

MAC GROUP EXERCISE – January 8-January 14

	MONDAY 8	TUESDAY 9	WEDNES. 10	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
A Q U A	<p>8:45a P WATERinMOTION® <i>Sarah S.</i></p> <p>6:00p P AQUAZUMBA <i>Tracey</i></p>	<p>8:30a P DEEP H₂O <i>Nellie</i></p> <p>9:45a P H₂O GENTLE <i>Nellie</i></p>	<p>8:30a P H₂O AEROBICS <i>Patricia</i></p> <p>6:00p P H₂O INTERVALS <i>Megan</i></p>	<p>8:30a P H₂O INTERVALS 30 minutes <i>Bonnie</i></p> <p>9:00a P DEEP H₂O 30 minutes <i>Bonnie</i></p>	<p>9:00a P H₂O FREESTYLE <i>Sarah S.</i></p>	<p>9:30a P AQUAZUMBA <i>Tracey</i></p>	
S P I N	<p>5:30a SS *SPRINT™/HIIT SPIN <i>Jen</i></p> <p>9:30a SS SPINNING® <i>Megan</i></p> <p>6:30p SS SPINNING® <i>Melissa</i></p>	<p>5:45a SS SPINNING® <i>Allison</i></p> <p>9:30a SS SPINNING® <i>Patricia</i></p> <p>6:00p SS RPM™ <i>Melissa</i></p>	<p>9:30a SS SPINNING® <i>Kristine</i></p> <p>5:30p SS *SPRINT™/HIIT SPIN 30 <i>Jen</i></p>	<p>5:45a SS SPINNING® <i>Jen</i></p> <p>9:30a SS SPINNING® <i>Megan</i></p> <p>6:00p SS SPINNING® <i>Kristine</i></p>	<p>9:30a SS SPINNING® <i>Melissa</i></p>	<p>8:45a SS SPRINT™ <i>Cameron & Jen</i></p> <p>9:35a SS SPRINT™ <i>Melissa & Cameron</i></p>	<p>9:30a SS SPRINT™ <i>Jen & Cameron</i></p> <p>10:05a GX1 CXWORX™ <i>Angela & Jen</i></p>
M I N D B O D Y	<p>10:30a M/B FITNESS YOGA <i>Maura</i></p> <p>4:30p M/B GENTLE YOGA <i>Denise</i></p> <p>6:30p M/B FITNESS YOGA <i>Allison</i></p>	<p>9:15a M/B CHAIR YOGA <i>Shannon</i></p>	<p>10:30a M/B FITNESS YOGA <i>Maura</i></p> <p>5:00p M/B YIN YOGA <i>Dan</i></p> <p>6:30p M/B YOGA <i>Leo</i></p>	<p>6:00a GX1 BODYFLOW™ <i>Eliza</i></p> <p>9:15a M/B CHAIR YOGA <i>Shannon</i></p>	<p>8:30a GX1 **PILATES <i>Patricia</i></p> <p>10:35a GX1 YOGA SCULPT Advanced <i>Melissa</i></p> <p>5:30p M/B VINYASA <i>Jayne</i></p>	<p>10:00a M/B YOGA <i>Pat</i></p>	<p style="text-align: center;">LAUNCH SUNDAY</p> <p>1:00p GX1 *MAC BURN 45 <i>Emily</i></p> <p>2:00p GX1 BODYFLOW™ <i>Megan</i></p> <p>3:00p GX1 MAC BARRE <i>Heather</i></p> <p>4:00p M/B GENTLE YOGA <i>Leo</i></p>
L A N D	<p>6:05a GX1 BODYPUMP™ <i>Jen</i></p> <p>8:55a GX1 CXWORX™ <i>Megan</i></p> <p>9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i></p> <p>10:35a GX1 BODYPUMP™ <i>Mika</i></p> <p>11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i></p> <p>4:45p GX1 *MAC BURN 45 <i>Emily</i></p> <p>5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i></p> <p>5:55p GYM CXWORX™ <i>Melissa</i></p>	<p>9:30a GX1 MAC BARRE <i>Serrah</i></p> <p>10:35a GX1 CXWORX™ <i>Jen</i></p> <p>11:05a GX1 BODYSTEP™ <i>Mika</i></p> <p>5:30p GX1 POUND <i>Heather</i></p> <p>5:45p GYM ZUMBA <i>Tracey</i></p> <p>6:30p GX1 ATHLETIC INTERVALS <i>Heather</i></p>	<p>6:00a GX1 BODYPUMP™ <i>Tracey</i></p> <p>9:30a GX1 LOW IMPACT AEROBICS <i>Megan</i></p> <p>10:35a GX1 *MAC BURN 45 <i>Melissa & Jen</i></p> <p>11:30a GX1 STRNGTH4SRS <i>Sarah S.</i></p> <p>4:45p GYM BODYATTACK™45 <i>Angela</i></p> <p>5:30p GX1 CXWORX™ <i>Angela</i></p> <p>6:15p GX1 BODYPUMP™ 45 <i>Jen</i></p>	<p>8:30a GX1 TBS <i>Amber</i></p> <p>9:30a GX1 BODYCOMBAT™ <i>Mika</i></p> <p>10:35a GX1 BODYPUMP™45 <i>Patricia</i></p> <p>5:30p GYM ZUMBA <i>FAMILY FRIENDLY</i> <i>Tracey</i></p> <p>6:00p GX1 MAC BARRE <i>Lauren</i></p> <p>6:30p GYM *BURN BOOTCAMP <i>Tina</i></p>	<p>5:45am GX1 *MAC BURN 45 <i>Jen</i></p> <p>9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i></p> <p>10:35a GYM CXWORX™ <i>Cameron</i></p> <p>11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i></p> <p style="text-align: center;">LAUNCH KICK-OFF FRIDAY NIGHT FIGHT NIGHT & SOCIAL</p> <p>5:30p GYM BODYATTACK™45</p> <p>6:15p GYM BODYCOMBAT™45</p> <p>7:00p CAFÉ SOCIAL</p>	<p style="text-align: center;">LAUNCH SUPER SATURDAY</p> <p>8:00a GX1 BODYPUMP™ 45 <i>Sarah & Jen</i></p> <p>9:00a GX1 CXWORX™ <i>Melissa & Amy</i></p> <p>9:35a GX1 BODYSTEP™ ATHLETIC 30 <i>Mika</i></p> <p>10:05a GX1 BODYPUMP™ <i>Patricia, Tracey & Amber</i></p>	

