

MAC GROUP EXERCISE SCHEDULE—JANUARY 30-FEBRUARY 5

MAC AQUA

MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
8:30AM P H ₂ O AEROBICS <i>Louise</i>	8:30AM 45min P DEEP H ₂ O AERO. <i>Bonnie</i>	8:30AM P H ₂ O AEROBICS <i>Patricia</i>		8:30AM P H ₂ O AEROBICS <i>Bonnie</i>		
	9:15AM 45min P H ₂ O PILATES <i>Bonnie</i>		9:00AM P H ₂ O AEROBICS <i>Louise</i>			
9:45 AM P H ₂ O AEROBICS <i>Louise</i>	10:00 AM P H ₂ O ARTHRITIS <i>Bonnie</i>	9:45 AM P H ₂ O AEROBICS <i>Kim</i>	10:00 AM P H ₂ O ARTHRITIS <i>Thelma</i>	9:45 AM P H ₂ O AEROBICS <i>Bonnie</i>	10:00 AM P H ₂ O AEROBICS <i>Thelma</i>	
	11:00 AM P AQUALYTE <i>Bonnie</i>		11:00 AM P AQUALYTE <i>Thelma</i>			
	6:00 PM P H ₂ O SCULPT <i>Thelma</i>		6:00 PM P H ₂ O AEROBICS <i>Bonnie</i>			

MAC SPIN

MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
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 MAC SPIN <i>Laura</i>	9:30 AM SS MAC SPIN <i>Vivian</i>	9:30 AM SS SPIN 40/ABS 20 <i>Michelle</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Laura</i>	8:30AM 75 min MAC SPIN SS <i>Patricia</i>	
			10:45 45MIN SS MAC SPIN <i>Melissa</i>		SPOTLIGHT CLASS!	3:00 PM SS MAC SPIN <i>Monica</i>
6:00PM SS MAC SPIN <i>Deborah</i>	6:30 PM SS MAC SPIN <i>Tina</i>	6:00 PM SS MAC SPIN <i>Monica</i>	6:30 PM SS MAC SPIN <i>Gwen</i>		10:30 AM SS INTRO TO SPIN <i>Vivian</i>	

MAC GROUP EX & MIND/BODY

MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
		6:00 AM GX1 BODY PUMP <i>Tracey</i>	Painting GX1 Schedule Changes!!	Painting GX1 Schedule Changes!!		
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>Linda</i>	9:30 AM GYM LIA <i>Sandy</i>	8:30AM GX1 CARDIOSTRG <i>Monica</i>	
10:30AM M/B FITNESS YOGA <i>Deborah</i>	10:30AM GX1 STEP&STRGT <i>Deborah</i>	10:30 AM GX1 3-2-1 <i>Patricia</i>	10:30AM GX1 BODY PUMP cancel, return in March	9:45 AM GX2 BOOTCAMP <i>Kim</i>	9:30AM GX1 BODY PUMP <i>Tracey</i>	
	10:30AM M/B PILATES <i>Kellee</i>	10:30AM M/B FITNESS YOGA <i>Deborah</i>	10:30 AM GYM TBS <i>Kristen</i>	10:30AM GYM STEP&STRGT <i>Deborah</i>		
11:30 AM GX1 BUFF& SHINE <i>Sandy</i>		11:30AM GX1 BUFF&SHINE <i>Wendy</i>	11:30AM M/B YOGALAX <i>Linda</i>	10:30AM M/B PILATES <i>Michelle</i>	10:00 AM M/B YOGA <i>Marian</i>	
	12:00PM GX1 TAI CHI <i>Jack</i>	4:30PM M/B YIN YOGA <i>Linda</i>	11:30 AM GX1 STRGT 4 SENIORS <i>Sandy</i>	11:30 AM GYM BUFF&SHINE <i>Sandy</i>	10:30 AM GX1 ZUMBA <i>Tracey</i>	2:00PM M/B BODYFLOW <i>Marian</i>
4:30PM M/B GENTLE YOGA <i>Heather</i>				4:30 PM GX2 KICKBOXING <i>Jessica</i>		
4:30PM GX1 BODY PUMP <i>Ruth</i>	5:00 PM M/B PRENATAL YOGA <i>Deborah</i>	5:30PM GYM GET FIT <i>Jessica</i>	5:30 PM GX2 TBS <i>Ruth</i>			4:00 PM M/B GENTLE YOGA <i>Kathleen</i>
5:30 PM GX1 KICKBOXING <i>Jessica</i>	5:30 PM GYM ZUMBA <i>Tracey</i>	5:30 PM M/B PILATES <i>Kellee</i>	5:30 PM GYM ZUMBA <i>Tracey</i>			
	6:00 PM M/B FITNESS YOGA <i>Arthur</i>	6:00 PM GX1 BODY PUMP <i>Seo</i>	5:30PM M/B FITNESS YOGA <i>Arthur</i>			
6:30 PM GX1 TBS/CORE <i>Gwen</i>	6:30 PM GYM BOOTCAMP <i>Gwen</i>	6:30PM M/B YOGA <i>Kellee</i>	6:30PM GYM BOOTCAMP <i>Jessica</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 "To provide the best classes for our members, we evaluate each class on a monthly and quarterly basis based on several factors including timeframe, instructor, class type, and attendance. If attendance averages below 10 participants, we assume the demand is not there and may replace or re-evaluate the time slot. We value your feedback and always consider any and all requests."

