


MAC GROUP EXERCISE – November 13-November 19

	MONDAY 13	TUESDAY 14	WEDNES. 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
A Q U A	8:45a P WATERinMOTION® Sarah S.	8:30a P DEEP H ₂ O Nellie	8:30a P H ₂ O AEROBICS Patricia	8:30a P DEEP H ₂ O Bonnie	9:00a P WATERinMOTION® Sarah S.	9:30a P AQUAZUMBA Tracey	
	6:00p P AQUAZUMBA Tracey	9:45a P H ₂ O GENTLE Nellie	6:00p P WATERinMOTION® Megan				
S P I N		5:45a SS SPINNING® Sarah P.		5:45a SS SPINNING® Jen	9:30a SS SPINNING® Melissa	8:30a SS RPM™ Eliza	
	9:30a SS SPINNING® Megan	9:30a SS SPINNING® Patricia	9:30a SS SPINNING® Jen	9:30a SS SPINNING® Megan			9:30a SS CYCLE BOOTCAMP Wear gym shoes Heather
	6:30p SS SPINNING® Melissa	6:00p SS RPM™ Eliza	6:00p SS SPINNING® Patricia				
M I N D B O D Y	10:30a M/B FITNESS YOGA Maura	9:15a M/B CHAIR YOGA Shannon	10:30a M/B FITNESS YOGA Maura	6:00a GX1 BODYFLOW™ Eliza	8:30a GX1 PILATES Patricia	10:00a M/B YOGA Denise	
	4:30p M/B GENTLE YOGA Jayne		5:00p M/B YIN YOGA Debbie	9:15a M/B CHAIR YOGA Shannon			2:00p GX1 BODYFLOW™ Eliza
	6:30p M/B FITNESS YOGA Allison		6:30p M/B YOGA Stephanie M.	10:35a GX1 BODYFLOW™ Cameron			3:00p GX1 MAC BARRE Heather
L A N D	6:00a GX1 BODYPUMP™ Jen	9:30a GX1 MAC BARRE Serrah	6:00a GX1 BODYPUMP™ Tracey	8:30a GX1 TBS Megan	5:45am GX1 BODYCOMBAT™ Eliza	8:15a GYM BODYATTACK™ Cameron	
	8:55a GX1 CXWORX™ Megan	10:35a GX1 CXWORX™ Jen	9:30a GX1 CARDIO+SCULPT Melissa	9:30a GX1 BODYCOMBAT™ Mika	9:30a GX1 LIA Sandy	9:00a GX1 CXWORX™ Amy	
	9:30a GX1 LIA Sandy	11:05a GX1 BODYSTEP™ Mika	10:35a GX1 BUTTS & GUTS Jen		10:35a GYM CXWORX™ Melissa	9:30a GX1 BODYPUMP™ Eliza	
	10:35a GX1 BODYPUMP™ Mika		11:30a GX1 STRNGTH4SRS Sarah S.		10:35a GX1 BODYPUMP™ Jen	10:35a GX1 ZUMBA Tracey	
	11:35a GX1 LIA GENTLE Sandy				11:35a GX1 LIA GENTLE Sandy		
	4:30p GX1 BODYPUMP™ Patricia	5:30p GX1 BUTTS, GUTS & MORE Megan	4:45p GYM BODYATTACK™45 FAMILY FRIENDLY Angela	5:30p GYM ZUMBA Tracey			
	5:30p GX1 BODYCOMBAT™ Sarah P.	5:45p GYM ZUMBA Tracey	5:30p GX1 CXWORX™ Angela	6:00p GX1 MAC BARRE Lauren			
6:30p GX1 ARMS & ABS MONTHLY MIX-UP Amber	6:30p GX1 ATHLETIC INTERVALS Heather	6:15p GX1 BODYPUMP™ Amy	6:30p GYM MAC BOOTCAMP Tina	4:30p GX1 BODYPUMP™ Amber			

