

# MAC GROUP EXERCISE – April 23-April 29

	MONDAY 23	TUESDAY 24	WEDNES. 25	THURSDAY 26	FRIDAY 27	SATURDAY 28	SUNDAY 29
A Q U A	8:45a P WATERinMOTION® <i>Sarah S.</i>  6:00p P AQUAZUMBA <i>Tracey</i>	8:30a P DEEP H <sub>2</sub> O <i>Nellie</i>  9:45a P H <sub>2</sub> O GENTLE <i>Nellie</i>	8:30a P H <sub>2</sub> O AEROBICS <i>Patricia</i>  6:00p P H <sub>2</sub> O INTERVALS <i>Megan</i>	8:30a P H <sub>2</sub> O INTERVALS 30 minutes <i>Bonnie</i>  9:00a P DEEP H <sub>2</sub> O 30 minutes <i>Bonnie</i>	9:00a P H <sub>2</sub> 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>Melissa</i>	5:45a SS SPINNING® <i>Allison</i>  8:45a SS *SPRINT™ <i>Eliza</i>  9:30a SS SPINNING® <i>Megan</i>  6:00p SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Kristine</i>  5:30p SS *SPRINT™ <i>Jen</i>	5:45a SS RPM™ <i>Lauren</i>  8:45a SS *SPRINT™ <i>Melissa</i>  9:30a SS SPINNING® <i>Patricia</i>  6:00p SS RPM™ <i>Eliza</i>	9:30a SS SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 50 <i>Melissa</i>	9:30a SS CYCLE BOOTCAMP <i>Heather</i>  11:15a GX1 *MAC BURN 45 <i>Lisa</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>	6:00a GX1 BODYFLOW™ <i>Eliza</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>Melissa</i>	10:30a M/B BODYFLOW™ <i>Melissa</i>  6:50p M/B BODYFLOW™ <i>Eliza</i>	8:30a GX1 PILATES <i>Patricia</i>  9:15a M/B CHAIR YOGA <i>Dan</i>  10:35a GX1 YOGA SCULPT <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 <i>Lauren</i>  4:00p M/B GENTLE YOGA <i>Arthur</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>Patricia &amp; 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 &amp; 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>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>Amber</i>	8:30a GX1 TBS <i>Amber</i>  9:30a GX1 BODYCOMBAT™ <i>Mika</i>  10:35a GX1 BODYPUMP™45 <i>Mika &amp; Patricia</i>  5:30p GYM ZUMBA <i>Tracey</i>  6:00p GX1 MAC BARRE <i>Lauren</i>  *MAC BURN BOOTCAMP <i>Tina</i>	5:45am GX1 BODYATTACK™45 <i>Amber</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 &amp; Amber</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 – April 30-May 6

	MONDAY 30	TUESDAY 1	WEDNES. 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
A Q U A	<p>8:45a P H<sub>2</sub>O AEROBICS <i>Patricia</i></p> <p>6:00p P AQUAZUMBA <i>Tracey</i></p>	<p>8:30a P DEEP H<sub>2</sub>O <i>Nellie</i></p> <p>9:45a P H<sub>2</sub>O GENTLE <i>Nellie</i></p>	<p>8:30a P H<sub>2</sub>O AEROBICS <i>Patricia</i></p> <p>6:00p P H<sub>2</sub>O INTERVALS <i>Megan</i></p>	<p>8:30a P H<sub>2</sub>O INTERVALS 30 minutes <i>Bonnie</i></p> <p>9:00a P DEEP H<sub>2</sub>O 30 minutes <i>Bonnie</i></p>	<p>9:00a P H<sub>2</sub>O FREESTYLE <i>Patricia</i></p>	<p>9:30a P AQUAZUMBA <i>Tracey</i></p>	
S P I N	<p>5:30a SS *SPRINT™ <i>Jen</i></p> <p>9:30a SS SPINNING® <i>Michelle</i></p> <p>6:30p SS SPINNING® <i>Melissa</i></p>	<p>5:45a SS SPINNING® <i>Allison</i></p> <p>8:45a SS *SPRINT™ <i>Eliza</i></p> <p>9:30a SS SPINNING® <i>Megan</i></p> <p>6:00p SS SPINNING® <i>Patricia</i></p>	<p>9:30a SS SPINNING® <i>Kristine</i></p> <p>5:30p SS *SPRINT™ <i>Jen</i></p>	<p>5:45a SS SPINNING® <i>Jen</i></p> <p>8:45a SS *SPRINT™ <i>Cameron</i></p> <p>9:30a SS SPINNING® <i>Patricia</i></p> <p>6:00p SS RPM™ <i>Eliza</i></p>		<p>8:30a SS SPINNING® <i>Jen</i></p>	<p>9:30a SS CYCLE BOOTCAMP <i>TBD</i></p> <p>11:15a GX1 *MAC BURN 45 <i>Lisa</i></p> <p>1:15p SS *SPRINT™ <i>TBD</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>6:00a GX1 BODYFLOW™ <i>Eliza</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>Debbie</i></p> <p>6:30p M/B YOGA <i>Leo</i></p>	<p>10:30a M/B BODYFLOW™ <i>Cameron</i></p> <p>6:50p M/B BODYFLOW™ <i>Eliza</i></p>	<p>8:30a GX1 PILATES <i>Nicole</i></p> <p>9:15a M/B CHAIR YOGA <i>Dan</i></p> <p>10:35a GX1 YOGA SCULPT <i>Maura</i></p> <p>5:30p M/B VINYASA <i>Jayne</i></p>	<p>10:00a M/B YOGA <i>Allison</i></p>	<p>2:00p GX1 BODYFLOW™ <i>Megan</i></p> <p>3:00p GX1 MAC BARRE <i>Lauren</i></p> <p>4:00p M/B GENTLE YOGA <i>Leo</i></p>
L A N D	<p>6:00a GX1 BODYPUMP™ <i>Jen</i></p> <p>8:55a GX1 CXWORX™ <i>Michelle</i></p> <p>9:30a GX1 LOW IMPACT AEROBICS <i>Melissa</i></p> <p>10:35a GX1 BODYPUMP™ <i>Mika</i></p> <p>11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Pat</i></p> <p>4:45p GX1 *MAC BURN 45 <i>Lisa</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>Mika</i></p> <p>11:05a GX1 BODYSTEP™ <i>Mika</i></p> <p>5:45p 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 CARDIO+SCULPT <i>Patricia</i></p> <p>10:35a GX1 *MAC BURN 45 <i>Emily</i></p> <p>11:30a GX1 STRNGTH4SRS <i>Megan</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>Tracey</i></p> <p>6:00p GX1 MAC BARRE <i>Lauren</i></p> <p>6:30p GYM *MAC 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>Amber</i></p> <p>10:35a GYM CXWORX™ <i>Cameron</i></p> <p>11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Megan</i></p> <p>4:30p GX1 BODYPUMP™ <i>Amber</i></p>	<p>8:15a GX1 BODYATTACK™ <i>Angela</i></p> <p>9:00a GX1 CXWORX™ <i>Angela</i></p> <p>9:30a GX1 BODYPUMP™ <i>Eliza</i></p> <p>10:35a GX1 ZUMBA <i>Tracey</i></p>	

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