MAC GROUP EXERCISE SCHEDULE—FEBRUARY 6-12

MAC AQUA

MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11	SUNDAY 12
8:30AM P H ₂ O AEROBICS <i>Louise</i>		8:30AM P H ₂ O AEROBICS <i>Patricia</i>		8:30AM P H ₂ O CIRCUIT <i>Jen</i>		
	9:00AM P DEEPH ₂ O AERO. <i>Bonnie</i>		9:00AM P H ₂ O PILATES <i>Louise</i>			
9:45 AM P H ₂ O AEROBICS <i>Kim</i>	10:00 AM P H ₂ O ARTHRITIS <i>Bonnie</i>	9:45 AM P H ₂ O AEROBICS <i>Kim</i>	10:00 AM P H ₂ O ARTHRITIS <i>Thelma</i>	9:45 AM P H ₂ O AEROBICS <i>Kim</i>	10:00 AM P H ₂ O AEROBICS <i>Kathleen</i>	
	11:00 AM P AQUALYTE <i>Bonnie</i>		11:00 AM P AQUALYTE <i>Thelma</i>			
	6:00 PM P H ₂ O AEROBICS <i>Bonnie</i>		6:00 PM P H ₂ O AEROBICS <i>Bonnie</i>			

MAC SPIN

MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11	SUNDAY 12
5:45AM SS SPIN 40 ABS 20 <i>Emilie</i>	5:45AM SS MAC SPIN <i>Emilie</i>	9:30 AM SS SPIN40/ABS 20 <i>Deborah</i>		6:00AM SS MAC SPIN <i>Emilie</i>	SPOTLIGHT CLASS!	
9:30 AM SS MACSPIN <i>Michelle</i>	9:30 AM SS MAC SPIN <i>Patricia</i>	SPOTLIGHT CLASS!	9:30 AM SS MACSPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Vivian</i>	8:30AM 90 min ZEN SPIN SS Deborah	
		10:45 AM SS INTRO TO SPIN Vivian	10:45 45MIN SS MACSPIN <i>Vivian</i>			3:00 PM SS MACSPIN <i>Patricia</i>
6:00PM SS MAC SPIN <i>Monica</i>	6:30 PM SS MAC SPIN <i>Vivian</i>	6:00 PM SS MAC SPIN <i>Vivian</i>	6:30 PM SS MAC SPIN <i>Gwen</i>			