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

MAC GROUP EXERCISE – November 20-November 26

	MONDAY 20	TUESDAY 21	WEDNES. 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
A Q U A	8:45a P H₂O AEROBICS <i>Patricia</i> 6:00p P AQUAZUMBA <i>Tracey</i>	8:30a P DEEP H₂O <i>Nellie</i> 9:45a P H₂O GENTLE <i>Nellie</i>	8:30a P H₂O AEROBICS <i>Patricia</i> 6:00p P WATERinMOTION® <i>Canceled</i>	HAPPY THANKSGIVING 	8:30a P WATERinMOTION® <i>Sarah S.</i>	9:30a P AQUAZUMBA <i>Tracey</i>	
S P I N N I N G	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>Lauren</i>	9:00a SS SPINNING® <i>Melissa/Jen</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>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>Dan</i> 6:30p M/B YOGA <i>Canceled</i>	10:00a M/B GRATITUDE YOGA FAMILY FRIENDLY <i>Maura</i>	8:30a GX1 PILATES <i>Patricia</i> 5:30p M/B VINYASA <i>Denise</i>	10:00a M/B YOGA <i>Melissa</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>Mika</i> 11:35a GX1 LIA GENTLE <i>Sandy</i> 4:30p GX1 BODYPUMP™ <i>Patricia</i> 5:30p GX1 BODYCOMBAT™ <i>Mika</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>Heather</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™ 45 <i>Canceled</i>	6:00a GYM MAC TURKEY BURNER BOOTCAMP <i>Jen & Sarah P.</i> 8:00a GX1 BODYPUMP™ <i>Angela</i> 9:00a GX1 BODYCOMBAT™ <i>Angela</i>	9:30a GX1 LIA <i>Sandy</i> 10:35a GYM CXWORX™ <i>Melissa</i>	8:15a GYM BODYATTACK™ <i>Angela</i> 9:00a GX1 CXWORX™ <i>Amy</i> 9:30a GX1 BODYPUMP™ <i>Eliza</i> 10:35a GX1 ZUMBA <i>Tracey</i>	

MAC GROUP EXERCISE – November 27-December 3

	MONDAY 27	TUESDAY 28	WEDNES. 29	THURSDAY 30	FRIDAY 1	SATURDAY 2	SUNDAY 3
A Q U A	8:45a 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 WATERinMOTION® <i>Sarah S.</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>Megan</i>				
S P I N	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>	8:30a SS SPINNING® 60 <i>Kristine</i>	9:30a SS CYCLE BOOTCAMP Wear gym shoes <i>Sarah P.</i>
	6:30p SS SPINNING® <i>Melissa</i>	9:30a SS SPINNING® <i>Patricia</i>	6:00p SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Megan</i>			
M I N D	10:30a M/B FITNESS YOGA <i>Maura</i>	9:15a M/B CHAIR YOGA <i>Arthur</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>Melissa</i>	2:00p GX1 BODYFLOW™ <i>Megan</i>
B O D Y	4:30p M/B GENTLE YOGA <i>Denise</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>Pat</i>		6:30p M/B YOGA <i>Dan</i>	10:35a GX1 BODYFLOW™ <i>Cameron</i>	5:30p M/B VINYASA <i>Jayne</i>		4:00p M/B GENTLE YOGA <i>Leo</i>
L A N D	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>Patricia</i>	5:45am GX1 BODYCOMBAT™ <i>Sarah P.</i>	8:15a GYM BODYATTACK™ <i>Cameron</i>	
	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>	9:00a GX1 CXWORX™ <i>Amy</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>	9:30a GX1 BODYPUMP™ <i>Eliza</i>	
	10:35a GX1 BODYPUMP™ <i>Mika</i>		11:30a GX1 STRNGTH4SRS <i>Sarah S.</i>		10:35a GX1 BODYPUMP™ <i>Lisa</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>Patricia</i>	5:30p GX1 BUTTS, GUTS & MORE <i>Megan</i>	4:45p GYM BODYATTACK™45 <i>Angela</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>Angela</i>	6:00p GX1 MAC BARRE <i>FAMILY FRIENDLY</i> <i>Lauren</i>			
	6:30p GX1 ARMS & ABS <i>MONTHLY MIX-UP</i> <i>Amber</i>	6:30p GX1 ATHLETIC INTERVALS <i>Heather</i>	6:15p GX1 BODYPUMP™ 45 <i>Jen</i>	6:30p GYM MAC BOOTCAMP <i>Tina</i>	4:30p GX1 BODYPUMP™ <i>Amber</i>		

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