

MAC GROUP EXERCISE – July 9-July 15

	MONDAY 9	TUESDAY 10	WEDNES. 11	THURSDAY 12	FRIDAY 13	SATURDAY 14	SUNDAY 15
A Q U A	8:30a P WATERinMOTION® <i>Kim</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>Genevelyn</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>	8:30a P H ₂ O FREESTYLE <i>Kim</i>	9:30a P AQUAZUMBA <i>Tracey</i>	
S P I N	5:30a SS *SPRINT™ <i>Jen</i> 9:30a SS RPM™ <i>Eliza</i> 6:30p SS SPINNING® <i>Melissa</i>	5:30a SS SPINNING® <i>Lauren</i> 8:45a SS *SPRINT™ <i>Eliza</i> 9:30a SS SPINNING® <i>Jen</i> 6:00p SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Jen</i> 5:30p SS *SPRINT™ <i>Jen</i>	5:30a SS SPINNING® 45 <i>Jen</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>Kristine</i>	8:30a SS SPINNING® 50 <i>Jen</i>	9:30a SS CYCLE BOOTCAMP <i>Heather</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>Leo</i>	10:30a M/B BODYFLOW™ <i>Melissa</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>Allison</i>	2:00p GX1 BODYFLOW™ <i>Megan</i> 3:00p GX1 MAC BARRE <i>Heather</i> 4:00p M/B GENTLE YOGA <i>Leo</i>
L A N D	6:00a GX1 BODYPUMP™ <i>Jen</i> 8:55a GX1 CXWORX™ <i>Jen</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>	9:30a GX1 MAC BARRE <i>Serrah</i> 10:35a GYM *MAC BOOTCAMP <i>Tina</i> 10:35a GX1 BUTTS & GUTS <i>Jen</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 LES MILLS TONE <i>Melissa</i> 10:35a GX1 CXWORX™ <i>Jen</i> 11:30a GX1 STRNGTH4SRS <i>Sandy</i> 4:45p GYM BODYATTACK™45 <i>Cameron</i> 5:30p GX1 CXWORX™ <i>Cameron</i> 6:15p GX1 BODYPUMP™ <i>Eliza</i>	6:15a GX1 MAC BARRE <i>Heather</i> 8:30a GX1 TBS <i>Melissa</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 *MAC BOOTCAMP <i>Tina</i>	6:05a GX1 CXWORX™ <i>Cameron</i> 9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i> 10:35a GX1 CORE 30 <i>Kristine</i> 11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i> 4:30p GX1 BODYPUMP™ <i>Eliza</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 – July 16-July 22

	MONDAY 16	TUESDAY 17	WEDNES. 18	THURSDAY 19	FRIDAY 20	SATURDAY 21	SUNDAY 22
A Q U A	8:30a 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>	8:30a 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>	5:30a SS SPINNING® <i>Jen</i>		5:30a SS SPINNING® 45 <i>Heather</i>	5:30a SS *SPRINT™ <i>Cameron</i>		9:30a SS CYCLE BOOTCAMP <i>Melissa</i>
	9:30a SS SPINNING® <i>Michelle</i>	8:45a SS *SPRINT™ <i>Eliza</i>	9:30a SS SPINNING® <i>Jen</i>	9:30a SS SPINNING® <i>Patricia</i>	9:30a SS RPM™ <i>Eliza</i>	8:30a SS SPINNING® 50 <i>Jen</i>	
	6:30p SS SPINNING® <i>Megan</i>	9:30a SS SPINNING® <i>Megan</i>	5:30p SS *SPRINT™ <i>Jen</i>	6:00p SS RPM™ <i>Eliza</i>			
M I N D B O D Y		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>
	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>Eliza</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>Stephanie</i>
	6:30p M/B FITNESS YOGA <i>Allison</i>		6:30p M/B YOGA <i>Leo</i>		5:30p M/B VINYASA <i>Denise</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>Megan</i>	10:35a GYM *MAC BOOTCAMP <i>Tina</i>	9:30a GX1 CARDIO+SCULPT <i>Megan</i>	8:30a GX1 TBS <i>Patricia</i>	9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i>	9:00a GX1 CXWORX™ <i>Angela/ Amy</i>	
	9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i>	10:35a GX1 BUTTS & GUTS <i>Megan</i>	10:35a GX1 CXWORX™ <i>Jen</i>	9:30a GX1 BODYCOMBAT™ <i>Mika</i>	10:35a GX1 CXWORX™ <i>Jen</i>	9:30a GX1 BODYPUMP™ <i>Jen</i>	
	10:35a GX1 BODYPUMP™ <i>Patricia</i>		11:30a GX1 STRNGTH4SRS <i>Sarah S.</i>	10:35a GX1 BODYPUMP™45 <i>Mika</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>Kristine</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>Tracey</i>	4:30p GX1 BODYPUMP™ <i>Michelle</i>		

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MAC GROUP EXERCISE – July 23-July 29

