

# MAC GROUP EXERCISE – October 9 - October 15

	MONDAY 9	TUESDAY 10	WEDNES. 11	THURSDAY 12	FRIDAY 13	SATURDAY 14	SUNDAY 15
A Q U A	8:45a P H <sub>2</sub> O AEROBICS <i>Patricia</i>	8:30a P DEEP H <sub>2</sub> O <i>Bonnie</i>  9:45a P H <sub>2</sub> O GENTLE <i>Bonnie</i>	8:30a P H <sub>2</sub> O AEROBICS <i>Patricia</i>	8:30a P DEEP H <sub>2</sub> 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>Michelle</i>	5:45a SS SPINNING® <i>Jen</i>  9:30a SS SPINNING® <i>Patricia</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>Sarah P.</i>  9:30a SS RPM™ <i>Eliza</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>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>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>Eliza</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 VINYASA <i>Jayne</i>	10:00a M/B YOGA <i>Jayne</i>  4:00p M/B YOGA CLASS BENFITTING NEW HOPE DOG RESCUE <i>Jayne</i> ***Donations Accepted***	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>Mika</i>  11:35a GX1 LIA GENTLE <i>Sandy</i>    4:30p GX1 BODYPUMP™ <i>Patricia</i>  5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i>  6:30p GX1 ARMS & ABS MONTHLY MIX-UP <i>Amber</i>	9:30a GX1 MAC BARRE <i>Serrah</i>  10:35a GX1 CXWORX™ <i>Jen</i>  11:05a GX1 BODYSTEP™ <i>Mika</i>    5:30p GX1 BUTTS & GUTS <i>Tina</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>Melissa</i>  10:35a GX1 BUTTS & GUTS <i>Jen</i>  11:30a GX1 STRNGTH4SRS <i>Sandy</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>Michelle</i>  9:30a GX1 BODYCOMBAT™ <i>Mika</i>    5:30p GYM ZUMBA <i>Tracey</i>  6:00p GX1 MAC BARRE FAMILY FRIENDLY <i>Lauren</i>  6:30p GYM BOOTCAMP <i>Tina</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>Jen</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>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 – October 16 – October 22


	MONDAY 16	TUESDAY 17	WEDNES. 18	THURSDAY 19	FRIDAY 20	SATURDAY 21	SUNDAY 22
A Q U A	8:45a P WATERinMOTION® <i>Sarah S.</i>  6:00p P AQUAZUMBA FAMILY FRIENDLY <i>Tracey</i>	8:30a P DEEP H <sub>2</sub> O <i>Bonnie</i>  9:45a P H <sub>2</sub> O GENTLE <i>Bonnie</i>	8:30a P H <sub>2</sub> O AEROBICS <i>Patricia</i>  6:00p P WATERinMOTION® <i>Megan</i>	8:30a P DEEP H <sub>2</sub> O <i>Bonnie</i>	9:00a P WATERinMOTION® <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>Melissa</i>	5:45a SS SPINNING® <i>Allison</i>  9:30a SS SPINNING® <i>Patricia</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>Megan</i>	9:30a SS SPINNING® <i>Jen</i>	8:30a SS SPINNING® 60 <i>Allison</i>	9:30a SS CYCLE BOOTCAMP Wear gym shoes <i>Sarah P.</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>Eliza</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>Stephanie M.</i>	10:00a M/B YOGA <i>Sandi</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>Patricia</i>  5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i>  6:30p GX1 ARMS & ABS MONTHLY MIX-UP <i>Amber</i>	9:30a GX1 MAC BARRE <i>Serrah</i>  10:35a GX1 CXWORX™ <i>Jen</i>  11:05a GX1 BODYSTEP™ <i>Mika</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>Melissa</i>  10:35a GX1 BUTTS & GUTS <i>Melissa</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>Megan</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 BOOTCAMP <i>Tina</i>	5:45am GX1 BODYCOMBAT™ <i>Sarah P.</i>  9:30a GX1 LIA <i>Sandy</i>  10:35a GYM CXWORX™ <i>Jen</i>  10:35a GX1 BODYPUMP™ <i>Lisa</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>	

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# MAC GROUP EXERCISE – October 23 – October 29

