

# MAC GROUP EXERCISE SCHEDULE – MARCH 2011

## MAC AQUA

MONDAY	TUESDAY 1	WEDNESDAY2	THURSDAY 3	FRIDAY 4	SATURDY 5	SUNDAY 6
8:30AM P H <sub>2</sub> O AEROBICS	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBICS <i>Nellie</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Kim</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBIC <i>Bonnie</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Bonnie</i>		
	9:15AM (45min)P H <sub>2</sub> O PILATES <i>Nellie</i>		9:15AM (45min)P H <sub>2</sub> O PILATES <i>Bonnie</i>			
9:45 AM P H <sub>2</sub> O AEROBICS	10:00 AM P H <sub>2</sub> O ARTHRITIS <i>Nellie</i>	9:45 AM P H <sub>2</sub> O AEROBICS <i>Louise</i>	10:00 AM P H <sub>2</sub> O ARTHRITIS <i>Louise</i>	9:45 AM P H <sub>2</sub> 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 <sub>2</sub> O SCULPT <i>Thelma</i>	
	6:00 PM P H <sub>2</sub> O SCULPT <i>Thelma</i>		6:00 PM P DEEPH <sub>2</sub> O CHLLNGE <i>Bonnie</i>			4:00 PM P H <sub>2</sub> O CIRCUIT <i>Nellie</i>

## MAC SPIN

MONDAY	TUESDAY 1	WEDNESDAY2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
6:00AM SS SPIN40&ABS20	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>Patricia</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>Tina?</i>	
	12 – 12:45PM SS SPIN EXPRESS <i>Natalie</i>	10:00 AM G/SS SPIN & SPAR <i>Natalie</i>				
5:30 PM.SS MAC SPIN		5:30 PM.SS MAC SPIN <i>Laura</i>				3:00 PM SPIN <i>Natalie</i>
	6:30 PM.SS MAC SPIN <i>Laura</i>		6:30 PM.SS MAC SPIN <i>Robert</i>			

## MAC GROUP EX & MIND/BODY

MONDAY	TUESDAY 1	WEDNESDAY2	THURSDAY 3	FRIDAY 4	SATURDY 5	SUNDAY 6
					8:30 AM.GX1 TBS <i>Monica</i>	
9:30AM.GX1 LIA	9:30 AM.GX1 TBS <i>Natalie</i>	8:30AM GX1 BODY FLOW <i>Marian</i>	9:30 AM.GX1 JUST STEP <i>Laura</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Tracey</i>	
10:00AM.GYM MACATTACK	10:30AM.GX1 STEP&STRGTH <i>Deborah</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Deborah</i>		
10:30AM .M/B FITNESS.YOGA	10:30AM.M/B PILATES <i>Sandi</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	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 BODY FLOW <i>Marian</i>
4:30PM M/B GENTLE.YOGA		4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Deborah</i>
4:30PM GX1 BODYPUMP		5:30 PM.GX1 TBS <i>Ruth</i>	4:30PM. M/B PRENATL.YOGA <i>Deborah</i>	4:30PM GX1 KICKBOXING <i>Jessica</i>		4:00PM GX1 LIA <i>Monica</i>
5:30 PM.GX1 KICKBOXING	5:30PM.M/B FITNESS YOGA <i>Debbie</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Arthur</i>			
5:30PM.M/B PILATES	5:30 PM.GYM ZUMBA <i>Tracey</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
6:30PM75minGX1 TBS/CORE	6:30 PM.GYM H.I.T. <i>Gwen</i>	6:30PM.M/B YOGA <i>Jayne</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			

M/B = MIND/BODY STUDIO, 2<sup>ND</sup> FLOOR GX2=BLUE STUDIO, 1<sup>ST</sup> FLOOR P=INDOOR POOL SS=SPIN STUDIO  
GX1= AEROBIC STUDIO, 2<sup>ND</sup> FLOOR GYM= BASKETBALL GYM

# MAC GROUP EXERCISE SCHEDULE – MARCH 2011

## MAC AQUA

MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
8:30AM P H <sub>2</sub> O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBICS <i>Nellie</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Kim</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBIC <i>Bonnie</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Kim</i>		
	9:15AM (45min)P H <sub>2</sub> O PILATES <i>Nellie</i>		9:15AM (45min)P H <sub>2</sub> O PILATES <i>Bonnie</i>			
9:45 AM P H <sub>2</sub> O AEROBICS <i>Louise</i>	10:00 AM P H <sub>2</sub> O ARTHRITIS <i>Nellie</i>	9:45 AM P H <sub>2</sub> O AEROBICS <i>Kim</i>	10:00 AM P H <sub>2</sub> O ARTHRITIS <i>Thelma</i>	9:45 AM P H <sub>2</sub> 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 <sub>2</sub> O SCULPT <i>Stacy</i>	
	6:00 PM P H <sub>2</sub> O SCULPT <i>Thelma</i>		6:00 PM P DEEPH <sub>2</sub> O CHLLNGE <i>Bonnie</i>			4:00 PM P H <sub>2</sub> O CIRCUIT <i>Bonnie</i>

