

MAC GROUP EXERCISE – August 7-August 13

	MONDAY 7	TUESDAY 8	WEDNES. 9	THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
A Q U A	8:30a P WATERinMOTION® <i>Sarah S.</i> 6:00p P AQUAZUMBA <i>Tracey</i>	8:30a P DEEP H ₂ O <i>Nellie</i> 9:45a P H ₂ O GENTLE <i>Nellie</i>	8:30a P H ₂ O AEROBICS <i>Patricia</i> 6:00p P WATERinMOTION® FAMILY FRIENDLY <i>Megan</i>	8:30a P DEEP H ₂ O <i>Bonnie</i>	9:00a P WATERinMOTION® <i>Sarah S.</i>	9:30a P AQUAZUMBA <i>Tracey</i>	
S P I N	9:30a SS SPINNING® <i>Michelle</i> 6:30p SS SPINNING® <i>Patricia</i>	5:45a SS SPINNING® <i>Sarah P.</i> 9:30a SS SPINNING® <i>Megan</i> 6:00p SS RPM™ <i>Melissa</i>	9:30a SS SPINNING® <i>Jen</i> 6:30p SS **SPINNING® <i>Patricia</i>	5:45a SS SPINNING® <i>Jen</i> 9:30a SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 60 <i>Sarah P.</i>	9:30a SS CYCLE BOOTCAMP Wear gym shoes <i>Melissa</i>
M I N D B O D Y	10:30a M/B FITNESS YOGA <i>Maura</i> 4:30p M/B GENTLE YOGA <i>Denise</i> 6:30p M/B **FITNESS YOGA <i>Allison</i>	9:15a M/B CHAIR YOGA <i>Shannon</i>	10:30a M/B FITNESS YOGA <i>Maura</i> 5:00p M/B YIN YOGA <i>Debbie</i> 6:30p M/B YOGA <i>Sandi</i>	6:00a GX1 BODYFLOW™ <i>Cameron</i> 9:15a M/B CHAIR YOGA <i>Shannon</i> 10:35a GX1 BODYFLOW™ <i>Cameron</i> 6:30p M/B FITNESS YOGA <i>Leo</i>	8:30a GX1 **PILATES <i>Patricia</i> 5:30p M/B VINAYASA <i>Jayne</i>	10:00a M/B YOGA <i>Dan</i>	2:00p GX1 BODYFLOW™ <i>Megan</i> 3:00p GX1 MAC BARRE <i>Lauren</i> 4:00p M/B GENTLE YOGA <i>Leo</i>
L A N D	6:00a GX1 BODYPUMP™ <i>Jen</i> 8:55a GX1 CXWORX™ <i>Michelle</i> 9:30a GX1 LIA <i>Sandy</i> 10:35a GX1 BODYPUMP™ <i>Mika</i> 11:35a GX1 **LIA GENTLE <i>Sandy</i> 4:30p GX1 BODYPUMP™ <i>Angela</i> 5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i> 6:30p GX1 **CXWORX™ MONDAY MIX UP! <i>Sarah P.</i>	9:15a GX1 MAC BARRE <i>Serrah</i> 10:30a GX1 BODYSTEP™ <i>Mika</i> 10:35a GX2 CXWORX™ <i>Jen</i> 5:30p GX1 BUTTS, GUTS & MORE <i>Megan</i> 5:45p GYM ZUMBA <i>Tracey</i> 6:30p GX1 ATHLETIC INTERVALS <i>Heather</i>	6:00a GX1 BODYPUMP™ <i>Tracey</i> 9:30a GX1 CARDIO+SCULPT <i>Sandy</i> 10:35a GX1 BUTTS & GUTS <i>Jen</i> 11:30a GX1 STRNGTH4SRS <i>Cindy</i> 4:45p GYM BODYATTACK™45 <i>Angela</i> 5:30p GX1 CXWORX™ <i>Angela</i> 6:15p GX1 BODYPUMP™ <i>Amber</i>	8:30a GX1 TBS <i>Michelle</i> 9:30a GX1 BODYCOMBAT™ <i>Mika</i> 5:30p GYM ZUMBA <i>Tracey</i> 6:00p GX1 MAC BARRE <i>Lauren</i> 6:30p GYM BOOT(y)CAMP <i>Tracey</i>	5:45am GX1 BODYCOMBAT™ <i>Sarah P.</i> 9:30a GX1 ZUMBA GOLD POP-UP <i>Tara</i> 10:35a GYM CXWORX™ <i>Megan</i> 10:35a GX1 BODYPUMP™ <i>Jen</i> 11:35a GX1 **LIA GENTLE <i>Megan</i> 4:30p GX1 BODYPUMP™ <i>Patricia</i>	8:15a GX1 BODYATTACK™ <i>Cameron</i> 9:00a GX1 CXWORX™ <i>Amy</i> 9:30a GX1 BODYPUMP™ <i>Lisa</i> 10:35a GX1 ZUMBA <i>Tracey</i>	

