

# MAC GROUP EXERCISE SCHEDULE – DECEMBER 2011

## MAC AQUA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2	SATURDY 3	SUNDAY 4
8:30AM P H <sub>2</sub> O AEROBICS	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBICS	8:30AM P H <sub>2</sub> O AEROBICS	8:30AM (45min)P DEEPH <sub>2</sub> O AEROBIC <i>Bonnie</i>	8:30AM P H <sub>2</sub> O AEROBICS <i>Nellie</i>		
	9:15AM (45min)P H <sub>2</sub> O PILATES		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	9:45 AM P H <sub>2</sub> O AEROBICS	10:00 AM P H <sub>2</sub> O ARTHRITIS <i>Bonnie</i>	9:45 AM P H <sub>2</sub> O AEROBICS <i>Louise</i>		
	11:00 AM P AQUALYTE		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		6:00 PM P H <sub>2</sub> O CHALLENGE <i>Thelma</i>			

## MAC SPIN

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

## MAC GROUP EX & MIND/BODY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2	SATURDY 3	SUNDAY 4
					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>Stephanie</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP <i>Seo</i>	
	10:30AM.GX1 STEP/STRGTH	10:30AM.M/B FITNESSYOGA	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Michelle</i>		
10:30AM .M/B FITNESS.YOGA	10:30AM.M/B PILATES	10:30AM.GX1 3-2-1	10: 30 AM.GYM TBS <i>Kellee</i>	10:30AM.M/B PILATES <i>Deborah</i>		
11:30 AM.GX1 BUFF& SHINE	12:00PM.GX-1 TAI CHI	11:30AM.GX1 BUFF&SHINE	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				4:00 PM.M/B GENTL.YOGA <i>Sandi</i>
4:30PM GX1 BODYPUMP	4:30PM. M/B PRENATL.YOGA	5:30 PM.GX1 TBS		4:30PM GX1 KICKBOXING <i>Jessica</i>		
5:30 PM.GX1 KICKBOXING	5:30PM.M/B FITNESSYOGA	5:30PM M/B PILATES	5:30PM.M/B FITNESS YOGA <i>Arthur</i>			
		5:30PM GYM GET FIT				
	5:30 PM.GYM ZUMBA	6:30 PM.GX1 BODY PUMP	5:30 PM.GYM ZUMBA <i>Tracey</i>			
6:30PM GX1 TBS/CORE	6:30 PM.GYM MAC.ATTACK	6:30PM.M/B YOGA	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 – DECEMBER 2011

## MAC AQUA

MONDAY 5	TUESDAY 6	WEDNESDY 7	THURSDAY 8	FRIDAY 9	SATURDY 10	SUNDAY 11
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>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>Bonnie</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>Louise</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>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>Stacy</i>		6:00 PM P H <sub>2</sub> O CHALLENGE <i>Thelma</i>			

## MAC SPIN

MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
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>Lise?</i>	9:30 AM SS MAC SPIN <i>Michelle</i>	9:30 AM SS 90MN SPIN40&ABS20 <i>Deborah?</i>	9:30 AM SS MAC SPIN <i>Michelle</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>Kristen??</i>			TOYS FOR TOTS SPIN	3:00 PM SPIN <i>Monica</i>
	6:30 PM.SS MAC SPIN <i>Laura</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
					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>Deborah</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.GX1 3-2-1 <i>Michelle</i>	10: 30 AM.GYM TBS <i>Kristen</i>	10:30AM.M/B PILATES <i>Kellee</i>		
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>	12:00PM.GX-1 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>Linda</i>		4:30PM.M/B YIN YOGA <i>Linda</i>				4:00 PM.M/B GENTL.YOGA <i>Kellee</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 <i>Jessica</i>		
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>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>Ruth?</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

# MAC GROUP EXERCISE SCHEDULE – DECEMBER 2011

## MAC AQUA

MONDAY 12	TUESDAY 13	WEDNESDY14	THURSDAY 15	FRIDAY 16	SATURDY 17	SUNDAY 18
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>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>Bonnie</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>Bonnie</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>Stacy</i>		6:00 PM P H <sub>2</sub> O CHALLENGE <i>Thelma</i>			

## MAC SPIN

MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
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>Michelle</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS 90MN SPIN40&ABS20 <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 <i>Tina??</i>		6:00 PM.SS MAC SPIN <i>Vivian</i>				3:00 PM SPIN <i>Monica</i>
	6:30 PM.SS MAC SPIN <i>Gwen</i>		6:30 PM.SS MAC SPIN <i>Debbie</i>			

