

MAC GROUP EXERCISE – March 12-March 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>	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>			
S P I N	5:30a SS *SPRINT™ <i>Jen</i>	5:45a SS SPINNING® <i>Sarah P.</i>		5:45a SS SPINNING® <i>Jen</i>		8:30a SS SPINNING® <i>Jen</i>	9:30a SS CYCLE BOOTCAMP <i>Heather</i>
	9:30a SS SPINNING® <i>Michelle</i>	9:30a SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Kristine</i>	8:30a SS *SPRINT™ <i>Eliza</i>	9:30a SS SPINNING® <i>Melissa</i>	9:30a SS BEGINNERS 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>	5:30p SS *SPRINT™ <i>Jen</i>	6:00p SS SPINNING® <i>Patricia</i>			1:15p SS *SPRINT™ <i>Cameron</i>
M I N D B O D Y	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>Shannon</i>	2:00p GX1 BODYFLOW™ <i>Cameron</i>
	4:30p M/B GENTLE YOGA <i>Denise</i>		5:00p M/B YIN YOGA <i>Pat</i>	9:15a M/B CHAIR YOGA <i>Shannon</i>	10:35a GX1 YOGA SCULPT Intermediate <i>Melissa</i>		3:00p GX1 MAC BARRE <i>Lauren</i>
	6:30p M/B FITNESS YOGA <i>Allison</i>	6:50p M/B BODYFLOW™ <i>Eliza</i>	6:30p M/B YOGA <i>Leo</i>		5:30p M/B VINYASA <i>Denise</i>		4:00p M/B GENTLE YOGA <i>Arthur</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>Amber</i>	5:45am GX1 *MAC BURN 45 <i>Jen</i>	8:15a GX1 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 LOW IMPACT AEROBICS <i>Sandy</i>	9:00a GX1 CXWORX™ <i>Cameron & Amber</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>Sandy</i>		11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i>	10:35a GX1 ZUMBA <i>Tracey</i>	
	11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i>						
	4:45p GX1 *MAC BURN 45 <i>Lisa</i>	5:45p 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>		

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

MAC GROUP EXERCISE – March 19-March 25

	MONDAY 19	TUESDAY 20	WEDNES. 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
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™ <i>Eliza</i> 9:30a SS SPINNING® <i>Michelle</i> 6:30p SS SPINNING® <i>Lauren</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™ <i>Jen</i>	5:45a SS SPINNING® <i>Jen</i> 8:30a SS *SPRINT™ <i>Eliza</i> 9:30a SS SPINNING® <i>Megan</i> 6:00p SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Patricia</i>	8:30a SS SPINNING® 50 <i>TBD</i> 9:30a SS BEGINNERS SPIN® 30 <i>TBD</i>	9:30a SS CYCLE BOOTCAMP <i>Heather</i> 11:15a GX1 *MAC BURN 45 <i>Emily</i> 1:15p SS *SPRINT™ <i>Cameron</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> 6:50p M/B BODYFLOW™ <i>Eliza</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 Intermediate <i>Maura</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 <i>Kristine</i> 4:00p M/B GENTLE YOGA <i>Leo</i>
L A N D	6:00a GX1 BODYPUMP™ <i>Eliza</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>Amber</i>	9:30a GX1 MAC BARRE <i>Serrah</i> 10:35a GX1 CXWORX™ <i>Jen</i> 11:05a GX1 BODYSTEP™ <i>Mika</i> 5:45p 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>Sandy</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>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>Cameron & Amber</i> 9:30a GX1 BODYPUMP™ <i>Amber</i> 10:35a GX1 ZUMBA <i>Tracey</i>	

GX1, Group Exercise Studio 1 GYM, basketball court P, pool SS, spin studio
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MAC GROUP EXERCISE – March 26-April 1

	MONDAY 26	TUESDAY 27	WEDNES. 28	THURSDAY 29	FRIDAY 30	SATURDAY 31	SUNDAY 1
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™ <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™ <i>Cameron</i>	5:45a SS SPINNING® <i>Jen</i> 8:30a SS *SPRINT™ <i>Eliza</i> 9:30a SS SPINNING® <i>Megan</i> 6:00p SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Allison</i>	8:30a SS SPINNING® 50 <i>Jen</i> 9:30a SS BEGINNERS SPIN® 30 <i>Jen</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> 6:50p M/B BODYFLOW™ <i>Eliza</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 Intermediate <i>Maura</i> 5:30p M/B VINYASA <i>Heather</i>	10:00a M/B YOGA <i>Stephanie M.</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>Megan</i>	9:30a GX1 MAC BARRE <i>Serrah</i> 10:35a GX1 CXWORX™ <i>Jen</i> 11:05a GX1 BODYSTEP™ <i>Mika</i> 5:45p 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>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>Heather</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> 4:30p GX1 BODYPUMP™ <i>Amber</i>	8:15a GX1 BODYATTACK™ <i>Cameron</i> 9:00a GX1 CXWORX™ <i>Cameron & Amber</i> 9:30a GX1 BODYPUMP™ <i>Eliza</i> 10:35a GX1 ZUMBA <i>Tracey</i>	

HAPPY
EASTER!



GYM HOURS
8:00am-2:00pm
No GX Classes or
Kids Club

GX1, Group Exercise Studio 1 GYM, basketball court P, pool SS, spin studio
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MAC GROUP EXERCISE – April 2-April 8

	MONDAY 2	TUESDAY 3	WEDNES. 4	THURSDAY 5	FRIDAY 6	SATURDAY 7	SUNDAY 8
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>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>Bonnie</i>	9:30a P AQUAZUMBA <i>Tracey</i>	
S P I N	5:30a SS *SPRINT™ <i>Eliza</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>Megan</i> 6:00p SS RPM™ <i>Eliza</i>	9:30a SS SPINNING® <i>Kristine</i> 5:30p SS *SPRINT™ <i>Cameron</i>	5:45a SS SPINNING® <i>Jen</i> 8:30a SS *SPRINT™ <i>Eliza</i> 9:30a SS SPINNING® <i>Megan</i> 6:00p SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Melissa</i>	8:30a SS RPM™ <i>Lauren</i>	9:30a SS CYCLE BOOTCAMP <i>Heather</i> 11:15a GX1 *MAC BURN 45 <i>Emily</i> 1:15p SS *SPRINT™ <i>Cameron</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>Arthur</i> 6:30p M/B FITNESS YOGA <i>Allison</i>	9:15a M/B CHAIR YOGA <i>Shannon</i> 6:50p M/B BODYFLOW™ <i>Eliza</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 BODYFLOW™ <i>Cameron</i> 10:35a GX1 YOGA SCULPT Intermediate <i>Melissa</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>Eliza</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>Megan</i>	9:30a GX1 MAC BARRE <i>Serrah</i> 10:35a GX1 CXWORX™ <i>Mika</i> 11:05a GX1 BODYSTEP™ <i>Mika</i> 5:45p 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>Sandy</i> 10:35a GX1 *MAC BURN 45 <i>Emily</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>Patricia</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>TBD</i> 9:30a GX1 BODYPUMP™ <i>Eliza</i> 10:35a GX1 ZUMBA <i>Tracey</i>	

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