MAC GROUP EX & MIND/BODY

MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11	SUNDAY 12
		6:00 AM GX1 BODYPUMP <i>Marian</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>Michelle</i>	9:30 AM GX1 LIA <i>Sandy</i>	8:30AM GX1 CARDIOSTRG <i>Stephanie</i>	
10:30AM M/B FITNESS YOGA <i>Linda</i>	10:00 AM GYM BOOTCAMP <i>Sergio</i>	10:30AM M/B FITNESSYOGA <i>Deborah</i>	10:30AM GX1 BODY PUMP <i>Cancel, return in March</i>	10:00 AM GYM BOOTCAMP <i>Deborah</i>	9:30AM GX1 BODY PUMP <i>Tracey</i>	
11:30AM M/B YIN YOGA <i>Linda</i>	10:30AM GX1 STEP&STRGT <i>Deborah</i>	10:30 AM GX1 3-2-1 <i>Patricia</i>	10:30 AM GYM TBS <i>Kristen</i>	10:30AM GX1 STEP&STRGT <i>Michelle</i>		
11:30 AM GX1 BUFF& SHINE <i>Sandy</i>	10:30AM M/B PILATES <i>Kellee</i>	11:30AM GX1 BUFF&SHINE <i>Wendy</i>	11:30AM M/B YOGALAX <i>Heather</i>	10:30AM M/B PILATES <i>Deborah</i>	10:00 AM M/B YOGA <i>Linda</i>	
	12:00PM GX1 TAI CHI <i>Jack</i>	4:30PM M/B YIN YOGA <i>Linda</i>	11:30 AM GX1 STRGT 4 SENIORS <i>Sandy</i>	11:30 AM GX1 BUFF&SHINE <i>Sandy</i>	10:30AM GX1 ZUMBA <i>Tracey</i>	2:00PM M/B BODYFLOW <i>Marian</i>
4:30PM M/B GENTLE YOGA <i>Linda</i>				4:30 PM GX1 KICKBOXING <i>Jessica</i>		
4:30PM GX1 BODYPUMP <i>Ruth</i>	5:00 PM M/B PRENATALYOGA <i>Deborah</i>	5:30 PM M/B PILATES <i>Kellee</i>	5:30 PM GX1 TBS <i>Ruth</i>			4:00 PM M/B GENTLEYOGA <i>Kellee</i>
5:30 PM GX1 KICKBOXING <i>Jessica</i>	5:30 PM GYM ZUMBA <i>Tracey</i>	5:30PM GYM GET FIT <i>Jessica</i>	5:30 PM GYM ZUMBA <i>Tracey</i>			
	6:00 PM M/B FITNESSYOGA <i>Heather</i>	6:00 PM GX1 BODY PUMP <i>Seo</i>	5:30PM M/B FITNESSYOGA <i>Arthur</i>			
6:00 PM GYM GET FIT <i>Melissa</i>	6:30 PM GYM BOOTCAMP <i>Gwen</i>	6:30PM M/B YOGA <i>Kellee</i>	6:30PM GYM BOOTCAMP <i>Jessica</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 "To provide the best classes for our members, we evaluate each class on a monthly and quarterly basis based on several factors including timeframe, instructor, class type, and attendance. If attendance averages below 10 participants, we assume the demand is not there and may replace or re-evaluate the time slot. We value your feedback and always consider any and all requests."

MAC GROUP EXERCISE SCHEDULE—FEBRUARY 13-19

MAC AQUA

MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
8:30AM P H ₂ O AEROBICS <i>Louise</i>		8:30AM P H ₂ O AEROBICS <i>Patricia</i>		8:30AM P H ₂ O CIRCUIT <i>Jen</i>		
	9:00AM P DEEPH ₂ O AERO. <i>Nellie</i>		9:00AM P H ₂ O PILATES <i>Louise</i>			
9:45 AM P H ₂ O AEROBICS <i>Kim</i>	10:00 AM P H ₂ O ARTHRITIS <i>Nellie</i>	9:45 AM P H ₂ O AEROBICS <i>Kim</i>	10:00 AM P H ₂ O ARTHRITIS <i>Thelma</i>	9:45 AM P H ₂ O AEROBICS <i>Kim</i>	10:00 AM P H ₂ O AEROBICS <i>Kathleen</i>	
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE <i>Thelma</i>			
	6:00 PM P H ₂ O AEROBICS <i>Bonnie</i>		6:00 PM P H ₂ O AEROBICS <i>Bonnie</i>			

MAC SPIN

MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
5:45AM SS SPIN 40 ABS 20 <i>Emilie</i>	5:45AM SS MAC SPIN <i>Emilie</i>	5:45 AM SS RIDE TO 40! <i>Emilie</i>		Cycle to the oldies with Ginger!	Saturday Special Advanced Spin	
9:30 AM SS MACSPIN <i>Michelle</i>	9:30 AM SS MAC SPIN <i>Patricia</i>	9:30 AM SS SPIN40/ABS 20 <i>Melissa</i>	9:30 AM SS MACSPIN <i>Kristen</i>	6:00AM SS MAC SPIN <i>Ginger</i>	8:30AM 75 min MAC SPIN SS <i>Vivian</i>	
10:45 AM 45 MIN SS MAC SPIN <i>Deborah</i>	Some Like It Hot! Valentine's Day Spin by Vivian		10:45 45MIN SS MACSPIN <i>Melissa</i>	9:30 AM SS MAC SPIN <i>Deborah</i>		3:00 PM SS MACSPIN <i>Monica</i>
6:00PM SS MAC SPIN <i>Vivian</i>	6:30 PM SS MAC SPIN <i>Vivian</i>	6:00 PM SS MAC SPIN <i>Monica</i>	6:30 PM SS MAC SPIN <i>Debbie</i>			

