

# MAC GROUP EXERCISE SCHEDULE – NOVEMBER, 2011

## MAC AQUA

MONDAY	TUESDAY 1	WEDNESDAY 2	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>Louise</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBIC <i>Bonnie</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Louise</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>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>Kim</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 H <sub>2</sub> O CHALLENGE <i>Stacy</i>			

## MAC SPIN

MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
5:45AM SS SPIN40&ABS20	5:45AM 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>Kristen</i>	9:30 AM SS 90MN SPIN,ABS,STRETCH <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>Natalie</i>	
**6:00 PM.SS MAC SPIN		**6:00 PM.SS MAC SPIN <i>Natalie</i>				3:00 PM SPIN <i>Kathleen</i>
	6:30 PM.SS MAC SPIN <i>Vivian</i>		6:30 PM.SS MAC SPIN <i>Monica</i>			

\*\* NEW TIME

## MAC GROUP EX & MIND/BODY

MONDAY	TUESDAY 1	WEDNESDAY 2	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>Kellee</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>Wendy</i>	9:30AM.GX1 BODY PUMP <i>Seo</i>	
	10:30AM.GX1 STEP/STRGTH <i>Deborah</i>	10:30AM.M/B FITNESSYOGA <i>Sandi</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.GX1 3-2-1 <i>Deborah</i>	10: 30 AM.GYM 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>Linda</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>Arthur</i>
4:30PM GX1 BODYPUMP	4:30PM. M/B PRENATL.YOGA <i>Deborah</i>	5:30 PM.GX1 TBS <i>Ruth</i>		4:30PM GX1 KICKBOXING <i>Jessica</i>		
5:30 PM.GX1 KICKBOXING	5:30PM.M/B FITNESSYOGA <i>Arthur</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Jayne</i>			
		5:30PM GYM GET FIT <i>Jessica</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>			
6:30PM GX1 TBS/CORE	6:30 PM.GYM MAC.ATTACK <i>Gwen</i>	6:30PM.M/B YOGA <i>Arthur</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

"To provide the best classes for our members, we evaluate each class on a quarterly basis based on several factors including timeframe, instructor, class type, and attendance. If attendance averages below 5 participants, consistently for 3 months, we assume the demand is not there and will replace or re-evaluate this time slot. We value your feedback and always consider any and all requests."

# MAC GROUP EXERCISE SCHEDULE – NOVEMBER, 2011

## MAC AQUA

MONDAY 7	TUESDAY 8	WEDNESDY 9	THURSDAY 10	FRIDAY 11	SATURDY 12	SUNDAY 13
8:30AM P H <sub>2</sub> O AEROBICS <i>Louise</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBICS <i>Nellie</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Louise</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 <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>Bonnie</i>	9:45 AM P H <sub>2</sub> 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 <sub>2</sub> O SCULPT <i>Stacy</i>	
	6:00 PM P H <sub>2</sub> O SCULPT <i>Stacy</i>		6:00 PM P H <sub>2</sub> O CHALLENGE <i>Thelma</i>			

## MAC SPIN

MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
5:45AM SS SPIN40&ABS20 <i>Emilie</i>	5:45AM 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>Laura</i>	9:30 AM SS 90MN SPIN,ABS,STRETCH <i>Deborah/ Wendy</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	
**6:00 PM.SS MAC SPIN <i>Gwen</i>		**6:0030 PM.SS MAC SPIN				3:00 PM SPIN <i>Kathleen</i>
	6:30 PM.SS MAC SPIN <i>Debbie</i>		6:30 PM.SS MAC SPIN <i>Vivian</i>			

\*\* NEW TIME

## MAC GROUP EX & MIND/BODY

MONDAY 7	TUESDAY 8	WEDNESDY 9	THURSDAY 10	FRIDAY 11	SATURDY 12	SUNDAY 13
					8:30 AM.GX1 TBS <i>Ruth</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Kellee</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>Tracey</i>	
	10:30AM.GX1 STEP/STRGTH <i>Natalie</i>	10:30AM.M/B FITNESSYOGA <i>Sandi</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Laura</i>		
10:30AM .M/B FITNESS.YOGA <i>Deborah</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.GX1 3-2-1 <i>Deborah</i>	10: 30 AM.GYM 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>Linda</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>Linda</i>		4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Kathleen</i>
4:30PM GX1 BODYPUMP <i>Melissa</i>	4:30PM. M/B PRENATL.YOGA <i>Deborah</i>	5:30 PM.GX1 TBS <i>Monica</i>		4:30PM GX1 KICKBOXING <i>Jessica</i>		
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30PM.M/B FITNESSYOGA <i>Debbie</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Jayne</i>			
		5:30PM GYM GET FIT <i>Jessica</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>			
6:30PM GX1 TBS/CORE <i>Ruth</i>	6:30 PM.GYM MAC.ATTACK <i>Melissa</i>	6:30PM.M/B YOGA <i>Arthur</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