GX1, Group Exercise Studio 1 GYM, basketball court P, pool SS, spin studio **class not meeting attendance policy

MAC GROUP EXERCISE – August 14-August 20

	MONDAY 14	TUESDAY 15	WEDNES. 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
A Q U A	8:30a P WATERinMOTION® <i>Sarah S.</i> 6:00p P AQUAZUMBA <i>Kim</i>	8:30a P DEEP H ₂ O <i>Nellie</i> 9:45a P H ₂ O GENTLE <i>Nellie</i>	8:30a P H ₂ O AEROBICS <i>Patricia</i> 6:00p P WATERinMOTION® <i>Megan</i>	8:30a P DEEP H ₂ O <i>Bonnie</i>	9:00a P WATERinMOTION® <i>Sarah S.</i>	9:30a P AQUAZUMBA <i>Megan</i>	
S P I N	9:30a SS SPINNING® <i>Michelle</i> 6:30p SS SPINNING® <i>Patricia</i>	5:45a SS SPINNING® <i>Sarah P.</i> 9:30a SS SPINNING® <i>Megan</i> 6:00p SS RPM™ <i>Eliza</i>	9:30a SS SPINNING® <i>Heather</i> 6:30p SS **SPINNING® <i>Patricia</i>	5:45a SS SPINNING® <i>Sarah P.</i> 9:30a SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 60 <i>Lauren</i>	9:30a SS CYCLE BOOTCAMP Wear gym shoes <i>Heather</i>
M I N D B O D Y	10:30a M/B FITNESS YOGA <i>Maura</i> 4:30p M/B GENTLE YOGA <i>Arthur</i> 6:30p M/B **FITNESS YOGA <i>Melissa</i>	9:15a M/B CHAIR YOGA <i>Melissa</i>	10:30a M/B FITNESS YOGA <i>Maura</i> 5:00p M/B YIN YOGA <i>Debbie</i> 6:30p M/B YOGA <i>Sandi</i>	6:00a GX1 BODYFLOW™ <i>Eliza</i> 9:15a M/B CHAIR YOGA <i>Maura</i> 10:35a GX1 BODYFLOW™ <i>Cameron</i> 6:30p M/B FITNESS YOGA <i>Leo</i>	8:30a GX1 **PILATES <i>Patricia</i> 5:30p M/B VINYASA <i>Jayne</i>	10:00a M/B YOGA <i>Melissa</i>	2:00p GX1 BODYFLOW™ <i>Lauren</i> 3:00p GX1 MAC BARRE <i>Lauren</i> 4:00p M/B GENTLE YOGA <i>Arthur</i>