MAC GROUP EX & MIND/BODY

MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
		6:00 AM GX1 BODYPUMP <i>Tracey</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>Michelle</i>	9:30 AM GX1 LIA <i>Sandy</i>	8:30AM GX1 CARDIOSTRG <i>Ruth</i>	
10:30AM M/B FITNESS YOGA <i>Linda</i>	10:00 AM GYM BOOTCAMP <i>Sergio</i>	10:30AM M/B FITNESSYOGA <i>Deborah</i>	10:30AM GX1 BODY PUMP Cancel, return in March	10:00 AM GYM BOOTCAMP <i>Melissa</i>	9:30AM GX1 BODY PUMP <i>Seo</i>	
11:30 AM M/B YIN YOGA <i>Linda</i>	10:30AM GX1 STEP&STRGT <i>Deborah</i>	10:30 AM GX1 3-2-1 <i>Patricia</i>	10:30 AM GYM TBS <i>Kristen</i>	10:30AM GX1 STEP&STRGT <i>Michelle</i>		
11:30 AM GX1 BUFF& SHINE <i>Sandy</i>	10:30AM M/B PILATES <i>Kellee</i>	11:30AM GX1 BUFF&SHINE <i>Wendy</i>	11:30AM M/B YOGALAX <i>Heather</i>	10:30AM M/B PILATES <i>Deborah</i>	10:00 AM M/B YOGA <i>Marian</i>	
	12:00PM GX1 TAI CHI <i>Jack</i>	4:30PM M/B YIN YOGA <i>Linda</i>	11:30 AM GX1 STRGT 4 SENIORS <i>Sandy</i>	11:30 AM GX1 BUFF&SHINE <i>Sandy</i>	10:30AM GX1 ZUMBA <i>Tracey</i>	2:00PM M/B BODYFLOW <i>Marian</i>
4:30PM M/B GENTLE YOGA <i>Jayne</i>				4:30 PM GX1 KICKBOXING <i>Jessica</i>		
4:30PM GX1 BODYPUMP <i>Ruth</i>	5:00 PM M/B PRENATALYOGA <i>Deborah</i>	5:30 PM M/B PILATES <i>Kellee</i>	5:30 PM GX1 TBS <i>Ruth</i>			4:00 PM M/B GENTLEYOGA <i>Arthur</i>
5:30 PM GX1 KICKBOXING <i>Jessica</i>	5:30 PM GYM ZUMBA <i>Tracey</i>	5:30PM GYM GET FIT <i>Jessica</i>	5:30 PM GYM ZUMBA <i>Tracey</i>			
	6:00 PM M/B FITNESSYOGA <i>Heather</i>	6:00 PM GX1 BODY PUMP <i>Seo</i>	5:30PM M/B FITNESSYOGA <i>Debbie</i>			
6:00 PM GYM GET FIT <i>Melissa</i>	6:30 PM GYM BOOTCAMP <i>Melissa</i>	6:30PM M/B YOGA <i>Kellee</i>	6:30PM GYM BOOTCAMP <i>Jessica</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—FEBRUARY 20-26

MAC AQUA

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
8:30AM P H ₂ O AEROBICS <i>Louise</i>		8:30AM P H ₂ O AEROBICS <i>Bonnie</i>		8:30AM P H ₂ O CIRCUIT <i>Jen</i>	FEBRUARY FITNESS MARATHON	
	9:00AM P DEEPH ₂ O AERO. <i>Nellie</i>		9:00AM P H ₂ O PILATES <i>Louise</i>		Schedule TBA Bring a buddy!	
9:45 AM P H ₂ O AEROBICS <i>Kim</i>	10:00 AM P H ₂ O ARTHRITIS <i>Nellie</i>	9:45 AM P H ₂ O AEROBICS <i>Kim</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>			
	6:00 PM P H ₂ O AEROBICS <i>Bonnie</i>		6:00 PM P H ₂ O AEROBICS <i>Bonnie</i>			

