







MAC GROUP EXERCISE – December 4-December 10


	MONDAY 4	TUESDAY 5	WEDNES. 6	THURSDAY 7	FRIDAY 8	SATURDAY 9	SUNDAY 10
A Q U A	8:45a P H ₂ O AEROBICS <i>Patricia</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>Sarah S.</i> 6:00p P WATERinMOTION® <i>Megan</i>	Water Classes Canceled Due to Pool Improvements 	Water Classes Canceled Due to Pool Improvements 	Water Classes Canceled Due to Pool Improvements 	
S P I N	9:30a SS SPINNING® <i>Megan</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>Lauren</i>	9:30a SS SPINNING® <i>Jen</i> 6:00p 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>Allison</i>	9:30a SS CYCLE BOOTCAMP Wear gym shoes <i>Lauren</i>
M I N D B O D Y	10:30a M/B FITNESS YOGA <i>Pat</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>Pat</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>Pat</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>Denise</i>	10:00a M/B YOGA <i>Denise</i>	2:00p GX1 BODYFLOW™ <i>Megan</i> 3:00p GX1 MAC BARRE <i>Lauren</i> 4:00p M/B GENTLE YOGA <i>Dan</i>
L A N D	6:00a GX1 BODYPUMP™ <i>Eliza</i> 8:55a GX1 CXWORX™ <i>Megan</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>	9:30a GX1 MAC BARRE <i>Serrah</i> 10:35a GX1 CXWORX™ <i>Mika</i> 11:05a GX1 BODYSTEP™ <i>Mika</i> 5:30p GX1 BUTTS, GUTS & MORE FAMILY FRIENDLY <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>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>Amber</i>	8:30a GX1 TBS <i>Amber</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>Eliza</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>Amy</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 – December 11-December 17

	MONDAY 11	TUESDAY 12	WEDNES. 13	THURSDAY 14	FRIDAY 15	SATURDAY 16	SUNDAY 17
A Q U A	<p><i>Water Classes Canceled Due to Pool Improvements</i></p> 	<p><i>Water Classes Canceled Due to Pool Improvements</i></p> 	<p><i>Water Classes Canceled Due to Pool Improvements</i></p> 	<p>8:30a P DEEP H₂O Bonnie</p>	<p>9:00a P WATERinMOTION® Sarah S.</p>	<p>9:30a P AQUAZUMBA Tracey</p>	
S P I N N I N G	<p>9:30a SS SPINNING® Michelle</p> <p>6:30p SS SPINNING® Melissa</p>	<p>5:45a SS SPINNING® Sarah P.</p> <p>9:30a SS SPINNING® Patricia</p> <p>6:00p SS RPM™ Eliza</p>	<p>9:30a SS SPINNING® Jen</p> <p>6:00p SS SPINNING® Patricia</p>	<p>5:45a SS SPINNING® Jen</p> <p>9:30a SS SPINNING® Megan</p>	<p>9:30a SS SPINNING® Melissa</p>	<p>8:30a SS SPINNING® 60 Jen</p>	<p>9:30a SS CYCLE BOOTCAMP Wear gym shoes Heather</p>
M I N D B O D Y	<p>10:30a M/B FITNESS YOGA Maura</p> <p>4:30p M/B GENTLE YOGA Jayne</p> <p>6:30p M/B FITNESS YOGA Allison</p>	<p>9:15a M/B CHAIR YOGA Shannon</p>	<p>10:30a M/B FITNESS YOGA Maura</p> <p>5:00p M/B YIN YOGA Debbie</p> <p>6:30p M/B YOGA Pat</p>	<p>6:00a GX1 BODYFLOW™ Eliza</p> <p>9:15a M/B CHAIR YOGA Shannon</p> <p>10:35a GX1 BODYFLOW™ Cameron</p> <p>6:30p M/B FITNESS YOGA Leo</p>	<p>8:30a GX1 PILATES Patricia</p> <p>5:30p M/B VINYASA Jayne</p>	<p>10:00a M/B YOGA Jayne</p>	<p>2:00p GX1 BODYFLOW™ Megan</p> <p>3:00p GX1 MAC BARRE Lauren</p> <p>4:00p M/B GENTLE YOGA Leo</p>
L A N D	<p>6:00a GX1 BODYPUMP™ Jen</p> <p>8:45a GX1 ZUMBA GOLD POP-UP Tara</p> <p>8:55a MB CXWORX™ Michelle</p> <p>9:30a GX1 LIA Sandy</p> <p>10:35a GX1 BODYPUMP™ Mika</p> <p>11:35a GX1 LIA GENTLE Sandy</p>	<p>9:30a GX1 MAC BARRE Serrah</p> <p>10:35a GX1 CXWORX™ Jen</p> <p>11:05a GX1 BODYSTEP™ Mika</p> <p>5:30p GX1 BUTTS, GUTS & MORE Megan</p> <p>5:45p GYM ZUMBA Tracey</p> <p>6:30p GX1 ATHLETIC INTERVALS Megan</p>	<p>6:00a GX1 BODYPUMP™ Tracey</p> <p>8:30a GX1 SENIORS Patricia</p> <p>9:30a GX1 CARDIO+SCULPT Melissa</p> <p>10:35a GX1 BUTTS & GUTS Jen</p> <p>11:30a GX1 STRNGTH4SRS Sarah S.</p> <p>4:45p GYM BODYATTACK™45 Angela</p> <p>5:30p GX1 CXWORX™ Angela</p> <p>6:15p GX1 BODYPUMP™ Jen</p>	<p>8:30a GX1 TBS Megan</p> <p>9:30a GX1 BODYCOMBAT™ Mika</p> <p>5:30p GYM ZUMBA Tracey</p> <p>6:00p GX1 MAC BARRE Lauren</p> <p>6:30p GYM BOOTCAMP Tina</p>	<p>5:45am GX1 BODYCOMBAT™ Sarah P.</p> <p>9:30a GX1 LIA Sandy</p> <p>10:35a GYM CXWORX™ Melissa</p> <p>10:35a GX1 BODYPUMP™ Jen</p> <p>11:35a GX1 LIA GENTLE Sandy</p> <p>4:30p GX1 BODYPUMP™ Amber</p> <p>GX MEMBER HOLIDAY HAPPY HOUR 5:00-7:00pm Café Food & Drink Specials, Door Prizes, & Fun!</p>	<p>8:15a GX1 BODYATTACK™ Cameron</p> <p>9:00a GX1 CXWORX™ Amy</p> <p>9:30a GX1 BODYPUMP™ Eliza</p> <p>10:35a GX1 ZUMBA FAMILY FRIENDLY Tracey</p>	