L A N D	6:00a GX1 BODYPUMP™ <i>Sarah P.</i> 8:55a GX1 CXWORX™ <i>Michelle</i> 9:30a GX1 LIA <i>Amber</i> 10:35a GX1 BODYPUMP™ <i>Mika</i> 11:35a GX1 **LIA GENTLE <i>Megan</i> 4:30p GX1 BODYPUMP™ <i>Patricia</i> 5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i> 6:30p GX1 **TABATA 30 <i>MONDAY MIX UP!</i> <i>Amber</i>	9:15a GX1 MAC BARRE <i>Heather</i> 10:30a GX1 BODYSTEP™ <i>Mika</i> 10:35a GX2 CXWORX™ <i>Megan</i> 5:30p GX1 BUTTS, GUTS & MORE <i>Heather</i> 5:45p GYM ZUMBA <i>Sarah S.</i> 6:30p GX1 ATHLETIC INTERVALS <i>Heather</i>	6:00a GX1 BODYPUMP™ <i>Eliza</i> 9:30a GX1 CARDIO+SCULPT <i>Amber</i> 10:35a GX1 BUTTS & GUTS <i>FAMILY FRIENDLY</i> <i>Heather</i> 11:30a GX1 STRNGTH4SRS <i>Sarah S.</i> 4:45p GYM BODYATTACK™45 <i>Angela</i> 5:30p GX1 CXWORX™ <i>Angela</i> 6:15p GX1 BODYPUMP™ <i>Amber</i>	8:30a GX1 TBS <i>Patricia</i> 9:30a GX1 BODYCOMBAT™ <i>Mika</i> 5:30p GYM ZUMBA <i>Tara</i> 6:00p GX1 MAC BARRE <i>Lauren</i> 6:30p GYM BOOT(y)CAMP <i>Amber</i>	5:45am GX1 BODYCOMBAT™ <i>Sarah P.</i> 9:30a GX1 LIA <i>Sandy</i> 10:35a GYM CXWORX™ <i>Melissa</i> 10:35a GX1 BODYPUMP™ <i>Angela</i> 11:35a GX1 **LIA GENTLE <i>Sandy</i> 4:30p GX1 BODYPUMP™ <i>Amber</i>	8:15a GX1 BODYATTACK™ <i>Cameron</i> 9:00a GX1 CXWORX™ <i>Amy</i> 9:30a GX1 BODYPUMP™ <i>Eliza</i> 10:35a GX1 ZUMBA <i>Tara</i>	