MAC SPIN

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
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>	FEBRUARY FITNESS MARATHON	
SPOTLIGHT CLASSES!	9:30 AM SS MAC SPIN <i>Laura</i>	9:30 AM SS SPIN40/ABS 20 <i>Michelle</i>	9:30 AM SS MAC SPIN <i>Kristen</i>	9:30 AM SS MAC SPIN <i>Deborah</i>	Schedule TBA Bring a buddy!	
9:30AM 90 MIN SS ZENSPIN <i>Deborah</i>			10:45 45MIN SS MAC SPIN <i>Vivian</i>			3:00 PM SS MAC SPIN <i>Kathleen</i>
6:00PM SS MAC SPIN <i>Ginger</i> Cycle to the Grammys!	6:30 PM SS MAC SPIN <i>Vivian</i>	6:00 PM SS MAC SPIN <i>Vivian</i>	6:30 PM SS MAC SPIN <i>Debbie</i>			

MAC GROUP EX & MIND/BODY

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
		6:00 AM GX1 BODYPUMP <i>Melissa</i>			FEBRUARY FITNESS MARATHON	
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>Linda</i>	9:30 AM GX1 LIA <i>Sandy</i>	Schedule TBA Bring a buddy!	
10:30AM M/B FITNESS YOGA <i>Linda</i>	10:00 AM GYM BOOTCAMP <i>Sergio</i>	10:30AM M/B FITNESSYOGA <i>Heather</i>	10:30AM GX1 BODY PUMP Cancel, return in March	9:45 AM GYM BOOTCAMP <i>Kim</i>		
11:30 AM M/B YIN YOGA <i>Linda</i>	10:30AM GX1 STEP&STRGT <i>Deborah</i>	10:30 AM GX1 3-2-1 <i>Deborah</i>	10:30 AM GYM TBS <i>Kristen</i>	10:30AM GX1 STEP&STRGT <i>Michelle</i>		
11:30 AM GX1 BUFF& SHINE <i>Sandy</i>	10:30AM M/B PILATES <i>Kellee</i>	11:30AM GX1 BUFF&SHINE <i>Wendy</i>	11:30AM M/B YOGALAX <i>Heather</i>	10:30AM M/B PILATES <i>Deborah</i>		
	12:00PM GX1 TAI CHI <i>Jack</i>	4:30PM M/B YIN YOGA <i>Linda</i>	11:30 AM GX1 STRGT 4 SENIORS <i>Sandy</i>	11:30 AM GX1 BUFF&SHINE <i>Sandy</i>		2:00PM M/B BODYFLOW <i>Marian</i>
4:30PM M/B GENTLE YOGA <i>Linda</i>				4:30 PM GX1 KICKBOXING <i>Jessica</i>		
4:30PM GX1 BODYPUMP <i>Ruth</i>	5:00 PM M/B PRENATALYOGA <i>Deborah</i>	5:30 PM M/B PILATES <i>Kellee</i>	5:30 PM GX1 TBS <i>Ruth</i>			4:00 PM M/B GENTLEYOGA <i>Debbie</i>
5:30 PM GX1 KICKBOXING <i>Jessica</i>	5:30 PM GYM ZUMBA <i>Tracey</i>	5:30PM GYM GET FIT <i>Jessica</i>	5:30 PM GYM ZUMBA <i>Tracey</i>			
	6:00 PM M/B FITNESSYOGA <i>Heather</i>	6:00 PM GX1 BODY PUMP <i>Seo</i>	5:30PM M/B FITNESSYOGA <i>Jayne</i>			
6:00 PM GYM GET FIT <i>Monica</i>	6:30 PM GYM BOOTCAMP <i>Gwen</i>	6:30PM M/B YOGA <i>Kellee</i>	6:30PM GYM BOOTCAMP <i>Jessica</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 "To provide the best classes for our members, we evaluate each class on a monthly and quarterly basis based on several factors including timeframe, instructor, class type, and attendance. If attendance averages below 10 participants, we assume the demand is not there and may replace or re-evaluate the time slot. We value your feedback and always consider any and all requests."