	MONDAY 23	TUESDAY 24	WEDNES. 25	THURSDAY 26	FRIDAY 27	SATURDAY 28	SUNDAY 29
<b>A Q U A</b>	8:45a P WATERinMOTION® <i>Sarah S.</i>	8:30a P DEEP H <sub>2</sub> O <i>Nellie</i>	8:30a P H <sub>2</sub> O AEROBICS <i>Patricia</i>	8:30a P DEEP H <sub>2</sub> O <i>Bonnie</i>	9:00a P WATERinMOTION® <i>Jen</i>	9:30a P AQUAZUMBA <i>Tracey</i>	
	6:00p P AQUAZUMBA <i>Tracey</i>	9:45a P H <sub>2</sub> O GENTLE <i>Nellie</i>	6:00p P WATERinMOTION® <i>Genevelyn</i>				
<b>S P I N</b>	9:30a SS SPINNING® <i>Michelle</i>	5:45a SS SPINNING® <i>Sarah P.</i>	9:30a SS SPINNING® <i>Jen</i>	5:45a SS SPINNING® <i>Jen</i>	9:30a SS SPINNING® <i>Melissa</i>	8:35a SS RPM LAUNCH <i>Melissa &amp; Eliza</i>	9:30a SS CYCLE BOOTCAMP Wear gym shoes <i>Sarah P.</i>
	6:30p SS SPINNING® <i>Melissa</i>	9:30a SS RPM™ <i>Eliza</i>	6:30p SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Megan</i>			
		6:00p SS RPM™ <i>Eliza</i>					
<b>M I N D  B O D Y</b>	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>Patricia</i>	10:00a M/B YOGA <i>Denise</i>	2:00p GX1 BODYFLOW™ <i>Megan</i>
	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>Allison</i>		6:30p M/B YOGA <i>Denise</i>	10:35a GX1 BODYFLOW™ <i>Cameron</i>			4:00p M/B GENTLE YOGA <i>Stephanie M.</i>
				6:30p M/B FITNESS YOGA <i>Leo</i>	5:30p M/B VINAYASA <i>Denise</i>		
<b>L A N D</b>	6:00a GX1 BODYPUMP™ <i>Jen</i>	9:30a GX1 MAC BARRE <i>Serrah</i>	6:00a GX1 BODYPUMP™ <i>Tracey</i>	8:30a GX1 TBS <i>Amber</i>	5:45am GX1 BODYCOMBAT™ <i>Sarah P.</i>	<b>HALLOWEEN LES MILLS LAUNCH DAY</b>  	
	8:55a GX1 CXWORX™ <i>Michelle</i>	10:35a GX1 CXWORX™ <i>Jen</i>	9:30a GX1 CARDIO+SCULPT <i>Melissa</i>	9:30a GX1 BODYCOMBAT™ <i>Mika</i>	9:30a GX1 LIA <i>Sandy</i>		8:00a GX1 CXWORX™ <i>Melissa &amp;</i>
	9:30a GX1 LIA <i>Sandy</i>	11:05a GX1 BODYSTEP™ <i>Mika</i>	10:35a GX1 BUTTS & GUTS <i>Jen</i>		10:35a GYM CXWORX™ <i>Melissa</i>		8:35a GX1 BODYATTACK™30 <i>Cameron</i>
	10:35a GX1 BODYPUMP™ <i>Mika</i>		11:30a GX1 STRNGTH4SRS <i>Cindy</i>		10:35a GX1 BODYPUMP™ <i>Jen</i>		9:05a GX1 BODYCOMBAT™30 <i>Mika &amp;</i>
	11:35a GX1 LIA GENTLE <i>Sandy</i>				11:35a GX1 LIA GENTLE <i>Sandy</i>		9:40a GX1 BODYPUMP™45 <i>Eliza &amp;</i>
							10:30a GX1 BODYFLOW™45 <i>Cameron &amp; Megan</i>
	4:30p GX1 BODYPUMP™ <i>Patricia</i>	5:30p GX1 BUTTS, GUTS & MORE <i>Megan</i>	4:45p GX1 BODYATTACK™45 <i>Amber &amp; Cameron</i>	5:30p GYM ZUMBA <i>Tracey</i>			
	5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i>	5:45p GYM ZUMBA <i>Tracey</i>	5:30p GX1 CXWORX™ <i>Amber</i>	6:00p GX1 MAC BARRE <i>Lauren</i>			
	6:30p GX1 ARMS & ABS <i>FAMILY FRIENDLY MONTHLY MIX-UP Amber</i>	6:30p GX1 ATHLETIC INTERVALS <i>Heather</i>	6:15p GX1 BODYPUMP™ <i>Jen</i>	6:30p GYM BOOTCAMP <i>Amber</i>	4:30p GX1 BODYPUMP™ <i>Amber</i>		

# MAC GROUP EXERCISE – October 30 – November 5

	MONDAY 30	TUESDAY 31	WEDNES. 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
A Q U A	8:45a P WATERinMOTION® <i>Sarah S.</i>  6:00p P AQUAZUMBA <i>Tracey</i>	8:30a P DEEP H <sub>2</sub> O <i>Nellie</i>  9:45a P H <sub>2</sub> O GENTLE <i>Nellie</i>	8:30a P H <sub>2</sub> O AEROBICS <i>Patricia</i>  6:00p P WATERinMOTION® <i>Megan</i>	8:30a P DEEP H <sub>2</sub> 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>Melissa</i>	5:45a SS SPINNING® <i>Sarah P.</i>  9:30a SS SPINNING® <i>Patricia</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>Megan</i>	9:30a SS SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 60 <i>Stephanie M.</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>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 FAMILY FRIENDLY <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>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 VINYASA <i>Jayne</i>	10:00a M/B YOGA <i>Stephanie M.</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>Patricia</i>  5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i>  6:30p GX1 ARMS & ABS MONTHLY MIX-UP <i>Amber</i>	9:30a GX1 MAC BARRE <i>Serrah</i>  10:35a GX1 CXWORX™ <i>Jen</i>  11:05a GX1 BODYSTEP™ <i>Mika</i>  <b>HAPPY HALLOWEEN!</b>   5:30p GX1 BUTTS, GUTS & MORE <i>Amber</i>  5:45p GYM ZUMBA <i>Tracey</i>  6:30p GX1 ATHLETIC INTERVALS <i>Amber</i>	6:00a GX1 BODYPUMP™ <i>Tracey</i>  9:30a GX1 CARDIO+SCULPT <i>Melissa</i>  10:35a GX1 BUTTS & GUTS <i>Jen</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>Jen</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 BOOTCAMP <i>Tina</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>Jen</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>	

