW <i>Marian</i>	9:30 AM.GX1 JUST STEP <i>Randy</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Tracey</i>	
10:00AM.GYM MAC ATTACK <i>Kim</i>	10:30AM.M/B PILATES <i>Sandi</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Randy</i>		
10:30AM .M/B FITNESS.YOGA <i>Lise</i>	10:30AM.GX1 STEP&STRGTH <i>Randy</i>	10:30AM.M/B FITNESS YOGA <i>Deborah</i>	10: 30 AM.GX2 TBS <i>Kristen</i>	10:30AM.M/B PILATES <i>Deborah</i>		
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>	12:00PM.M/B TAI CHI <i>Jack</i>	11:30AM.GX1 BUFF&SHINE <i>Wendy</i>	11:30AM.M/B YOGALAX <i>Sandi</i>	11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	10:30AM.GX1 ZUMBA <i>Tracey</i>	1:30PM.GX1 BODYFLOW <i>Marian</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 <i>Deborah</i>
4:30PM GX1 BODYPUMP <i>Melissa</i>		5:30 PM.GX1 TBS <i>Ruth</i>		4:30 PM.GYM KICKBOXING <i>Jessica</i>		4:00PM.GX1 LIA <i>Monica</i>
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30PM.M/B FITNESS YOGA <i>Arthur</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
5:30PM.M/B PILATES <i>Kellee</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	5:30PM.M/B FITNESS.YOGA <i>Debbie</i>			
6:30PM75minGX1 TBS/CORE <i>Ruth</i>	6:30 PM.GYM H.I.T. <i>Jessica</i>	6:30PM.M/B YOGA <i>Jayne</i>	6:30PM.GYM MAC.ATTACK <i>Natalie</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

MAC GROUP EXERCISE SCHEDULE- JANUARY 2011

MAC AQUA

MONDAY 17	TUESDAY 18	WEDNESDY19	THURSDAY 20	FRIDAY 21	SATURDY 22	SUNDAY 23
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>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>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 CIRCUIT <i>Stacy</i>

MAC SPIN

MONDAY 17	TUESDAY 18	WEDNESDY 19	THURSDAY 20	FRIDAY 21	SATURDAY 22	SUNDAY 23
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>Natalie</i>	9:30 AM SS MAC SPIN <i>Laura</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Natalie</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 <i>Monica</i>		5:30 PM.SS MAC SPIN <i>Gwen</i>				3:00 PM MACSPIN ?
	6:30 PM.SS MAC SPIN <i>Debbie</i>		6:30 PM.SS MAC SPIN ?			

MAC GROUP EX & MIND/BODY

MONDAY 17	TUESDAY 18	WEDNESDY 19	THURSDAY 20	FRIDAY 21	SATURDY 22	SUNDAY 23
		6:00AM.GYM HIT 45 MIN <i>Emilie</i>	6:00AM.GYM HIT 45 MIN <i>Emilie</i>		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>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>Sandi</i>	10:30AM.M/B FITNESS YOGA <i>Sandi</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Michelle</i>		
10:30AM .M/B FITNESS.YOGA <i>Deborah</i>	10:30AM.GX1 STEP&STRGTH <i>Michelle</i>		10: 30 AM.GX2 TBS <i>Kristen</i>	10:30AM.M/B PILATES <i>Deborah</i>		
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>	12:00PM.M/B TAI CHI <i>Jack</i>	11:30AM.GX1 BUFF&SHINE <i>Wendy</i>	11:30AM.M/B YOGALAX <i>Sandi</i>	11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	10:30AM.GX1 ZUMBA <i>Tracey</i>	1:30PM.GX1 BODYFLOW <i>Marian</i>
4:30PM M/B GENTLE.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>Melissa</i>		5:30 PM.GX1 TBS <i>Jessica</i>		4:30PM.GX1 KICKBOXING <i>Jessica</i>		4:00PM.GX1 LIA <i>Monica</i>
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30PM.M/B FITNESS YOGA <i>Debbie</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
5:30PM.M/B PILATES <i>Kellee</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	6:30 PM.GX1 BODY PUMP <i>Tracey</i>	5:30PM.M/B FITNESS.YOGA <i>Arthur</i>			
6:30PM75minGX1 TBS/CORE <i>Ruth</i>	6:30 PM.GYM H.I.T. <i>Jessica</i>	6:30PM.M/B YOGA <i>Arthur</i>	6:30PM.GYM MAC.ATTACK <i>Robert</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

MAC GROUP EXERCISE SCHEDULE- JANUARY 2011

MAC AQUA

MONDAY 24	TUESDAY 25	WEDNESDY26	THURSDAY 27	FRIDAY 28	SATURDY 29	SUNDAY 30
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>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>Thelma</i>		6:00 PM P DEEPH ₂ O CHLLNGE <i>Stacy</i>			4:00 PM P H ₂ O CIRCUIT <i>Debi</i>

MAC SPIN

MONDAY 24	TUESDAY 25	WEDNESDY 26	THURSDAY 27	FRIDAY 28	SATURDAY 29	SUNDAY 30
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>Natalie</i>	9:30 AM SS MAC SPIN <i>Patricia</i>	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>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>Monica</i>		5:30 PM.SS MAC SPIN <i>Gwen?</i>				3:00 PM MACSPIN <i>Tina?</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 24	TUESDAY 25	WEDNESDY 26	THURSDAY 27	FRIDAY 28	SATURDY 29	SUNDAY 30
					8:30 AM.GX1 TBS <i>Wendy</i>	1/31 IS ON PAGE 1 *****
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Gwen</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>Sandi</i>	10:30AM.M/B FITNESS YOGA <i>Deborah</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Gwen</i>		
10:30AM .M/B FITNESS.YOGA <i>Lise</i>	10:30AM.GX1 STEP&STRGTH <i>Patricia</i>		10: 30 AM.GX2 TBS <i>Kristen</i>	10:30AM.M/B PILATES <i>Kellee</i>		
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>	12:00PM.M/B TAI CHI <i>Jack</i>	11:30AM.GX1 BUFF&SHINE <i>Wendy</i>	11:30AM.M/B YOGALAX <i>Sandi</i>	11:30 AM.GX1 BUFF&SHINE <i>Sandy</i>	10:30AM.GX1 ZUMBA <i>Tracey</i>	1:30PM.GX1 BODYFLOW <i>Marian</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 <i>Arthur</i>
4:30PM GX1 BODYPUMP <i>Melissa</i>		5:30 PM.GX1 TBS <i>Ruth</i>		4:30PM.GX1 KICKBOXING <i>Jessica</i>		4:00PM.GX1 LIA <i>Monica</i>
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30PM.M/B FITNESS YOGA <i>Arthur</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
5:30PM.M/B PILATES <i>Kellee</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	5:30PM.M/B FITNESS.YOGA <i>Debbie</i>			
6:30PM75minGX1 TBS/CORE <i>Gwen</i>	6:30 PM.GYM H.I.T. <i>Jessica</i>	6:30PM.M/B YOGA <i>Arthur</i>	6:30PM.GYM MAC.ATTACK <i>Robert</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