## MAC SPIN

MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
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>Lise</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>Laura</i>	8:30AM 75in MAC SPIN.SS <i>Laura?</i>	
	12 – 12:45PM SS SPIN EXPRESS <i>Natalie</i>	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>Laura</i>				3:00 PM SPIN <i>Monica</i>
	6:30 PM.SS MAC SPIN <i>Gwen</i>		6:30 PM.SS MAC SPIN <i>Monica</i>			

## MAC GROUP EX & MIND/BODY

MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
					8:30 AM.GX1 TBS <i>Wendy</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Kellee</i>	8:30AM GX1 BODY FLOW <i>Marian</i>	9:30 AM.GX1 JUST STEP <i>Kristen</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.GX1 STEP&STRGTH <i>Michelle</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Linda</i>		
10:30AM .M/B FITNESS.YOGA <i>Lise</i>	10:30AM.M/B PILATES <i>Sandi</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 BODY FLOW <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 BODY PUMP <i>Melissa</i>		5:30 PM.GX1 TBS <i>Jessica</i>	4:30PM. M/B PRENATL.YOGA <i>Deborah</i>	4:30PM GX1 KICKBOXING <i>Jessica</i>		4:00PM GX1 LIA <i>Ruth</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>	5:30PM.M/B FITNESS YOGA <i>Arthur</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>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
6:30PM75minGX1 TBS/CORE <i>Gwen</i>	6:30 PM.GYM H.I.T. <i>Natalie</i>	6:30PM.M/B YOGA <i>Jayne</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			

M/B = MIND/BODY STUDIO, 2<sup>ND</sup> FLOOR GX2=BLUE STUDIO, 1<sup>ST</sup> FLOOR P=INDOOR POOL SS=SPIN STUDIO  
GX1= AEROBIC STUDIO, 2<sup>ND</sup> FLOOR GYM= BASKETBALL GYM

# MAC GROUP EXERCISE SCHEDULE – MARCH 2011

## MAC AQUA

MONDAY 14	TUESDAY 15	WEDNESDY16	THURSDAY 17	FRIDAY 18	SATURDY 19	SUNDAY 20
8:30AM P H <sub>2</sub> O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBICS <i>Nellie</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Kim</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBIC <i>Bonnie</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Kim</i>		
	9:15AM (45min)P H <sub>2</sub> O PILATES <i>Nellie</i>		9:15AM (45min)P H <sub>2</sub> O PILATES <i>Bonnie</i>			
9:45 AM P H <sub>2</sub> O AEROBICS <i>Louise</i>	10:00 AM P H <sub>2</sub> O ARTHRITIS <i>Nellie</i>	9:45 AM P H <sub>2</sub> O AEROBICS <i>Louise</i>	10:00 AM P H <sub>2</sub> O ARTHRITIS <i>Thelma</i>	9:45 AM P H <sub>2</sub> O AEROBICS <i>Laura RB</i>		
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE <i>Thelma</i>		10:00 AM P H <sub>2</sub> O SCULPT <i>Stacy</i>	
	6:00 PM P H <sub>2</sub> O SCULPT <i>Thelma</i>		6:00 PM P DEEPH <sub>2</sub> O CHLLNGE <i>Bonnie</i>			4:00 PM P H <sub>2</sub> O CIRCUIT <i>Bonnie</i>