GX1, Group Exercise Studio 1 GYM, basketball court P, pool SS, spin studio **class not meeting attendance policy

MAC GROUP EXERCISE – August 21-August 27

	MONDAY 21	TUESDAY 22	WEDNES. 23	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27
A Q U A	8:30a P WATERinMOTION® <i>Sarah S.</i>	8:30a P DEEP H ₂ O <i>Nellie</i>	8:30a P H ₂ O AEROBICS <i>Patricia</i>	8:30a P DEEP H ₂ O <i>Bonnie</i>	9:00a P H ₂ O AEROBICS <i>Bonnie</i>	9:30a P AQUAZUMBA <i>Tracey</i>	
	6:00p P AQUAZUMBA <i>Tracey</i>	9:45a P H ₂ O GENTLE <i>Nellie</i>	6:00p P WATERinMOTION® <i>Genevelyn</i>				
S P I N	9:30a SS SPINNING® <i>Michelle</i>	5:45a SS SPINNING® <i>Jen</i>	9:30a SS SPINNING® <i>Heather</i>	5:45a SS SPINNING® <i>Jen</i>	9:30a SS SPINNING® <i>Melissa</i>	8:30a SS RPM™ <i>Eliza</i>	9:30a SS CYCLE BOOTCAMP Wear gym shoes <i>Heather</i>
	6:30p SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Jen</i>	6:30p SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Patricia</i>			
M I N D	10:30a M/B FITNESS YOGA <i>Maura</i>	9:15a M/B CHAIR YOGA <i>Shannon</i>	10:30a M/B FITNESS YOGA <i>Maura</i>	6:00a GX1 BODYFLOW™ <i>Eliza</i>	8:30a GX1 PILATES <i>Nicole</i>	10:00a M/B YOGA <i>Kathleen</i>	2:00p GX1 BODYFLOW™ <i>Megan</i>
B O D Y	4:30p M/B GENTLE YOGA <i>Jayne</i>		5:00p M/B YIN YOGA <i>Debbie</i>	9:15a M/B CHAIR YOGA <i>Shannon</i>			3:00p GX1 MAC BARRE <i>Lauren</i>
	6:30p M/B FITNESS YOGA <i>Melissa</i>		6:30p M/B YOGA <i>Sandi</i>	10:35a GX1 BODYFLOW™ <i>Cameron</i>			4:00p M/B GENTLE YOGA <i>Leo</i>
L A N D	6:00a GX1 BODYPUMP™ <i>Jen</i>	9:15a GX1 MAC BARRE <i>Serrah</i>	6:00a GX1 BODYPUMP™ <i>Tracey</i>	8:30a GX1 TBS <i>Michelle</i>	5:45am GX1 BODYCOMBAT™ <i>Sarah P.</i>	8:15a GX1 BODYATTACK™ <i>Cameron</i>	
	8:55a GX1 CXWORX™ <i>Michelle</i>	10:30a GX1 BODYSTEP™ <i>Mika</i>	9:30a GX1 CARDIO+SCULPT <i>Amber</i>	9:30a GX1 BODYCOMBAT™ <i>Angela</i>	9:30a GX1 LIA <i>Sandy</i>	9:00a GX1 CXWORX™ <i>Amy</i>	
	9:30a GX1 LIA <i>Sandy</i>	10:30a GX2 CXWORX™ & More (45 min) <i>Jen</i>	10:35a GX1 BUTTS & GUTS <i>Heather</i>		10:35a GYM CXWORX™ <i>Melissa</i>	9:30a GX1 BODYPUMP™ <i>Eliza</i>	
	10:35a GX1 BODYPUMP™ <i>Lisa</i>		11:30a GX1 STRNGTH4SRS <i>Cindy</i>		10:35a GX1 BODYPUMP™ <i>Patricia</i>	10:35a GX1 ZUMBA <i>Tracey</i>	
	11:35a GX1 LIA GENTLE <i>Sandy</i>				11:35a GX1 LIA GENTLE <i>Sandy</i>		
	4:30p GX1 BODYPUMP™ <i>Angela</i>	5:30p GX1 BUTTS, GUTS & MORE <i>Amber</i>	4:45p GYM BODYATTACK™45 <i>Angela</i>	5:30p GYM ZUMBA <i>Tracey</i>			
	5:30p GX1 BODYCOMBAT™ <i>Angela</i>	5:45p GYM ZUMBA <i>Tracey</i>	5:30p GX1 CXWORX™ <i>Angela</i>	6:00p GX1 MAC BARRE <i>FAMILY FRIENDLY</i> <i>Lauren</i>			
	6:30p GX1 ARMS & ABS <i>MONDAY MIX UP!</i> <i>Amber</i>	6:30p GX1 ATHLETIC INTERVALS <i>Heather</i>	6:15p GX1 BODYPUMP™ <i>Jen</i>	6:30p GYM BOOT(y)CAMP <i>Jen</i>	4:30p GX1 BODYPUMP™ <i>Amber</i>		