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# MAC GROUP EXERCISE SCHEDULE – NOVEMBER, 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>Louise</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBICS <i>Nellie</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Patricia</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBIC <i>Bonnie</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Louise</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>Kim</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>Stacy</i>		6:00 PM P H <sub>2</sub> O CHALLENGE <i>Thelma</i>			

## MAC SPIN

MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
5:45AM SS SPIN40&ABS20 <i>Emilie</i>	5:45AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN		
9:30 AM SS MAC SPIN <i>Laura</i>	9:30 AM SS MAC SPIN <i>Michelle</i>	9:30 AM SS 90MN SPIN,ABS,STRETCH <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>Vivian</i>	
**6:00 PM.SS MAC SPIN <i>Gwen</i>		**6:00 PM.SS MAC SPIN <i>Monica</i>				3:00 PM SPIN <i>Monica</i>
	6:30 PM.SS MAC SPIN <i>Debbie</i>		6:30 PM.SS MAC SPIN <i>Natalie</i>			

\*\* NEW TIME

## MAC GROUP EX & MIND/BODY

MONDAY 14	TUESDAY 15	WEDNESDY16	THURSDAY 17	FRIDAY 18	SATURDY 19	SUNDAY 20
					8:30 AM.GX1 TBS <i>Natalie</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Kellee</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>Seo</i>	
	10:30AM.GX1 STEP/STRGTH <i>Deborah</i>	10:30AM.M/B FITNESSYOGA <i>Deborah</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Michelle</i>		
10:30AM .M/B FITNESS.YOGA <i>Lise</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.GX1 3-2-1 <i>Laura</i>	10: 30 AM.GYM 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>Lise</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>Ruth</i>	4:30PM. M/B PRENATL.YOGA <i>Deborah</i>	5:30 PM.GX1 TBS <i>Ruth</i>		4:30PM GX1 KICKBOXING		
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30PM.M/B FITNESSYOGA <i>Debbie</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Arthur</i>			
		5:30PM GYM GET FIT <i>Jessica</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>			
6:30PM GX1 TBS/CORE <i>Melissa</i>	6:30 PM.GYM MAC.ATTACK <i>Gwen</i>	6:30PM.M/B YOGA <i>Arthur</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

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# MAC GROUP EXERCISE SCHEDULE – NOVEMBER, 2011

## MAC AQUA

MONDAY 21	TUESDAY 22	WEDNESDY23	THURSDAY 24	FRIDAY 25	SATURDY 26	SUNDAY 27
8:30AM P H <sub>2</sub> O AEROBICS <i>Louise</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBICS <i>Bonnie</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Patricia</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBIC <i>No Class</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Bonnie</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>No Class</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>No Class</i>	9:45 AM P H <sub>2</sub> O AEROBICS <i>Bonnie</i>		
	11:00 AM P AQUALYTE <i>Bonnie</i>		11:00 AM P AQUALYTE <i>No Class</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 H <sub>2</sub> O CHALLENGE <i>No Class</i>			

## MAC SPIN

MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27
5:45AM SS SPIN40&ABS20 <i>Emilie</i>	5:45AM SS MAC SPIN <i>Emilie</i>		HAPPY THANKSGIVING	6:00AM SS MAC SPIN <i>NO CLASS</i>		
9:30 AM SS MAC SPIN <i>Michelle</i>	9:30 AM SS MAC SPIN <i>Patricia</i>	9:30 AM SS 90MN SPIN,ABS,STRETCH <i>Patricia</i>	**8:30 AM SS** MAC SPIN.75MIN <i>Emilie</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	8:30AM 75in MAC SPIN.SS	
**6:00 PM.SS MAC SPIN <i>Monica</i>		**6:00 PM.SS MAC SPIN <i>Tina?</i>				3:00 PM SPIN <i>Monica</i>
	6:30 PM.SS MAC SPIN <i>Vivian</i>		6:30 PM.SS MAC SPIN <i>NO CLASS</i>			