	MONDAY 23	TUESDAY 24	WEDNES. 25	THURSDAY 26	FRIDAY 27	SATURDAY 28	SUNDAY 29
A Q U A	<p>8:30a P WATERinMOTION® <i>Sarah S.</i></p> <p>6:00p P AQUAZUMBA <i>Tracey</i></p>	<p>8:30a P DEEP H₂O <i>Nellie</i></p> <p>9:45a P H₂O GENTLE <i>Nellie</i></p>	<p>8:30a P H₂O AEROBICS <i>Patricia</i></p> <p>6:00p P H₂O INTERVALS <i>Megan</i></p>	<p>8:30a P H₂O INTERVALS 30 minutes <i>Bonnie</i></p> <p>9:00a P DEEP H₂O 30 minutes <i>Bonnie</i></p>	<p>8:30a P H₂O FREESTYLE <i>Sarah S.</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>5:30a SS SPINNING® <i>Jen</i></p> <p>8:45a SS *SPRINT™ <i>Eliza</i></p> <p>9:30a SS SPINNING® <i>Jen</i></p> <p>6:00p SS SPINNING® <i>Patricia</i></p>	<p>9:30a SS SPINNING® <i>Megan</i></p> <p>5:30p SS *SPRINT™ <i>Jen</i></p>	<p>5:30a SS SPINNING® 45 <i>Heather</i></p> <p>9:30a SS SPINNING® <i>Patricia</i></p> <p>6:00p SS RPM™ <i>Eliza & Melissa</i></p>	<p>5:30a SS *SPRINT™ <i>Cameron</i></p> <p>9:30a SS RPM™ <i>Melissa & Eliza</i></p>	<p>8:30a SS SPINNING® 50 <i>Jen</i></p>	<p>9:30a SS CYCLE BOOTCAMP <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>Jayne</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>TBD</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>Melissa</i></p>	<p>8:30a GX1 PILATES <i>Patricia</i></p> <p>9:15a M/B CHAIR YOGA <i>Dan</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>Megan</i></p> <p>9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i></p> <p>10:35a GX1 BODYPUMP™ <i>Mika</i></p> <p>11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i></p> <p>4:45p GX1 *MAC BURN 45 <i>Lisa</i></p> <p>5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i></p>	<p>9:30a GX1 MAC BARRE <i>Serrah</i></p> <p>10:35a GYM *MAC BOOTCAMP <i>Tina</i></p> <p>10:35a GX1 BUTTS & GUTS <i>Jen</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 LES MILLS TONE <i>Melissa</i></p> <p>10:35a GX1 CXWORX™ <i>Jen</i></p> <p>11:30a GX1 STRNGTH4SRS <i>Sarah S.</i></p> <p>4:45p GYM BODYATTACK™45 <i>Cameron</i></p> <p>5:30p GX1 CXWORX™ <i>Cameron</i></p> <p>6:15p GX1 BODYPUMP™ 45 <i>Eliza</i></p>	<p>6:15a GX1 MAC BARRE <i>Heather</i></p> <p>8:30a GX1 TBS <i>Melissa</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 BOOTCAMP <i>Megan</i></p>	<p>6:05a GX1 CXWORX™ <i>Cameron</i></p> <p>9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i></p> <p>10:35a GX1 CXWORX™ <i>Melissa</i></p> <p>11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i></p>	<p>8:15a GX1 BODYATTACK™ <i>Angela</i></p> <p>9:00a GX1 CXWORX™ <i>Angela/ Amy</i></p> <p>9:30a GX1 BODYPUMP™ <i>Jen</i></p> <p>10:35a GX1 ZUMBA <i>Tracey</i></p>	

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MAC GROUP EXERCISE – July 30-August 5

	MONDAY 30	TUESDAY 31	WEDNES. 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
A Q U A	8:30a 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>	8:30a 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>	5:30a SS SPINNING® <i>Jen</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>Heather</i>	9:30a SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Allison</i>	8:30a SS RPM™ <i>Eliza</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>			
M I N D B O D Y		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>
	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>Eliza</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>Shannon</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>Megan</i>	10:35a GYM *MAC BOOTCAMP <i>Tina</i>	9:30a GX1 CARDIO+SCULPT <i>Megan</i>	8:30a GX1 TBS <i>Patricia</i>	9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i>	9:00a GX1 CXWORX™ <i>Angela/ Amy</i>	
	9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i>	10:35a GX1 BUTTS & GUTS <i>Megan</i>	10:35a GX1 CXWORX™ <i>Megan</i>	9:30a GX1 BODYCOMBAT™ <i>Mika</i>	10:35a GX1 CXWORX™ <i>Megan</i>	9:30a GX1 BODYPUMP™ <i>Eliza</i>	
	10:35a GX1 BODYPUMP™ <i>Patricia</i>		11:30a GX1 STRNGTH4SRS <i>Sarah S.</i>	10:35a GX1 BODYPUMP™45 <i>Mika</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™ <i>Eliza</i>	6:30p GYM *MAC BOOTCAMP <i>Tina</i>	4:30p GX1 BODYPUMP™ <i>Eliza</i>		

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