

MAC GROUP EXERCISE – November 5-November 11

	MONDAY 5	TUESDAY 6	WEDNES. 7	THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
A Q U A	8:45a P 50' H ₂ O FREESTYLE <i>Julie</i>	8:30a P 50' DEEP H ₂ O <i>Nellie</i>	8:45a P 50' H ₂ O FREESTYLE <i>Julie</i>	9:30a P 50' DEEP H ₂ O INTERVALS <i>Bonnie</i>	8:45a P 50' H ₂ O INTERVALS <i>Megan</i>	9:30a P 50' AQUAZUMBA <i>Tracey</i>	
	6:15p P 50' H ₂ O FREESTYLE <i>Patricia</i>	9:30a P 50' H ₂ O GENTLE <i>Nellie</i>	6:15p P 50' H ₂ O INTERVALS <i>Megan</i>				
S P I N	5:30a SS 30' *SPRINT™ <i>Jen</i>	5:30a SS 45' SPINNING® Girl vs Boy Bands <i>Jen</i>	7:15a SS 45' SPINNING® <i>Michelle L.</i>	5:30a SS 45' SPINNING® <i>Heather</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i>		
	9:00a SS 45' RPM™ <i>Michelle L.</i>	9:05a SS 30' LOW IMPACT RIDE <i>Sandy</i>	9:45a SS 45' SPINNING® <i>Jen</i>	9:05a SS 50' SPINNING® <i>Melissa</i>	9:45a SS 50' SPINNING® Rate of Perceived Exertion <i>Melissa</i>	8:30a SS 50' SPINNING® <i>Allison</i>	
	10:00a SS 50' SPINNING® <i>Tabata Megan</i>	10:00a SS 45' CYCLEBODY <i>Heather</i>		10:00a SS 30' *SPRINT™ <i>Jen</i>			9:30a SS 60' CYCLE BOOTCAMP <i>Heather</i>
	5:30p SS 30' *SPRINT™ <i>Cameron</i>		5:30p SS 30' *SPRINT™ <i>Jen</i>				
	6:30p SS 50' SPINNING® <i>Lauren</i>	6:00p SS 45' SPINNING® Election Day <i>Austin</i>	6:30p SS 45' SPINNING® One Hit Wonders <i>Austin</i>	6:00p SS 50' SPINNING® <i>Megan</i>			
M I N D B O D Y	10:00a M/B 60' FITNESS YOGA <i>Maura</i>	6:00a M/B 45' BODYFLOW™ <i>Cameron</i>	10:00a M/B 60' FITNESS YOGA <i>Maura</i>	11:00a GX1 55' BODYFLOW™ <i>Michelle M.</i>	8:15am GX1 45' MAC BARRE <i>Lauren</i>		1:00p P 50' H ₂ O INTERVALS <i>Megan</i>
		9:15a M/B 60' CHAIR YOGA <i>Shannon</i>			9:15a M/B 60' CHAIR YOGA <i>Denise</i>	10:00a M/B 60' YOGA <i>Allison</i>	2:00p GX1 55' BODYFLOW™ <i>Megan</i>
	4:30p M/B 60' GENTLE YOGA <i>Dan</i>		5:00p M/B 60' YIN YOGA <i>Debbie</i>		10:30a M/B 60' FITNESS YOGA <i>Kristine</i>		3:00p GX1 60' MAC BARRE <i>Lauren</i>
6:30p M/B 60' FITNESS YOGA <i>Allison</i>		6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	6:00p M/B 60' FITNESS YOGA <i>Maura</i>	5:30p M/B 60' ALL LEVELS FLOW <i>Denise</i>		4:00p M/B 60' GENTLE YOGA <i>Denise</i>	
L A N D	6:00a GX1 55' BODYPUMP™ <i>Jen</i>	8:15a GX1 45' SOLID STRENGTH <i>Sandy</i>	6:00a GX1 55' BODYPUMP™ <i>Tracey</i>	6:15a GX1 45' BARRE <i>Heather</i>	6:05a GX1 30' CXWORX™ <i>Cameron</i>	8:15a GX1 45' BODYATTACK™ <i>Angela</i>	
	8:15a GX1 30' CXWORX™ <i>Michelle L.</i>	9:00a GX1 55' BODYCOMBAT™ <i>Mika</i>	9:00a GX1 55' AEROMIX <i>Megan</i>	8:15a GX1 45' SOLID STRENGTH <i>Sandy</i>	9:00a GX1 55' AEROMIX <i>Sandy</i>	9:00a GX1 30' CXWORX™ <i>Amy</i>	
	9:00a GX1 55' AEROMIX <i>Sandy</i>	10:00a GX1 55' MAC BARRE <i>Serrah</i>	10:00a GX1 55' CARDIO-SCULPT <i>Lisa</i>	9:00a GX1 45' BODYSTEP™ <i>Mika</i>	10:00a GX1 55' BODYPUMP™ <i>Michelle M.</i>	9:30a GX1 55' BODYPUMP™ <i>Amy</i>	
	10:00a GX1 55' BODYPUMP™ <i>Mika</i>	10:45a GYM 45' *MAC BOOTCAMP <i>Tina</i>	11:15a GX1 55' STRNGTH4SRS <i>Pat</i>	10:00a GX1 55' CARDIO-SCULPT <i>Lisa</i>	10:45a GYM 30' CXWORX™ <i>Melissa</i>	10:35a GX1 55' ZUMBA <i>Tracey</i>	
	11:15a GX1 55' ACTIVE AGERS <i>Sandy</i>	5:00p GX1 45' BODYPUMP™ <i>Amy</i>		5:15p GX1 30' CXWORX™ <i>Megan</i>	11:15a GX1 55' ACTIVE AGERS <i>Sandy</i>		
	5:00p GX1 45' *MAC BURN <i>Lisa</i>	5:45p GX1 45' POUND® <i>Heather</i>		5:30p GYM 55' ZUMBA <i>Tracey</i>			
	5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</i>	5:45p GYM 45' ZUMBA <i>Tracey</i>	5:15p GX1 45' BODYATTACK™ <i>Cameron</i>	6:00p GX1 55' MAC BARRE <i>Lauren</i>			
6:30p GX1 55' BODYPUMP™ <i>Jen</i>	6:30p GX1 55' *ATHLETIC INTERVALS <i>Heather</i>	6:05p GX1 30' CXWORX™ <i>Cameron</i>	6:30p GYM 45' *MAC BOOTCAMP <i>Tina</i>	5:00p GX1 45' BODYPUMP™ <i>Angela</i>			