MAC GROUP EXERCISE SCHEDULE—FEBRUARY 27-29

MAC AQUA

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM P H ₂ O AEROBICS <i>Louise</i>		8:30AM P H ₂ O AEROBICS <i>Patricia</i>		8:30AM P H ₂ O AEROBICS		
	9:00AM P DEEPH ₂ O AERO. <i>Nellie</i>		9:00AM P H ₂ O PILATES			
9:45 AM P H ₂ O AEROBICS <i>Kim</i>	10:00 AM P H ₂ O ARTHRITIS <i>Nellie</i>	9:45 AM P H ₂ O AEROBICS <i>Kim</i>	10:00 AM P H ₂ O ARTHRITIS	9:45 AM P H ₂ O AEROBICS	10:00 AM P H ₂ O AEROBICS	
	11:00 AM P AQUALYTE <i>Nellie</i>		11:00 AM P AQUALYTE			
	6:00 PM P H ₂ O AEROBICS <i>Bonnie</i>		6:00 PM P H ₂ O AEROBICS			

MAC SPIN

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM SS SPIN 40 ABS 20 <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>Patricia</i>	9:30 AM SS SPIN40/ABS 20 <i>Michelle</i>	9:30 AM SS MAC SPIN	9:30 AM SS MAC SPIN	8:30AM 75 min MAC SPIN SS	
			10:45 45MIN SS MAC SPIN			3:00 PM SS MAC SPIN
6:00PM SS MAC SPIN <i>Vivian</i>	6:30 PM SS MAC SPIN <i>Vivian</i>	6:00 PM SS MAC SPIN <i>Monica</i>	6:30 PM SS MAC SPIN			

MAC GROUP EX & MIND/BODY

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:00 AM GX1 BODYPUMP <i>Melissa</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	9:30 AM GX1 LIA	8:30AM GX1 CARDIOSTRG	
10:30AM M/B FITNESS YOGA <i>Linda</i>	10:00 AM GYM BOOTCAMP <i>Sergio</i>	10:30AM M/B FITNESSYOGA <i>Deborah</i>	10:30AM GX1 BODY PUMP	9:45 AM GYM BOOTCAMP	9:30AM GX1 BODY PUMP	
11:30 AM M/B YIN YOGA <i>Linda</i>	10:30AM GX1 STEP&STRGT <i>Deborah</i>	10:30 AM GX1 3-2-1 <i>Patricia</i>	10: 30 AM GYM TBS	10:30AM GX1 STEP&STRGT		
11:30 AM GX1 BUFF& SHINE <i>Sandy</i>	10:30AM M/B PILATES <i>Kellee</i>	11:30AM GX1 BUFF&SHINE <i>Wendy</i>	11:30AM M/B YOGALAX	10:30AM M/B PILATES	10:00 AM M/B YOGA	
	12:00PM GX1 TAI CHI <i>Jack</i>	4:30PM M/B YIN YOGA <i>Linda</i>	11:30 AM GX1 STRGT 4 SENIORS	11:30 AM GX1 BUFF&SHINE	10:30 AM GX1 ZUMBA	2:00PM M/B BODYFLOW
4:30PM M/B GENTLE YOGA <i>Jayne</i>				4:30 PM GX1 KICKBOXING		
4:30PM GX1 BODYPUMP <i>Melissa</i>	5:00 PM M/B PRENATALYOGA <i>Deborah</i>	5:30 PM M/B PILATES <i>Kellee</i>	5:30 PM GX1 TBS			4:00 PM M/B GENTLEYOGA
5:30 PM GX1 KICKBOXING <i>Jessica</i>	5:30 PM GYM ZUMBA <i>Tracey</i>	5:30PM GYM GET FIT <i>Jessica</i>	5:30 PM GYM ZUMBA			
	6:00 PM M/B FITNESSYOGA <i>Heather</i>	6:00 PM GX1 BODY PUMP <i>Seo</i>	5:30PM M/B FITNESSYOGA			
6:00 PM GYM GET FIT <i>Melissa</i>	6:30 PM GYM BOOTCAMP <i>Gwen</i>	6:30PM M/B YOGA <i>Kellee</i>	6:30PM GYM BOOTCAMP			

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

"To provide the best classes for our members, we evaluate each class on a monthly and quarterly basis based on several factors including timeframe, instructor, class type, and attendance. If attendance averages below 10 participants, we assume the demand is not there and may replace or re-evaluate the time slot. We value your feedback and always consider any and all requests."