GX1, Group Exercise Studio 1 GYM, basketball court P, pool SS, spin studio
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MAC GROUP EXERCISE – January 15-January 21

	MONDAY 15	TUESDAY 16	WEDNES. 17	THURSDAY 18	FRIDAY 19	SATURDAY 20	SUNDAY 21
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 H ₂ O INTERVALS FAMILY FRIENDLY <i>Megan</i>	8:30a P H ₂ O INTERVALS 30 minutes <i>Bonnie</i> 9:00a P DEEP H ₂ O 30 minutes <i>Bonnie</i>	9:00a P H ₂ O FREESTYLE <i>Sarah S.</i>	9:30a P AQUAZUMBA <i>Tracey</i>	
S P I N	5:30a SS *SPRINT™/HIIT SPIN <i>Jen</i> 9:30a SS SPINNING® <i>Michelle</i> 6:30p SS SPINNING® <i>Megan</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>Kristine</i> 5:30p SS *SPRINT™/HIIT SPIN 30 <i>Jen</i>	5:45a SS SPINNING® <i>Jen</i> 9:30a SS SPINNING® <i>Megan</i> 6:00p SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Jen</i>	8:30a SS SPINNING® 50 <i>Megan</i> 9:30a SS INTRO to SPIN® 30 <i>Megan</i>	9:30a SS CYCLE BOOTCAMP <i>Heather</i> 11:15a GX1 *MAC BURN 45 <i>Emily</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>Pat</i> 6:30p M/B YOGA <i>Leo</i>	6:00a GX1 BODYFLOW™ <i>Eliza</i> 9:15a M/B CHAIR YOGA <i>Shannon</i>	8:30a GX1 **PILATES <i>Patricia</i> 10:35a GX1 YOGA SCULPT Advanced <i>Maura</i> 5:30p M/B VINYASA <i>Denise</i>	10:00a M/B YOGA <i>Stephanie</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	6:05a GX1 BODYPUMP™ <i>Jen</i> 8:55a GX1 CXWORX™ <i>Michelle</i> 9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i> 10:35a GX1 BODYPUMP™ <i>Mika & Amy</i> 11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i> 4:45p GX1 *MAC BURN 45 <i>Jen</i> 5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i> 5:55p GYM CXWORX™ <i>Megan</i>	9:30a GX1 MAC BARRE <i>Serrah</i> 10:35a GX1 CXWORX™ <i>Cameron & Mika</i> 11:05a GX1 BODYSTEP™ <i>Mika</i> 5:30p GX1 POUND <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 LOW IMPACT AEROBICS <i>Megan</i> 10:35a GX1 *MAC BURN 45 <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>Jen & Patricia</i>	8:30a GX1 TBS <i>Megan</i> 9:30a GX1 BODYCOMBAT™ <i>Mika</i> 10:35a GX1 BODYPUMP™45 <i>Patricia</i> 5:30p GYM ZUMBA <i>Tracey</i> 6:00p GX1 MAC BARRE <i>Lauren</i> 6:30p GYM *BURN BOOTCAMP <i>Tina</i>	5:45am GX1 *MAC BURN 45 <i>Jen</i> 9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i> 10:35a GYM CXWORX™ <i>Cameron</i> 11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i>	8:15a GYM 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 – January 22-January 28

