

# MAC GROUP EXERCISE – May 7-May 13

	MONDAY 7	TUESDAY 8	WEDNES. 9	THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
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>	5:30a 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>	5:30a SS SPINNING® 50 <i>Jen</i>  8:45a SS *SPRINT™ <i>Melissa</i>  9:30a SS SPINNING® <i>Patricia</i>  6:00p SS RPM™ <i>Eliza</i>	5:30a SS *SPRINT™ <i>Cameron</i>  9:30a SS SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 50 <i>Jen</i>	9:30a SS CYCLE BOOTCAMP <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>	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>Leo</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>  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>Jen</i>  8:55a GX1 CXWORX™ <i>Michelle</i>  9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i>  10:35a GX1 BODYPUMP™ <i>Patricia</i>  11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i>  4:45p GX1 *MAC BURN 45 <i>Emily</i>  5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i>	9:30a GX1 MAC BARRE <i>Heather</i>  10:35a GX1 BODYSTEP™ <i>Mika</i>  10:35a GYM *MAC BURN BOOTCAMP <i>Tina</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 CXWORX™ <i>Jen</i>  11:30a GX1 STRNGTH4SRS <i>Sarah S.</i>  4:45p GYM BODYATTACK™45 <i>Cameron</i>  5:30p GX1 CXWORX™ <i>Cameron</i>  6:15p GX1 BODYPUMP™ 45 <i>Jen</i>	6:15a GX1 MAC BARRE <i>Heather</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 *MAC BURN BOOTCAMP <i>Tina</i>	6:05a GX1 CXWORX™ <i>Cameron</i>  9:30a GX1 LOW IMPACT AEROBICS <i>Amber</i>  10:35a GX1 CXWORX™ <i>Melissa</i>  11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Megan</i>  4:30p GX1 BODYPUMP™ <i>Amber</i>	8:15a GX1 BODYATTACK™ <i>Angela</i>  9:00a GX1 CXWORX™ <i>Angela</i>  9:30a GX1 BODYPUMP™ <i>Lisa</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 – May 14-May 20

	MONDAY 14	TUESDAY 15	WEDNES. 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
A Q U A	8:45a P WATERinMOTION® <i>Sarah S.</i>	8:30a P DEEP H <sub>2</sub> O <i>Bonnie</i>	8:30a P H <sub>2</sub> O AEROBICS <i>Patricia</i>	8:30a P H <sub>2</sub> O INTERVALS 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>	
	6:00p P AQUAZUMBA <i>Tracey</i>	9:45a P H <sub>2</sub> O GENTLE <i>Bonnie</i>	6:00p P H <sub>2</sub> O INTERVALS <i>Megan</i>	9:00a P DEEP H <sub>2</sub> O 30 minutes <i>Bonnie</i>			
S P I N	5:30a SS *SPRINT™ <i>Jen</i>	5:30a SS SPINNING® <i>Allison</i>		5:30a SS SPINNING® 50 <i>Jen</i>	5:30a SS *SPRINT™ <i>Cameron</i>		9:30a SS CYCLE BOOTCAMP <i>Heather</i>
	9:30a SS SPINNING® <i>Michelle</i>	8:45a SS *SPRINT™ <i>Eliza</i>	9:30a SS SPINNING® <i>Kristine</i>	8:45a SS *SPRINT™ <i>Melissa</i>		8:30a SS SPINNING® 50 <i>Jen</i>	
	6:30p SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Megan</i>	5:30p SS *SPRINT™ <i>Jen</i>	9:30a SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Melissa</i>		
M I N D		6:00a GX1 BODYFLOW™ <i>Eliza</i>			8:30a GX1 PILATES <i>Patricia</i>	10:00a M/B YOGA <i>Allison</i>	2:00p GX1 BODYFLOW™ <i>Megan</i>
B O D Y	10:30a M/B FITNESS YOGA <i>Heather</i>	9:15a M/B CHAIR YOGA <i>Shannon</i>	10:30a M/B FITNESS YOGA <i>Melissa</i>	10:30a M/B BODYFLOW™ <i>Melissa</i>	9:15a M/B CHAIR YOGA <i>Dan</i>		3:00p GX1 MAC BARRE <i>Lauren</i>
	4:30p M/B GENTLE YOGA <i>Denise</i>		5:00p M/B YIN YOGA <i>Debbie</i>				4:00p M/B GENTLE YOGA <i>Leo</i>
	6:30p M/B FITNESS YOGA <i>Allison</i>		6:30p M/B YOGA <i>Leo</i>	6:50p M/B BODYFLOW™ <i>Eliza</i>	5:30p M/B VINYASA <i>Jayne</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>	6:15a GX1 MAC BARRE <i>Heather</i>	6:05a GX1 CXWORX™ <i>Cameron</i>	8:15a GX1 BODYATTACK™ <i>Angela</i>	
	8:55a GX1 CXWORX™ <i>Michelle</i>	10:35a GX1 BODYSTEP™ <i>Mika</i>	9:30a GX1 CARDIO+SCULPT <i>Melissa</i>	8:30a GX1 TBS <i>Amber</i>	9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i>	9:00a GX1 CXWORX™ <i>Angela</i>	
	9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i>	10:35a GYM *MAC BURN BOOTCAMP <i>Tina</i>	10:35a GYM CXWORX™ <i>Jen</i>	9:30a GX1 BODYCOMBAT™ <i>Mika</i>	10:35a GX1 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™45 <i>Patricia</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>	5:45p GX1 POUND <i>Heather</i>	4:45p GYM BODYATTACK™45 <i>Cameron</i>	5:30p GYM ZUMBA <i>Tracey</i>			
	4:45p GX1 *MAC BURN 45 <i>Lisa</i>	5:45p GYM ZUMBA <i>Tracey</i>	5:30p GX1 CXWORX™ <i>Cameron</i>	6:00p GX1 MAC BARRE <i>Lauren</i>			
	5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i>	6:30p GX1 ATHLETIC INTERVALS <i>Heather</i>	6:15p GX1 BODYPUMP™ 45 <i>Jen</i>	6:30p GYM *MAC 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 – May 21-May 27

