

MAC GROUP EXERCISE – February 12-February 18

	MONDAY 12	TUESDAY 13	WEDNES. 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
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>Bonnie</i> 9:45a P H ₂ O GENTLE <i>Bonnie</i>	8:45a P H ₂ O AEROBICS <i>Sarah S.</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™ <i>Cameron</i> 9:30a SS SPINNING® <i>Michelle</i> 6:30p SS SPINNING® <i>Cameron</i>	5:45a SS SPINNING® <i>Sarah P.</i> 9:30a SS SPINNING® <i>Jen</i> 6:00p SS RPM™ <i>Eliza</i>	9:30a SS SPINNING® <i>Kristine</i> 5:30p SS 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>Kristine</i>	9:30a SS SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 50 <i>Jen</i> 9:30a SS BEGINNERS SPINNING® 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>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 FAMILY FRIENDLY <i>Debbie</i> 6:30p M/B YOGA <i>Leo</i>	6:00a GX1 BODYFLOW™ <i>Eliza</i> 9:15a M/B CHAIR YOGA <i>Arthur</i>	8:30a GX1 **PILATES <i>Nicole</i> 10:35a GX1 YOGA SCULPT Advanced <i>Melissa</i> 5:30p M/B VINYASA <i>Jayne</i>	10:00a M/B YOGA <i>Pat</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 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>Lisa</i> 5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i> 5:55p GYM CXWORX™ <i>Cameron</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 CARDIO SCULPT <i>Megan</i> 5:45p GYM ZUMBA <i>Tracey</i> 6:30p GX1 ATHLETIC INTERVALS <i>Lauren</i>	6:00a GX1 BODYPUMP™ <i>Tracey</i> 9:30a GX1 VALENTINE'S LIA SPECIAL <i>Sandy</i> 10:35a GX1 *MAC BURN 45 <i>Lisa</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</i>	8:30a GX1 TBS <i>Amber</i> 9:30a GX1 BODYCOMBAT™ <i>Mika</i> 10:35a GX1 BODYPUMP™45 <i>Mika</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 BODYCOMBAT™45 <i>Sarah P.</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 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
*My Zone friendly **class not meeting attendance policy

MAC GROUP EXERCISE – February 19-February 25

	MONDAY 19	TUESDAY 20	WEDNES. 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
A Q U A	8:45a P WATERinMOTION® Sarah S. 6:00p P AQUAZUMBA Tracey	8:30a P DEEP H ₂ O Bonnie 9:45a P H ₂ O GENTLE Bonnie	8:30a P H ₂ O AEROBICS Patricia 6:00p P H ₂ O INTERVALS Megan	8:30a P H ₂ O INTERVALS 30 minutes Bonnie 9:00a P DEEP H ₂ O 30 minutes Bonnie	9:00a P H ₂ O FREESTYLE Sarah S.	9:30a P AQUAZUMBA Tracey	
S P I N	5:30a SS HIIT SPIN Jen 9:30a SS SPINNING® Michelle 6:30p SS SPINNING® Melissa	5:45a SS SPINNING® Sarah P. 9:30a SS SPINNING® Patricia 6:00p SS RPM™ Eliza	9:30a SS SPINNING® Kristine 5:30p SS *SPRINT™/HIIT SPIN 30 Jen	5:45a SS SPINNING® Jen 9:30a SS SPINNING® Megan 6:00p SS SPINNING® Patricia	9:30a SS SPINNING® Melissa	8:30a SS SPINNING® 50 Jen 9:30a SS BEGINNERS SPINNING® 30 Jen	9:30a SS CYCLE BOOTCAMP Melissa 11:15a GX1 *MAC BURN 45 Emily
M I N D B O D Y	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Jayne 6:30p M/B FITNESS YOGA Allison	9:15a M/B CHAIR YOGA Shannon	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Debbie 6:30p M/B YOGA Leo	6:00a GX1 BODYFLOW™ Eliza 9:15a M/B CHAIR YOGA Shannon	8:30a GX1 **PILATES Patricia 10:35a GX1 YOGA SCULPT Advanced Melissa 5:30p M/B VINYASA Pat	10:00a M/B YOGA Shannon	2:00p GX1 BODYFLOW™ Megan 3:00p GX1 MAC BARRE Heather 4:00p M/B GENTLE YOGA Leo
L A N D	6:00a GX1 BODYPUMP™ Jen 8:55a GX1 CXWORX™ Michelle 9:30a GX1 LOW IMPACT AEROBICS Sandy 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LOW IMPACT AEROBICS GENTLE Sandy 4:45p GX1 *MAC BURN 45 Lisa 5:30p GX1 BODYCOMBAT™ Sarah P. 5:55p GYM CXWORX™ Melissa	9:30a GX1 MAC BARRE Serrah 10:35a GX1 CXWORX™ Jen 11:05a GX1 BODYSTEP™ Mika 5:30p GX1 POUND Heather 5:45p GYM ZUMBA Tracey 6:30p GX1 ATHLETIC INTERVALS Heather	6:00a GX1 BODYPUMP™ Tracey 9:30a GX1 CARDIO+SCULPT Melissa 10:35a GX1 *MAC BURN 45 Jen 11:30a GX1 STRNGTH4SRS Sarah S. 4:45p GYM BODYATTACK™45 FAMILY FRIENDLY Angela 5:30p GX1 CXWORX™ Angela 6:15p GX1 BODYPUMP™ 45 Jen	8:30a GX1 TBS Patricia 9:30a GX1 BODYCOMBAT™ Mika 10:35a GX1 BODYPUMP™45 Jen 5:30p GYM ZUMBA Tracey 6:00p GX1 MAC BARRE Lauren 6:30p GYM *BURN BOOTCAMP Tina	5:45am GX1 *MAC BURN 45 Jen 9:30a GX1 LOW IMPACT AEROBICS Sandy 10:35a GYM CXWORX™ Cameron 11:35a GX1 LOW IMPACT AEROBICS GENTLE Sandy 4:30p GX1 BODYPUMP™ Amber	8:15a GX1 BODYATTACK™ Cameron 9:00a GX1 CXWORX™ Amy 9:30a GX1 BODYPUMP™ Eliza 10:35a GX1 ZUMBA Tracey	

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MAC GROUP EXERCISE – February 26-March 4

	MONDAY 26	TUESDAY 27	WEDNES. 28	THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
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>Bonnie</i> 9:45a P H ₂ O GENTLE <i>Bonnie</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>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> 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>		8:30a SS SPINNING® 50 <i>Jen</i> 9:30a SS BEGINNERS SPINNING® 30 <i>Megan</i>	9:30a SS CYCLE BOOTCAMP <i>Sarah P.</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>Debbie</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>Jayne</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>Arthur</i>
L A N D	6:00a 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>Lisa</i> 5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i> 5:55p GYM CXWORX™ <i>Melissa</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>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</i>	8:30a GX1 TBS <i>Amber</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 BODYCOMBAT™45 <i>Sarah P.</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 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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