	MONDAY 22	TUESDAY 23	WEDNES. 24	THURSDAY 25	FRIDAY 26	SATURDAY 27	SUNDAY 28
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 H ₂ O INTERVALS <i>Megan</i>	8:30a P H ₂ O INTERVALS 30 minutes <i>Bonnie</i> 9:00a P DEEP H ₂ O 30 minutes <i>Bonnie</i>	9:00a P H ₂ O FREESTYLE <i>Sarah S.</i>	9:30a P AQUAZUMBA <i>Tracey</i>	
S P I N	5:30a SS *SPRINT™/HIIT SPIN <i>Jen</i> 9:30a SS SPINNING® <i>Michelle</i> 6:30p SS SPINNING® <i>Megan</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>Kristine</i> 5:30p SS *SPRINT™/HIIT SPIN 30 <i>Jen</i>	5:45a SS SPINNING® <i>Jen</i> 9:30a SS SPINNING® <i>Melissa</i> 6:00p SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 50 <i>Jen</i> 9:30a SS INTRO to SPIN® 30 <i>Jen</i>	9:30a SS CYCLE BOOTCAMP <i>Heather</i> 11:15a GX1 *MAC BURN 45 <i>Emily</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>Dan</i> 6:30p M/B YOGA <i>Leo</i>	6:00a GX1 BODYFLOW™ <i>Eliza</i> 9:15a M/B CHAIR YOGA <i>Shannon</i>	8:30a GX1 **PILATES <i>Patricia</i> 10:35a GX1 YOGA SCULPT Advanced <i>Melissa</i> 5:30p M/B VINYASA <i>Denise</i>	10:00a M/B YOGA <i>Allison</i>	2:00p GX1 BODYFLOW™ <i>Megan</i> 3:00p GX1 MAC BARRE FAMILY FRIENDLY <i>Lauren</i> 4:00p M/B GENTLE YOGA <i>Leo</i>
L A N D	6:05a GX1 BODYPUMP™ <i>Jen</i> 8:55a GX1 CXWORX™ <i>Michelle</i> 9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i> 10:35a GX1 BODYPUMP™ <i>Mika</i> 11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i> 4:45p GX1 *MAC BURN 45 <i>Melissa</i> 5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i> 5:55p GYM CXWORX™ <i>Megan</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 POUND <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 *MAC BURN 45 <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™ 45 <i>Jen</i>	8:30a GX1 TBS <i>Patricia</i> 9:30a GX1 BODYCOMBAT™ <i>Mika</i> 10:35a GX1 BODYPUMP™45 <i>Jen</i> 5:30p GYM ZUMBA <i>Tracey</i> 6:00p GX1 MAC BARRE <i>Lauren</i> 6:30p GYM *BURN BOOTCAMP <i>Kristine</i>	5:45am GX1 *MAC BURN 45 <i>Jen</i> 9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i> 10:35a GYM CXWORX™ <i>Cameron</i> 11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i> 4:30p GX1 BODYPUMP™ <i>Amber</i>	8:15a GYM 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>	