## MAC SPIN

MONDAY 14	TUESDAY 15	WEDNESDY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
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>Natalie</i>	8:30AM 75in MAC SPIN.SS <i>Laura?</i>	
	12 – 12:45PM SS SPIN EXPRESS <i>Natalie</i>	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>Debbie</i>				3:00 PM SPIN <i>Monica</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 14	TUESDAY 15	WEDNESDY16	THURSDAY 17	FRIDAY 18	SATURDY 19	SUNDAY 20
					8:30 AM.GX1 TBS <i>Stephanie?</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Kellee</i>	8:30AM GX1 BODY FLOW <i>Marian</i>	9:30 AM.GX1 JUST STEP <i>Michelle</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>New Release</i>	
10:00AM.GYM MACATTACK <i>Kim</i>	10:30AM.GX1 STEP&STRGTH <i>Natalie</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Laura</i>	<i>Amy, Seo, Tracey</i>	
10:30AM .M/B FITNESS.YOGA <i>Deborah</i>	10:30AM.M/B PILATES <i>Deborah</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>		<i>New Release</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 BODY FLOW <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. M/B PRENATL.YOGA <i>Deborah</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>	5:30PM.M/B FITNESS YOGA <i>Arthur</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>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
6:30PM75minGX1 TBS/CORE <i>Ruth</i>	6:30 PM.GYM H.I.T. <i>Gwen</i>	6:30PM.M/B YOGA <i>Jayne</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			

M/B = MIND/BODY STUDIO, 2<sup>ND</sup> FLOOR GX2=BLUE STUDIO, 1<sup>ST</sup> FLOOR P=INDOOR POOL SS=SPIN STUDIO  
GX1= AEROBIC STUDIO, 2<sup>ND</sup> FLOOR GYM= BASKETBALL GYM

# MAC GROUP EXERCISE SCHEDULE – MARCH 2011

## MAC AQUA

MONDAY 21	TUESDAY 22	WEDNESDY23	THURSDAY 24	FRIDAY 25	SATURDY26	SUNDAY 27
8:30AM P H <sub>2</sub> O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBICS <i>Bonnie</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Kim</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBIC <i>Bonnie</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Kim</i>		
	9:15AM (45min)P H <sub>2</sub> O PILATES <i>Bonnie</i>		9:15AM (45min)P H <sub>2</sub> O PILATES <i>Bonnie</i>			
9:45 AM P H <sub>2</sub> O AEROBICS <i>Louise</i>	10:00 AM P H <sub>2</sub> O ARTHRITIS <i>Bonnie</i>	9:45 AM P H <sub>2</sub> O AEROBICS <i>Kim</i>	10:00 AM P H <sub>2</sub> O ARTHRITIS <i>Thelma</i>	9:45 AM P H <sub>2</sub> O AEROBICS <i>Laura RB</i>		
	11:00 AM P AQUALYTE <i>Bonnie</i>		11:00 AM P AQUALYTE <i>Thelma</i>		10:00 AM P H <sub>2</sub> O SCULPT <i>Thelma</i>	
	6:00 PM P H <sub>2</sub> O SCULPT <i>Thelma</i>		6:00 PM P DEEPH <sub>2</sub> O CHLLNGE <i>Bonnie</i>			4:00 PM P H <sub>2</sub> O CIRCUIT <i>Bonnie</i>

## MAC SPIN

MONDAY 21	TUESDAY 22	WEDNESDY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27
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>Michelle</i>	9:30 AM SS MAC SPIN <i>Natalie</i>	9:30 AM SS MAC SPIN <i>Michelle</i>	9:30 AM SS MAC SPIN <i>Lise</i>	8:30AM 75in MAC SPIN.SS <i>Monica</i>	
	12 – 12:45PM SS SPIN EXPRESS <i>Kristen?</i>	10:00 AM G/SS SPIN & SPAR <i>Michelle</i>				
5:30 PM.SS MAC SPIN <i>Laura</i>		5:30 PM.SS MAC SPIN <i>Natalie</i>				3:00 PM SPIN <i>Tina?</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 21	TUESDAY 22	WEDNESDY23	THURSDAY 24	FRIDAY 25	SATURDY26	SUNDAY 27
					8:30 AM.GX1 TBS <i>Ruth</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Kellee</i>	8:30AM GX1 BODY FLOW <i>Marian</i>	9:30 AM.GX1 JUST STEP <i>Kristen</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.GX1 STEP&STRGTH <i>Laura</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Linda</i>		
10:30AM .M/B FITNESS.YOGA <i>Lise</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.M/B FITNESS YOGA <i>Deborah</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 BODY FLOW <i>Tracey</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>Jayne</i>
4:30PM GX1 BODY PUMP <i>Melissa</i>		5:30 PM.GX1 TBS <i>Ruth</i>	4:30PM. M/B PRENATL.YOGA <i>Deborah</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>	5:30PM.M/B FITNESS YOGA <i>Debbie</i>			
5:30PM.M/B PILATES <i>Kellee</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>	6:30 PM.GX1 BODY PUMP <i>??</i>	5:30 PM.GYM ZUMBA <i>Tracey</i>			
6:30PM75minGX1 TBS/CORE <i>Ruth</i>	6:30 PM.GYM H.I.T. <i>Gwen</i>	6:30PM.M/B YOGA <i>Jayne</i>	6:30PM.GYM MAC.ATTACK <i>Jessica</i>			

