

MAC GROUP EXERCISE – August 6-12

	MONDAY 6	TUESDAY 7	WEDNES. 8	THURSDAY 9	FRIDAY 10	SATURDAY 11	SUNDAY 12
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 H ₂ O Freestyle <i>TBD</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 SPINNING® <i>Michelle</i>	8:45a SS *SPRINT™ <i>Eliza</i>	9:30a SS SPINNING® 45 <i>Heather</i>	9:30a SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Kristine</i>	8:30a SS SPINNING® 50 <i>Allison</i>	9:30a SS CYCLE BOOTCAMP <i>Lauren</i>
	6:30p SS SPINNING® <i>Lauren</i>	6:00p SS SPINNING® <i>Patricia</i>	5:30p SS *SPRINT™ <i>Jen</i>	6:00p SS RPM™ <i>Michelle</i>			
M I N D B O D Y		6:00a M/B BODYFLOW™ <i>Cameron</i>					
	10:30a M/B FITNESS YOGA <i>Maura</i>	9:15a M/B CHAIR YOGA <i>Denise</i>	10:30a M/B FITNESS YOGA <i>Maura</i>	10:30a M/B BODYFLOW™ <i>Megan</i>	8:30a GX1 PILATES <i>Patricia</i>	10:00a M/B YOGA <i>Allison</i>	2:00p GX1 BODYFLOW™ <i>Megan</i>
	4:30p M/B GENTLE YOGA <i>Jayne</i>		5:00p M/B YIN YOGA <i>Debbie</i>		9:15a M/B CHAIR YOGA <i>Arthur</i>		3:00p GX1 MAC BARRE <i>Lauren</i>
	6:30p M/B FITNESS YOGA <i>Kristine</i>		6:30p M/B YOGA <i>Leo</i>		5:30p M/B VINYASA <i>Jayne</i>		4:00p M/B GENTLE YOGA <i>Leo</i>
L A N D	6:00a GX1 BODYPUMP™ <i>Jen</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>	9:30a GX1 MAC BARRE <i>Heather</i>	9:30a GX1 CARDIO+SCULPT <i>Megan</i>	8:30a GX1 TBS <i>Megan</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 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>Jen</i>	9:30a GX1 BODYPUMP™ <i>Lisa</i>	
	10:35a GX1 BODYPUMP™ <i>Mika</i>	10:35a GX1 BUTTS & GUTS <i>Megan</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 CANCELLED	
	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>Patricia</i>		

GX1, Group Exercise Studio 1 GYM, basketball court P, pool SS, spin studio
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MAC GROUP EXERCISE – August 13-19

	MONDAY 13	TUESDAY 14	WEDNES. 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
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 H ₂ O Freestyle <i>Sarah</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>Megan</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 SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 50 <i>Jen</i>	
	6:30p SS RPM™ <i>Eliza</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 M/B BODYFLOW™ <i>Eliza</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>	8:30a GX1 PILATES <i>Patricia</i>	10:00a M/B YOGA <i>Allison</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>		9:15a M/B CHAIR YOGA <i>TBD</i>		4:00p M/B GENTLE YOGA <i>Jayne</i>
	6:30p M/B FITNESS YOGA <i>Kristine</i>		6:30p M/B YOGA <i>Leo</i>		5:30p M/B VINYASA <i>Jayne</i>		
L A N D	6:00a GX1 BODYPUMP™ <i>Jen</i>		6:00a GX1 BODYPUMP™ <i>Jen</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>	9:30a GX1 MAC BARRE <i>Serrah</i>	9:30a GX1 CARDIO+SCULPT <i>Megan</i>	8:30a GX1 TBS <i>Jen</i>	9:30a GX1 LOW IMPACT AEROBICS <i>Sarah</i>	9:00a GX1 CXWORX™ <i>Angela/ Amy</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>Mika</i>	10:35a GX1 CXWORX™ <i>Melissa</i>	9:30a GX1 BODYPUMP™ <i>Jen</i>	
	10:35a GX1 BODYPUMP™ <i>Patricia</i>	10:35a GX1 BUTTS & GUTS <i>Megan</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>Melissa</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>Tara</i>			
	4:45p GX1 *MAC BURN 45 <i>Lisa</i>	5:45p GYM ZUMBA <i>Sarah</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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MAC GROUP EXERCISE – August 20-26

	MONDAY 20	TUESDAY 21	WEDNES. 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
A Q U A	8:30a 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>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>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>Jen</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>Jen</i> 5:30p SS *SPRINT™ <i>Jen</i>	5:30a SS SPINNING® 45 <i>Heather</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>
M I N D B O D Y	10:30a M/B FITNESS YOGA <i>Maura</i> 4:30p M/B GENTLE YOGA <i>Dan</i> 6:30p M/B FITNESS YOGA <i>Kristine</i>	6:00a M/B BODYFLOW™ <i>Melissa</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>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>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>Tina</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>Megan</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™ <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 CXWORX™ <i>Melissa</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/ Amy</i> 9:30a GX1 BODYPUMP™ <i>Jen</i> 10:35a GX1 ZUMBA <i>Tracey</i>	

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MAC GROUP EXERCISE – August 27- September 2

	MONDAY 27	TUESDAY 28	WEDNES. 29	THURSDAY 30	FRIDAY 31	SATURDAY 1	SUNDAY 2
A Q U A	8:30a 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>	8:30a 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>Melissa</i>	5:30a SS SPINNING® <i>Jen</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>Jen</i> 5:30p SS *SPRINT™ <i>Jen</i>	5:30a SS SPINNING® 45 <i>Heather</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>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>Denise</i> 6:30p M/B FITNESS YOGA <i>Dan</i>	6:00a M/B BODYFLOW™ <i>Melissa</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>Jayne</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>Jen</i> 8:55a GX1 CXWORX™ <i>Jen</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 GYM *MAC BOOTCAMP <i>Tina</i> 10:35a GX1 BUTTS & GUTS <i>Megan</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™ <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 CXWORX™ <i>Melissa</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/ Amy</i> 9:30a GX1 BODYPUMP™ <i>Jen</i> 10:35a GX1 ZUMBA <i>Tracey</i>	

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