	MONDAY 21	TUESDAY 22	WEDNES. 23	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27
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>	5:30a 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>	5:30a SS SPINNING® 50 <i>Jen</i>  8:45a SS *SPRINT™ <i>Melissa</i>  9:30a SS SPINNING® <i>Patricia</i>  6:00p SS SPINNING® 45 <i>Megan</i>	5:30a SS *SPRINT™ <i>Cameron</i>  9:30a SS SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 50 <i>Jen</i>	9:30a SS CYCLE BOOTCAMP <i>Lauren</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>	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>Dan</i>  6:30p M/B YOGA <i>Leo</i>	10:30a M/B BODYFLOW™ <i>Melissa</i>  6:50p M/B BODYFLOW™ <i>Megan</i>	8:30a GX1 PILATES <i>Patricia</i>  9:15a M/B CHAIR YOGA <i>Dan</i>  5:30p M/B VINYASA <i>Jayne</i>	10:00a M/B YOGA <i>Jayne</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>Patricia</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>	9:30a GX1 MAC BARRE <i>Serrah</i>  10:35a GX1 BODYSTEP™ <i>Mika</i>  10:35a GYM *MAC BURN BOOTCAMP <i>Tina</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 GYM CXWORX™ <i>Jen</i>  11:30a GX1 STRNGTH4SRS <i>Sarah S.</i>  4:45p GYM BODYATTACK™45 <i>Cameron</i>  5:30p GX1 CXWORX™ <i>Cameron</i>  6:15p GX1 BODYPUMP™ 45 <i>Jen</i>	6:15a GX1 MAC BARRE <i>Heather</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 *MAC BURN BOOTCAMP <i>Tina</i>	6:05a GX1 CXWORX™ <i>Cameron</i>  9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i>  10:35a GX1 CXWORX™ <i>Melissa</i>  11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i>  4:30p GX1 BODYPUMP™ <i>Amber</i>	8:15a GX1 BODYATTACK™ <i>Angela</i>  9:00a GX1 CXWORX™ <i>Angela</i>  9:30a GX1 BODYPUMP™ <i>Jen</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 – May 28-June 3

	MONDAY 28	TUESDAY 29	WEDNES. 30	THURSDAY 31	FRIDAY 1	SATURDAY 2	SUNDAY 3
<b>A Q U A</b>		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>	
<b>S P I N</b>	9:00a SS SPINNING® <i>Jen</i>	5:30a 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>	5:30a SS SPINNING® 50 <i>Jen</i>  8:45a SS *SPRINT™ <i>Melissa</i>  9:30a SS SPINNING® <i>Patricia</i>  6:00p SS RPM™ <i>Eliza</i>	5:30a SS *SPRINT™ <i>Cameron</i>  9:30a SS SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 50 <i>Jen</i>	9:30a SS CYCLE BOOTCAMP <i>Heather</i>
<b>M I N D  B O D Y</b>	10:30a M/B FITNESS YOGA <i>Maura</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>Leo</i>	10:30a M/B BODYFLOW™ <i>Melissa</i>  6:50p M/B BODYFLOW™ <i>Eliza</i>	8:30a GX1 PILATES <i>Nicole</i>  9:15a M/B CHAIR YOGA <i>Dan</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>Lauren</i>  4:00p M/B GENTLE YOGA <i>Jayne</i>
<b>L A N D</b>	<p style="text-align: center;"><b>MEMORIAL DAY</b></p>  <p style="text-align: center;">GYM HOURS 5:00am-8:00pm KIDS CLUB HOURS 7:45am-1:00pm</p> <p style="text-align: center;">8:00am COMMUNITY BOOTCAMP <i>Tina</i></p> <p style="text-align: center;">8:30p GX1 CXWORX™ <i>Angela</i></p> <p style="text-align: center;">9:00a GX1 BODYCOMBAT <i>Angela</i></p> <p style="text-align: center;">10:00a GX1 Zumba *FAMILY FRIENDLY <i>Tracey</i></p>	9:30a GX1 MAC BARRE <i>Serrah</i>  10:35a GX1 BODYSTEP™ <i>Mika</i>  10:35a GYM *MAC BURN BOOTCAMP <i>Tina</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 GYM CXWORX™ <i>Jen</i>  11:30a GX1 STRNGTH4SRS <i>Sarah S.</i>  4:45p GYM BODYATTACK™45 <i>Cameron</i>  5:30p GX1 CXWORX™ <i>Cameron</i>  6:15p GX1 BODYPUMP™ 45 <i>Jen</i>	6:15a GX1 MAC BARRE <i>Heather</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>Heather</i>  6:30p GYM *MAC BURN BOOTCAMP <i>Tina</i>	6:05a GX1 CXWORX™ <i>Cameron</i>  9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i>  10:35a GX1 CXWORX™ <i>Melissa</i>  11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i>  4:30p GX1 BODYPUMP™ <i>Amber</i>	8:15a GX1 BODYATTACK™ <i>Angela</i>  9:00a GX1 CXWORX™ <i>Angela</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