GX1, Group Exercise Studio 1 GYM, basketball court P, pool SS, spin studio Func. Room, Functional Room by gym
*My Zone friendly **class not meeting attendance policy

MAC GROUP EXERCISE – November 12-November 18

	MONDAY 12	TUESDAY 13	WEDNES. 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
A Q U A	8:45a P 50' H ₂ O FREESTYLE <i>Sarah S.</i>	8:30a P 50' DEEP H ₂ O <i>Nellie</i>	8:45a P 50' H ₂ O FREESTYLE <i>Patricia</i>	9:30a P 50' DEEP H ₂ O INTERVALS <i>Bonnie</i>	8:45a P 50' H ₂ O INTERVALS <i>Megan</i>	9:30a P 50' AQUAZUMBA <i>Tracey</i>	
	6:15p P 50' H ₂ O FREESTYLE <i>Patricia</i>	9:30a P 50' H ₂ O GENTLE <i>Nellie</i>	6:15p P 50' H ₂ O INTERVALS <i>Megan</i>				
S P I N	5:30a SS 30' *SPRINT™ <i>Eliza</i>	5:30a SS 45' SPINNING® <i>Lauren</i>	7:15a SS 45' SPINNING® <i>Michelle L.</i>	5:30a SS 45' SPINNING® <i>Heather</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i>		
	9:00a SS 45' RPM™ <i>Michelle L.</i>	9:05a SS 30' LOW IMPACT RIDE <i>Sandy</i>	9:45a SS 45' RPM™ <i>Eliza</i>	9:05a SS 50' SPINNING® <i>Patricia</i>	9:45a SS 50' SPINNING® Sports Quotes <i>Melissa</i>	8:30a SS 50' SPINNING® Kelly Clarkson vs Pink <i>Austin</i>	
	10:00a SS 50' SPINNING® <i>Heather</i>	10:00a SS 45' CYCLEBODY <i>Heather</i>		10:00a SS 30' *SPRINT™ <i>Eliza</i>			9:30a SS 60' CYCLE BOOTCAMP <i>Heather</i>
	5:30p SS 30' *SPRINT™ <i>Melissa</i>		5:30p SS 30' *SPRINT™ <i>Melissa</i>				
	6:30p SS 50' SPINNING® Sports Quotes <i>Melissa</i>	6:00p SS 45' RPM™ <i>Eliza</i>	6:30p SS 45' CYCLEBODY <i>Lauren</i>	6:00p SS 50' SPINNING® <i>Megan</i>			
M I N D B O D Y	10:00a M/B 60' FITNESS YOGA <i>Maura</i>	6:00a M/B 45' BODYFLOW™ <i>Cameron</i>	10:00a M/B 60' FITNESS YOGA <i>Maura</i>	11:00a GX1 55' BODYFLOW™ <i>Michelle M.</i>	8:15am GX1 45' PILATES <i>Patricia</i>		1:00p P 50' H ₂ O INTERVALS <i>Megan</i>
		9:15a M/B 60' CHAIR YOGA <i>Shannon</i>			9:15a M/B 60' CHAIR YOGA <i>Pat</i>	10:00a M/B 60' YOGA <i>TBD</i>	2:00p GX1 55' BODYFLOW™ <i>Megan</i>
	4:30p M/B 60' GENTLE YOGA <i>Denise</i>		5:00p M/B 60' YIN YOGA <i>Debbie</i>		10:30a M/B 60' FITNESS YOGA <i>Allison</i>		3:00p GX1 60' MAC BARRE <i>Megan</i>
	6:30p M/B 60' FITNESS YOGA <i>Allison</i>		6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	6:00p M/B 60' FITNESS YOGA <i>Maura</i>	5:30p M/B 60' ALL LEVELS FLOW <i>Kristine</i>		4:00p M/B 60' GENTLE YOGA <i>Leo</i>
L A N D	6:00a GX1 55' BODYPUMP™ <i>Eliza</i>	8:15a GX1 45' SOLID STRENGTH <i>Sandy</i>	6:00a GX1 55' BODYPUMP™ <i>Tracey</i>	6:15a GX1 45' BARRE <i>Heather</i>	6:05a GX1 30' CXWORX™ <i>Cameron</i>	8:15a GX1 45' BODYATTACK™ <i>Angela</i>	
