

MAC GROUP EXERCISE SCHEDULE – December 26-31, 2011

MAC AQUA

MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31	SUNDAY 1
8:30AM P H ₂ O AEROBICS <i>Nellie</i>	8:30AM 45min.P DEEP H ₂ O AEROBICS <i>Nellie</i>	8:30AM P H ₂ O AEROBICS <i>Kim</i>	8:30AM 45min.P DEEP H ₂ O AEROBICS <i>Nellie</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>Nellie</i>			
9:45 AM P H ₂ O AEROBICS <i>Nellie</i>	10:00 AM P H ₂ O ARTHRITIS <i>Thelma</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>		
	11:00 AM P AQUALYTE <i>Thelma</i>		11:00 AM P AQUALYTE <i>Nellie</i>		10:00 AM P H ₂ O SCULPT NO CLASS	
	6:00 PM P H ₂ O SCULPT <i>Thelma</i>		6:00 PM P DEEP H ₂ O CHALLENGE <i>Stacy</i>			

MAC SPIN

MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31	SUNDAY 1
5:45AM SS SPIN 40 ABS 20 <i>Emilie</i>	5:45AM SS MAC SPIN <i>Emilie</i>			6:00AM SS MAC SPIN <i>Emilie</i>		
9:30 AM SS MACSPIN <i>Deborah</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS SPIN 40/ABS 20 <i>Deborah</i>	9:30 AM SS MACSPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Natalie</i>	8:30AM 75 min MAC SPIN SS <i>Natalie</i>	
6:00PM SS MAC SPIN <i>Vivian</i>		6:00 PM.SS MAC SPIN <i>Vivian</i>				3:00 PM SS MACSPIN NO CLASS
	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	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31	SUNDAY 1
					8:30 AM.GX1 TBS NO CLASS	
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 <i>Seo</i>	
	10:30AM.GX1 STEP & STRENGTH <i>Laura</i>	10:30AM.M/B FITNESS YOGA <i>Deborah</i>	10:30AM GX1 BODY PUMP <i>Amy</i>	10:30AM.GX1 STEP & STRENGTH <i>Linda</i>		
10:30AM .M/B FITNESS YOGA <i>Deborah</i>	10:30AM.M/B PILATES <i>Kellee</i>	10:30AM 3-2-1 <i>Kim</i>	10:30 AM.GYM TBS <i>Kristen</i>	10:30AM.M/B PILATES <i>Kellee</i>	10:30AM. GX1 ZUMBA NO CLASS	
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>		
		4:30PM.M/B YIN YOGA <i>Linda</i>				1:30PM.GX1 BODYFLOW NO CLASS

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4:30PM M/B GENTLE YOGA Jayne		5:30 PM.GX1 TBS Ruth		4:30 PM GX1 KICKBOXIN G Natalie		4:00 PM.M/B GENTLE YOGA NO CLASS
4:30PM.GX1 BODYPUMP Marian	4:30PM PRENATAL YOGA Deborah	5:30 PM.M/B PILATES Kellee				
5:30 PM.GX1 KICKBOXING Melissa	5:30 PM.GYM ZUMBA Tracey	5:30PM GYM GET FIT Jessica	5:30 PM.GYM ZUMBA Tracey			
	5:30PM.M/B FITNESS YOGA Arthur	6:30 PM.GX1 BODY PUMP Seo	5:30PM.M/B FITNESS.YOGA Debbie			
6:30 PM GX1 TBS/CORE Melissa	6:30 PM.GYM MAC ATTACK Natalie	6:30PM.M/B YOGA Arthur	6:30PM.GYM MAC ATTACK Gwen			

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
SHADED CLASSES ARE SUITABLE FOR BEGINNERS.

"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."