

MAC GROUP EXERCISE – June 18-June 24

	MONDAY 18	TUESDAY 19	WEDNES. 20	THURSDAY 21	FRIDAY 22	SATURDAY 23	SUNDAY 24
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>Kim</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>Eliza</i>	5:30a SS SPINNING® <i>Lauren</i>		5:30a SS SPINNING® 45 <i>Heather</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>	9:30a SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 50 <i>Jen</i>	
	6:30p SS SPINNING® <i>Melissa</i>	9:30a SS SPINNING® <i>Megan</i>	5:30p SS *SPRINT™ <i>Eliza</i>	6:00p SS RPM™ <i>Eliza</i>	5:30p SS *SPRINT™ CANCELLED		
M I N D B O D Y		6:00a GX1 BODYFLOW™ <i>Eliza</i>			8:30a GX1 BODYFLOW™ <i>Cameron</i>	10:00a M/B YOGA <i>Melissa</i>	2:00p GX1 BODYFLOW™ <i>Megan</i>
	10:30a M/B FITNESS YOGA <i>Melissa</i>	9:15a M/B CHAIR YOGA <i>Shannon</i>	10:30a M/B FITNESS YOGA <i>Kristine</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>Arthur</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>Stephanie</i>		
L A N D	6:00a GX1 BODYPUMP™ <i>Angela</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>Megan</i>	10:35a GX1 BODYSTEP™ <i>Mika</i>	9:30a GX1 CARDIO+SCULPT <i>Melissa</i>	8:30a GX1 TBS <i>Allison</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 BOOTCAMP <i>Tina</i>	10:35a GX1 CXWORX™ <i>Megan</i>	9:30a GX1 BODYCOMBAT™ <i>Mika</i>	10:35a GX1 CXWORX™ <i>Melissa</i>	9:30a GX1 BODYPUMP™ <i>Jen</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>	4:30p GX1 BODYPUMP™ <i>Eliza</i>		
	5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i>	6:30p GX1 ATHLETIC INTERVALS <i>Heather</i>	6:15p GX1 BODYPUMP™ <i>Eliza</i>	6:30p GYM *MAC BOOTCAMP <i>Tina</i>	SPECIAL EVENT 5:30p GYM POUND & POUR <i>Heather</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 – June 25-July 1

	MONDAY 25	TUESDAY 26	WEDNES. 27	THURSDAY 28	FRIDAY 29	SATURDAY 30	SUNDAY 1
A Q U A	8:45a P H ₂ O INTERVALS <i>Megan</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>Genevelyn</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>	5:30a SS SPINNING® <i>Jen</i>		5:30a SS SPINNING® 45 <i>Heather</i>	5:30a SS *SPRINT™ <i>Jen</i>		9:30a SS CYCLE BOOTCAMP <i>Heather</i>
	9:30a SS SPINNING® <i>Michelle</i>	8:45a SS *SPRINT™ <i>Melissa</i>	9:30a SS SPINNING® <i>Kristine</i>	9:30a SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 50 <i>Jen</i>	
	6:30p SS SPINNING® <i>Melissa</i>	9:30a SS SPINNING® <i>Megan</i>	5:30p SS *SPRINT™ <i>Jen</i>	6:00p SS RPM™ <i>Melissa</i>	5:30p SS *SPRINT™ <i>Cameron</i>		
M I N D B O D Y		6:00a GX1 BODYFLOW™ <i>Cameron</i>			8:30a GX1 PILATES <i>Patricia</i>	10:00a M/B YOGA <i>Denise</i>	2:00p GX1 BODYFLOW™ <i>Megan</i>
	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>	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>Jayne</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>Maura</i>		6:30p M/B YOGA <i>Leo</i>	6:50p M/B BODYFLOW™ <i>Melissa</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>TBD</i>	6:00a GX1 BODYPUMP™ <i>Tracey</i>	6:15a GX1 MAC BARRE <i>Heather</i>	6:05a GX1 CXWORX™ <i>Jen</i>	8:15a GX1 BODYATTACK™ <i>Angela/ Amy</i>	
	8:55a GX1 CXWORX™ <i>TBD</i>	10:35a GX1 CARDIO STEP INTERVALS <i>Megan</i>	9:30a GX1 CARDIO+SCULPT <i>Melissa</i>	8:30a GX1 TBS <i>Patricia</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 BOOTCAMP <i>Tina</i>	10:35a GX1 CXWORX™ <i>Jen</i>	9:30a GX1 BODYCOMBAT™ <i>Angela</i>	10:35a GX1 CXWORX™ <i>Melissa</i>	9:30a GX1 BODYPUMP™ <i>Jen</i>	
	10:35a GX1 BODYPUMP™ <i>Patricia</i>		11:30a GX1 STRNGTH4SRS <i>Sandy</i>	10:35a GX1 BODYPUMP™45 <i>Jen</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>Tina</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™ <i>Patricia</i>	6:30p GYM *MAC BOOTCAMP <i>Tina</i>	4:30p GX1 BODYPUMP™ <i>Patricia</i>		

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