## MAC GROUP EX & MIND/BODY

MONDAY 12	TUESDAY 13	WEDNESDY14	THURSDAY 15	FRIDAY 16	SATURDY 17	SUNDAY 18
					8:30 AM.GX1 TBS <i>Kellee</i>	
9:30AM.GX1 LIA <i>Sandy</i>	9:30 AM.GX1 TBS <i>Kellee</i>	9:30 AM .GX1 LINEUP.DANCE <i>Sandy</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>Michelle</i>	10:30AM.M/B FITNESSYOGA <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>Lise</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.GX-1 TAI CHI <i>Jack</i>	11:30AM.GX1 BUFF&SHINE <i>Sandy</i>	11:30AM M/B YOGALAX <i>Kellee?</i>	11:30 AM.GX1 BUFF&SHINE <i>Wendy</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>Lise</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 <i>Tracey ??</i>		
5:30 PM.GX1 KICKBOXING <i>Jessica</i>	5:30PM.M/B FITNESSYOGA <i>Arthur</i>	5:30PM M/B PILATES <i>Sandi</i>	5:30PM.M/B FITNESS YOGA <i>Debbie</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>Gwen</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

# MAC GROUP EXERCISE SCHEDULE – DECEMBER 2011

## MAC AQUA

MONDAY 19	TUESDAY 20	WEDNESDY 21	THURSDAY 22	FRIDAY 23	SATURDY 24	SUNDAY 25
8:30AM P H <sub>2</sub> O AEROBICS <i>Kim</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>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>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 <b>NO CLASS</b>	
	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 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
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>Laura</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS 90MN SPIN40&ABS20 <i>Deborah?</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>??</i>	
6:00 PM.SS MAC SPIN <i>Vivian</i>		6:00 PM.SS MAC SPIN <i>Natalie</i>				3:00 PM SPIN <b>NO CLASS</b>
	6:30 PM.SS MAC SPIN <i>Debbie</i>		6:30 PM.SS MAC SPIN <i>Debbie</i>			

## MAC GROUP EX & MIND/BODY

MONDAY 19	TUESDAY 20	WEDNESDY 21	THURSDAY 22	FRIDAY 23	SATURDY 24	SUNDAY 25
					8:30 AM.GX1 TBS <b>NO CLASS</b>	
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>Wendy ??</i>	9:30AM.GX1 BODY PUMP <i>Tracey</i>	
	10:30AM.GX1 STEP/STRGTH <i>Kristen</i>	10:30AM.M/B FITNESSYOGA <i>Sandi</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Natalie</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>Kellee</i>		
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>	12:00PM.GX-1 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>Wendy??</i>	10:30AM.GX1 ZUMBA <b>NO CLASS</b>	1:30PM GX1 BODY FLOW <b>NO CLASS</b>
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 <b>NO CLASS</b>
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 <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>Debbie</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>Gwen</i>	6:30 PM.GYM MAC.ATTACK <i>Gwen</i>	6:30PM.M/B YOGA <i>Kellee</i>	6:30PM.GYM MAC.ATTACK <i>Natalie</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 – DECEMBER 2011

## MAC AQUA

MONDAY 26	TUESDAY 27	WEDNESDY 28	THURSDAY 29	FRIDAY 30	SATURDY 31	SUNDAY
8:30AM P H <sub>2</sub> O AEROBICS <i>Kim</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>Nellie</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>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>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>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 <b>NO CLASS</b>	
	6:00 PM P H <sub>2</sub> O SCULPT <i>Thelma</i>		6:00 PM P H <sub>2</sub> O CHALLENGE <i>Thelma</i>			

## MAC SPIN

MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31	SUNDAY
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>Kristen</i>	9:30 AM SS 90MN SPIN40&ABS20 <i>Deborah?</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 ??	
6:00 PM.SS MAC SPIN <i>Vivian</i>		6:00 PM.SS MAC SPIN <i>Gwen</i>				3:00 PM SPIN <b>NO CLASS</b>
	6:30 PM.SS MAC SPIN <i>Gwen</i>		6:30 PM.SS MAC SPIN <i>Debbie</i>			

## MAC GROUP EX & MIND/BODY

MONDAY 26	TUESDAY 27	WEDNESDY 28	THURSDAY 29	FRIDAY 30	SATURDY 31	SUNDAY
					8:30 AM.GX1 TBS <b>NO CLASS</b>	
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>Deborah??</i>	9:30 AM.GX1 LIA <i>Sandy</i>	9:30AM.GX1 BODY PUMP ??	
	10:30AM.GX1 STEP/STRGTH <i>Laura</i>	10:30AM.M/B FITNESSYOGA <i>Sandi</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP&STRGT <i>Linda</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>Kim??</i>	10: 30 AM.GYM TBS <i>Kristen</i>	10:30AM.M/B PILATES <i>Kellee</i>		
11:30 AM.GX1 BUFF& SHINE <i>Sandy</i>	12:00PM.GX-1 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 <b>NO CLASS</b>	1:30PM GX1 BODY FLOW <b>NO CLASS</b>
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 <b>NO CLASS</b>
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 <i>Natalie</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>Debbie</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>Kim??</i>	6:30 PM.GYM MAC.ATTACK <i>Ruth??</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