\*\* NEW TIME

## MAC GROUP EX & MIND/BODY

MONDAY 21	TUESDAY 22	WEDNESDY23	THURSDAY 24	FRIDAY 25	SATURDY 26	SUNDAY 27
			HAPPY THANKSGIVING		8:30 AM.GX1 TBS <i>Ruth</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Kellee</i>	9:30 AM.GX1 LINEUP.DANCE <i>Wendy</i>	**9:30 AM.GX1** BODY PUMP <i>Melissa</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Tracey</i>	
	10:30AM.GX1 STEP/STRGTH <i>Michelle</i>	10:30AM.M/B FITNESSYOGA <i>Sandi</i>	10:30AM GX1 BODY PUMP <i>NO CLASS</i>	10:30AM.GX1 STEP&STRGT <i>Deborah</i>		
10:30AM .M/B FITNESS.YOGA <i>Deborah</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.GX1 3-2-1 <i>Deborah</i>	10: 30 AM.GYM TBS <i>NO CLASS</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>NO CLASS</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>Linda</i>		4:30PM.M/B YIN YOGA <i>Loinda</i>				4:00 PM.M/B GENTL.YOGA <i>Arthur</i>
4:30PM GX1 BODYPUMP <i>Ruth</i>	4:30PM. M/B PRENATL.YOGA <i>Deborah</i>	5:30 PM.GX1 TBS <i>Ruth</i>		4:30PM GX1 KICKBOXING		
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30PM.M/B FITNESSYOGA <i>Kellee?</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>NO CLASS</i>			
		5:30PM GYM GET FIT <i>Jessica</i>				
	5:30 PM.GYM ZUMBA <i>Tracey</i>	6:30 PM.GX1 BODY PUMP <i>Melissa</i>	5:30 PM.GYM ZUMBA <i>NO CLASS</i>			
6:30PM GX1 TBS/CORE <i>Gwen</i>	6:30 PM.GYM MAC.ATTACK <i>Gwen</i>	6:30PM.M/B YOGA <i>Sandi</i>	6:30PM.GYM MAC.ATTACK <i>NO CLASS</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

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# MAC GROUP EXERCISE SCHEDULE – NOVEMBER, 2011

## MAC AQUA

MONDAY 28	TUESDAY 29	WEDNESDY30	THURSDAY	FRIDAY	SATURDY	SUNDAY
8:30AM P H <sub>2</sub> O AEROBICS <i>Louise</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBICS <i>Nellie</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Patricia</i>	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBIC	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			
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	9:45 AM P H <sub>2</sub> O AEROBICS		
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE		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 H <sub>2</sub> O CHALLENGE			

## MAC SPIN

MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM SS SPIN40&ABS20 <i>Emilie</i>	5:45AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN		
9:30 AM SS MAC SPIN <i>Michelle</i>	9:30 AM SS MAC SPIN <i>Patricia</i>	9:30 AM SS 90MN SPIN,ABS,STRETCH <i>Natalie</i>	9:30 AM SS MAC SPIN	9:30 AM SS MAC SPIN	8:30AM 75in MAC SPIN.SS	
**6:00 PM.SS MAC SPIN <i>Gwen</i>		**6:00 PM.SS MAC SPIN <i>Gwen</i>				3:00 PM SPIN
	6:30 PM.SS MAC SPIN <i>Debbie</i>		6:30 PM.SS MAC SPIN			

\*\* NEW TIME

## MAC GROUP EX & MIND/BODY

MONDAY 28	TUESDAY 29	WEDNESDY30	THURSDAY	FRIDAY	SATURDY	SUNDAY
					8:30 AM.GX1 TBS	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Kellee</i>	9:30 AM.GX1 LINEUP.DANCE <i>Wendy</i>	9:30 AM.GX1 JUST STEP	9:30 AM.GX1 LIA	9:30AM.GX1 BODY PUMP	
	10:30AM.GX1 STEP/STRGTH <i>Michelle</i>	10:30AM.M/B FITNESSYOGA <i>Deborah</i>	10:30AM GX1 BODY PUMP	10:30AM.GX1 STEP&STRGT		
10:30AM .M/B FITNESS.YOGA <i>Lise</i>	10:30AM.M/B PILATES <i>Sandi</i>	10:30AM.GX1 3-2-1 <i>Patricia</i>	10: 30 AM.GYM TBS	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	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>	4:30PM. M/B PRENATL.YOGA <i>Deborah</i>	5:30 PM.GX1 TBS <i>Ruth</i>		4:30PM GX1 KICKBOXING		
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30PM.M/B FITNESSYOGA <i>Debbie</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA			
		5:30PM GYM GET FIT <i>Jessica</i>				
	5:30 PM.GYM ZUMBA <i>Tracey</i>	6:30 PM.GX1 BODY PUMP <i>Seo</i>	5:30 PM.GYM ZUMBA			
6:30PM GX1 TBS/CORE <i>Ruth</i>	6:30 PM.GYM MAC.ATTACK <i>Jessica</i>	6:30PM.M/B YOGA <i>Arthur</i>	6:30PM.GYM MAC.ATTACK			

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

"To provide the best classes for our members, we evaluate each class on a quarterly basis based on several factors including timeframe, instructor, class type, and attendance. If attendance averages below 5 participants, consistently for 3 months, we assume the demand is

# **MAC GROUP EXERCISE SCHEDULE – NOVEMBER, 2011**

## **MAC AQUA**

not there and will replace or re-evaluate this time slot. We value your feedback and always consider any and all requests."