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MAC GROUP EXERCISE – January 29-February 4

	MONDAY 29	TUESDAY 30	WEDNES. 31	THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
AQUA	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 H ₂ O INTERVALS 30 minutes <i>Bonnie</i>	9:00a P H ₂ O FREESTYLE <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 H ₂ O INTERVALS <i>Megan</i>	9:00a P DEEP H ₂ O 30 minutes <i>Bonnie</i>			
SPIN	5:30a SS *SPRINT™/HIIT SPIN <i>Jen</i>	5:45a SS SPINNING® <i>Sarah P.</i>	9:30a SS SPINNING® <i>Kristine</i>	5:45a SS SPINNING® <i>Jen</i>		8:30a SS SPINNING® 50 <i>Jen</i>	9:30a SS CYCLE BOOTCAMP <i>Sarah P.</i>
	9:30a SS SPINNING® <i>Megan</i>	9:30a SS SPINNING® <i>Patricia</i>	5:30p SS *SPRINT™/HIIT SPIN 30 <i>Jen</i>	9:30a SS SPINNING® <i>Megan</i>	9:30a SS SPINNING® <i>Melissa</i>	9:30a SS INTRO to SPIN® 30 <i>Jen</i>	11:15a GX1 *MAC BURN 45 <i>Emily</i>
	6:30p SS SPINNING® <i>Melissa</i>	6:00p SS RPM™ <i>Eliza</i>		6:00p SS SPINNING® <i>Patricia</i>			
MIND BODY	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>Stephanie</i>	2:00p GX1 BODYFLOW™ <i>Megan</i>
	4:30p M/B GENTLE YOGA <i>Denise</i>		5:00p M/B YIN YOGA <i>Dan</i>	9:15a M/B CHAIR YOGA <i>Shannon</i>	10:35a GX1 YOGA SCULPT Advanced <i>Melissa</i>		3:00p GX1 MAC BARRE <i>Lauren</i>
	6:30p M/B FITNESS YOGA <i>Allison</i>		6:30p M/B YOGA <i>Leo</i>		5:30p M/B VINYASA <i>Jayne</i>		4:00p M/B GENTLE YOGA <i>Arthur</i>
LAND	6:05a 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>Megan</i>	5:45am GX1 BODYCOMBAT™45 <i>Sarah P.</i>	8:15a GYM BODYATTACK™ <i>Cameron</i>	
	8:55a GX1 CXWORX™ <i>Megan</i>	10:35a GX1 CXWORX™ <i>Jen</i>	9:30a GX1 9:30a GX1 CARDIO+SCULPT <i>Melissa</i>	9:30a GX1 BODYCOMBAT™ <i>Mika</i>	9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i>	9:00a GX1 CXWORX™ <i>Amy</i>	
	9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i>	11:05a GX1 BODYSTEP™ <i>Mika</i>	10:35a GX1 *MAC BURN 45 <i>Jen</i>	10:35a GX1 BODYPUMP™45 <i>Patricia</i>	10:35a GYM CXWORX™ <i>Cameron</i>	9:30a GX1 BODYPUMP™ <i>Eliza</i>	
	10:35a GX1 BODYPUMP™ <i>Mika</i>		11:30a GX1 STRNGTH4SRS <i>Sarah S.</i>		11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i>	10:35a GX1 ZUMBA FAMILY FRIENDLY <i>Tracey</i>	
	11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i>						
	4:45p GX1 *MAC BURN 45 <i>Melissa</i>	5:30p GX1 POUND <i>Heather</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>Lauren</i>				
5:55p GYM CXWORX™ <i>Melissa</i>	6:30p GX1 ATHLETIC INTERVALS <i>Heather</i>	6:15p GX1 BODYPUMP™ 45 <i>Jen</i>	6:30p GYM *BURN BOOTCAMP <i>Tina</i>		4:30p GX1 BODYPUMP™ <i>Amber</i>		

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