M/B = MIND/BODY STUDIO, 2<sup>ND</sup> FLOOR GX2=BLUE STUDIO, 1<sup>ST</sup> FLOOR P=INDOOR POOL SS=SPIN STUDIO  
GX1= AEROBIC STUDIO, 2<sup>ND</sup> FLOOR GYM= BASKETBALL GYM

# MAC GROUP EXERCISE SCHEDULE – MARCH 2011

## MAC AQUA

MONDAY 28	TUESDAY 29	WEDNESDY30	THURSDAY 31	FRIDAY	SATURDY	SUNDAY
8:30AM P H <sub>2</sub> O AEROBICS <i>Bonnie</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBICS <i>Nellie</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Kim</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBIC <i>Bonnie</i>	8:30AM P H <sub>2</sub> O AEROBICS		
	9:15AM (45min)P H <sub>2</sub> O PILATES <i>Nellie</i>		9:15AM (45min)P H <sub>2</sub> O PILATES <i>Bonnie</i>			
9:45 AM P H <sub>2</sub> O AEROBICS <i>Louise</i>	10:00 AM P H <sub>2</sub> O ARTHRITIS <i>Nellie</i>	9:45 AM P H <sub>2</sub> O AEROBICS <i>Louise</i>	10:00 AM P H <sub>2</sub> O ARTHRITIS <i>Thelma</i>	9:45 AM P H <sub>2</sub> O AEROBICS		
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE <i>Thelma</i>		10:00 AM P H <sub>2</sub> O SCULPT	
	6:00 PM P H <sub>2</sub> O SCULPT <i>Stacy</i>		6:00 PM P DEEPH <sub>2</sub> O CHLLNGE <i>Thelma</i>			4:00 PM P H <sub>2</sub> O CIRCUIT

## MAC SPIN

MONDAY 28	TUESDAY 29	WEDNESDY 30	THURSDAY 31	FRIDAY	SATURDAY	SUNDAY
6:00AM SS SPIN40&ABS20 <i>Emilie</i>	6:00AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN		
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>Michelle</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN	8:30AM 75in MAC SPIN.SS	
	12 – 12:45PM SS SPIN EXPRESS <i>Natalie</i>	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>Debbie</i>				3:00 PM SPIN
	6:30 PM.SS MAC SPIN <i>Gwen</i>		6:30 PM.SS MAC SPIN <i>Monica</i>			

## MAC GROUP EX & MIND/BODY

MONDAY 28	TUESDAY 29	WEDNESDY 30	THURSDAY 31	FRIDAY	SATURDY	SUNDAY
					8:30 AM.GX1 TBS	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Kellee</i>	8:30AM GX1 BODY FLOW <i>Marian</i>	9:30 AM.GX1 JUST STEP <i>Laura</i>	9:30 AM.GX1 LIA	9:30AM.GX1 BODY PUMP	
10:00AM.GYM MACATTACK <i>Kim</i>	10:30AM.GX1 STEP&STRGTH <i>Natalie</i>	9:30 AM .GX1 LINEUP.DANCE <i>Wendy</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT		
10:30AM .M/B FITNESS.YOGA <i>Deborah</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.M/B FITNESS YOGA <i>Sandi</i>	10: 30 AM.GX2 TBS <i>Kristen</i>	10:30AM.M/B PILATES		
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	10:30AM.GX1 ZUMBA	1:30PM GX1 BODY FLOW
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
4:30PM GX1 BODYPUMP <i>Melissa</i>		5:30 PM.GX1 TBS <i>Ruth</i>	4:30PM. M/B PRENATL.YOGA <i>Deborah</i>	4:30PM GX1 KICKBOXING		4:00PM GX1 LIA
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>	5:30PM.M/B FITNESS YOGA <i>Arthur</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>	5:30 PM.GYM ZUMBA <i>Tracey</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>Gwen</i>			

M/B = MIND/BODY STUDIO, 2<sup>ND</sup> FLOOR GX2=BLUE STUDIO, 1<sup>ST</sup> FLOOR P=INDOOR POOL SS=SPIN STUDIO  
GX1= AEROBIC STUDIO, 2<sup>ND</sup> FLOOR GYM= BASKETBALL GYM

# **MAC GROUP EXERCISE SCHEDULE – MARCH 2011**

## **MAC AQUA**