MAC GROUP EXERCISE – December 18-December 24

	MONDAY 18	TUESDAY 19	WEDNES. 20	THURSDAY 21	FRIDAY 22	SATURDAY 23	SUNDAY 24
A Q U A	8:45a 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 WATERinMOTION® <i>Sarah S.</i>	9:30a P H ₂ O AEROBICS <i>Kim</i>	 CLUB HOURS 8am-2pm KIDS CLUB HOURS 11am-2pm 9:30a SS CYCLE BOOTCAMP Wear gym shoes <i>Sarah P.</i> 11:00a M/B GENTLE YOGA <i>Jayne</i> 12:00p GX1 BODYFLOW™ <i>Megan</i> 1:00p GX1 MAC BARRE <i>Lauren</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> 6:00p 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>Lauren</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>Dan</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 WINTER SOLSTICE <i>Leo</i>	8:30a GX1 PILATES <i>FAMILY FRIENDLY</i> <i>Patricia</i> 5:30p M/B VINYASA <i>Jayne</i>	10:00a M/B YOGA <i>Shannon</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>	9:30a GX1 MAC BARRE <i>Heather</i> 10:35a GX1 CXWORX™ <i>Jen</i> 11:05a GX1 BODYSTEP™ <i>Mika</i> 5:30p GX1 BUTTS, GUTS & MORE <i>Tina</i> 5:45p GYM ZUMBA <i>Tara</i> 6:30p GX1 ATHLETIC INTERVALS <i>Tina</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>FAMILY FRIENDLY</i> <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>Tara</i> 6:00p GX1 MAC BARRE <i>Lauren</i> 6:30p GYM BOOTCAMP <i>Tina</i>	5:45am GX1 CXWORX™ & More (45 min) <i>Jen</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>Patricia</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>Canceled</i>	

MAC GROUP EXERCISE – December 25-December 31

	MONDAY 25	TUESDAY 26	WEDNES. 27	THURSDAY 28	FRIDAY 29	SATURDAY 30	SUNDAY 31
A Q U A		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>Tracey</i>	 CLUB HOURS 8am-2pm KIDS CLUB HOURS 11am-2pm 9:30a SS CYCLE BOOTCAMP Wear gym shoes <i>Sarah P.</i> 12:00p GX1 BODYFLOW™ <i>Megan</i> 1:00p GX1 MAC BARRE <i>Lauren</i> 1:00p M/B GENTLE YOGA <i>Leo</i>
	S P I N		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> 6:00p 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>	
M I N D B O D Y			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>Dan</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>	10:00a M/B YOGA <i>Jayne</i>
	L A N D		9:30a GX1 MAC BARRE <i>Sarah S.</i> 10:35a GX1 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>Melissa</i> 10:35a GX1 BUTTS & GUTS FAMILY FRIENDLY <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>Amber</i> 9:30a GX1 BODYCOMBAT™ FAMILY FRIENDLY <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>