MAC GROUP EXERCISE – August 28-September 3

	MONDAY 28	TUESDAY 29	WEDNES. 30	THURSDAY 31	FRIDAY 1	SATURDAY 2	SUNDAY 3
A Q U A	8:30a P WATERinMOTION® <i>Sarah S.</i> 6:00p P AQUAZUMBA <i>Tracey</i>	8:30a P DEEP H ₂ O <i>Nellie</i> 9:45a P H ₂ O GENTLE <i>Nellie</i>	8:30a P H ₂ O AEROBICS <i>Patricia</i> 6:00p P WATERinMOTION® <i>Megan</i>	8:30a P DEEP H ₂ O <i>Bonnie</i>	9:00a P H ₂ O STEP <i>Genevelyn</i>	9:30a P AQUAZUMBA <i>Tracey</i>	
S P I N	9:30a SS SPINNING® <i>Michelle</i> 6:30p SS SPINNING® <i>Patricia</i>	5:45a SS SPINNING® <i>Sarah P.</i> 9:30a SS SPINNING® <i>Megan</i> 6:00p SS RPM™ <i>Eliza</i>	9:30a SS SPINNING® <i>Jen</i> 6:30p SS SPINNING® <i>Patricia</i>	5:45a SS SPINNING® <i>Jen</i> 9:30a SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 60 <i>Megan</i>	9:30a SS CYCLE BOOTCAMP Wear gym shoes <i>Melissa</i>
M I N D B O D Y	10:30a M/B FITNESS YOGA <i>Maura</i> 4:30p M/B GENTLE YOGA <i>Jayne</i> 6:30p M/B FITNESS YOGA <i>Melissa</i>	9:15a M/B CHAIR YOGA <i>Shannon</i>	10:30a M/B FITNESS YOGA <i>Maura</i> 5:00p M/B YIN YOGA <i>Dan</i> 6:30p M/B YOGA <i>Sandi</i>	6:00a GX1 BODYFLOW™ <i>Eliza</i> 9:15a M/B CHAIR YOGA <i>Maura</i> 10:35a GX1 BODYFLOW™ <i>Cameron</i> 6:30p M/B FITNESS YOGA <i>Leo</i>	8:30a GX1 PILATES FAMILY FRIENDLY <i>Patricia</i> 5:30p M/B VINYASA <i>Jayne</i>	10:00a M/B YOGA <i>Jayne</i>	2:00p GX1 BODYFLOW™ <i>Megan</i> 3:00p GX1 MAC BARRE <i>Lauren</i> 4:00p M/B GENTLE YOGA <i>Arthur</i>
L A N D	6:00a GX1 BODYPUMP™ <i>Jen</i> 8:55a GX1 CXWORX™ <i>Michelle</i> 9:30a GX1 LIA <i>Sandy</i> 10:35a GX1 BODYPUMP™ <i>Lisa</i> 11:35a GX1 LIA GENTLE <i>Sandy</i> 4:30p GX1 BODYPUMP™ <i>Angela/Patricia</i> 5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i> 6:30p GX1 SH'BAM™ MONDAY MIX UP! <i>Megan</i>	9:15a GX1 MAC BARRE <i>Serrah</i> 10:30a GX2 CXWORX™ & More (45 min) <i>Jen</i> 5:30p GX1 BUTTS, GUTS & MORE <i>Megan</i> 5:45p GYM ZUMBA <i>Tracey</i> 6:30p GX1 ATHLETIC INTERVALS <i>Heather</i>	6:00a GX1 BODYPUMP™ <i>Tracey</i> 9:30a GX1 CARDIO+SCULPT <i>Amber</i> 10:35a GX1 BUTTS & GUTS <i>Jen</i> 11:30a GX1 STRNGTH4SRS <i>Cindy</i> 4:45p GYM BODYATTACK™45 <i>Angela</i> 5:30p GX1 CXWORX™ <i>Angela</i> 6:15p GX1 BODYPUMP™ <i>Jen</i>	8:30a GX1 TBS <i>Patricia</i> 9:30a GX1 BODYCOMBAT™ <i>Mika</i> 5:30p GYM ZUMBA <i>Tracey</i> 6:00p GX1 MAC BARRE <i>Lauren</i> 6:30p GYM BOOT(y)CAMP <i>Jen</i>	5:45am GX1 BODYCOMBAT™ <i>Sarah P.</i> 9:30a GX1 LIA <i>Sandy</i> 10:35a GYM CXWORX™ <i>Melissa</i> 10:35a GX1 BODYPUMP™ <i>Eliza</i> 11:35a GX1 LIA GENTLE <i>Sandy</i> 4:30p GX1 BODYPUMP™ <i>Amber</i>	8:15a GX1 BODYATTACK™ <i>Cameron</i> 9:00a GX1 CXWORX™ <i>Amy</i> 9:30a GX1 BODYPUMP™ <i>Eliza</i> 10:35a GX1 ZUMBA <i>Tracey</i>	

GX1, Group Exercise Studio 1 GYM, basketball court P, pool SS, spin studio **class not meeting attendance policy