	8:15a GX1 30' CXWORX™ <i>Michelle L.</i>	9:00a GX1 55' CARDIO-SCULPT <i>Melissa</i>	9:00a GX1 55' AEROMIX <i>Megan</i>	8:15a GX1 45' SOLID STRENGTH <i>Patricia</i>	9:00a GX1 55' AEROMIX <i>Sandy</i>	9:00a GX1 30' CXWORX™ <i>Amy</i>	
	9:00a GX1 55' AEROMIX <i>Sandy</i>	10:00a GX1 55' MAC BARRE <i>Serrah</i>	10:00a GX1 55' LES MILLS TONE™ <i>Melissa</i>	9:00a GX1 45' BODYSTEP™ <i>Mika</i>	10:00a GX1 55' BODYPUMP™ <i>Patricia</i>	9:30a GX1 55' BODYPUMP™ <i>Amy</i>	
	10:00a GX1 55' BODYPUMP™ <i>Patricia</i>	10:45a GYM 45' *MAC BOOTCAMP <i>Tina</i>	11:15a GX1 55' STRNGTH4SRS <i>Pat</i>	10:00a GX1 55' CARDIO-SCULPT <i>Lisa</i>	10:45a GYM 30' CXWORX™ <i>Melissa</i>	10:35a GX1 55' ZUMBA <i>Tracey</i>	
	11:15a GX1 55' ACTIVE AGERS <i>Sandy</i>	5:00p GX1 45' BODYPUMP™ <i>Amy</i>		5:15p GX1 30' CXWORX™ <i>Megan</i>	11:15a GX1 55' ACTIVE AGERS <i>Megan</i>		
	5:00p GX1 45' *MAC BURN <i>Lisa</i>	5:45p GX1 45' POUND® <i>Heather</i>		5:30p GYM 55' ZUMBA <i>Tracey</i>			
	5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</i>	5:45p GYM 45' ZUMBA <i>Tracey</i>	5:15p GX1 45' BODYATTACK™ <i>Cameron</i>	6:00p GX1 55' MAC BARRE <i>Lauren</i>			
6:30p GX1 55' BODYPUMP™ <i>Eliza</i>	6:30p GX1 55' *ATHLETIC INTERVALS <i>Heather</i>	6:05p GX1 30' CXWORX™ <i>Cameron</i>	6:30p GYM 45' *MAC BOOTCAMP <i>Tina</i>	5:00p GX1 45' BODYPUMP™ <i>Angela</i>			

GX1, Group Exercise Studio 1 GYM, basketball court P, pool SS, spin studio Func. Room, Functional Room by gym
*My Zone friendly **class not meeting attendance policy

MAC GROUP EXERCISE – November 19-November 25

	MONDAY 19	TUESDAY 20	WEDNES. 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25	
A Q U A	8:45a P 50' H ₂ O FREESTYLE <i>Julie</i>	8:30a P 50' DEEP H ₂ O <i>Nellie</i>	8:45a P 50' H ₂ O FREESTYLE <i>Patricia</i>			9:30a P 50' AQUAZUMBA <i>Tracey</i>		
	6:15p P 50' H ₂ O FREESTYLE <i>Patricia</i>	9:30a P 50' H ₂ O GENTLE <i>Nellie</i>						
S P I N	5:30a SS 30' *SPRINT™ <i>Jen</i>	5:30a SS 45' SPINNING® <i>Jen</i>	7:15a SS 45' SPINNING® <i>Michelle L.</i>		9:45a SS 50' SPINNING® Thanksgiving Spin <i>Melissa</i>	8:30a SS 50' SPINNING® 70's Spin <i>Jen</i>	9:30a SS 60' CYCLE BOOTCAMP <i>Heather</i>	
	9:00a SS 45' RPM™ <i>Michelle L.</i>	9:05a SS 30' LOW IMPACT RIDE <i>Sandy</i>	9:45a SS 45' RPM™ <i>Eliza</i>					
	10:00a SS 50' SPINNING® Intervals <i>Jen</i>	10:00a SS 45' CYCLEBODY <i>Heather</i>						
	5:30p SS 30' *SPRINT™ <i>Melissa</i>							
	6:30p SS 50' SPINNING® Thanksgiving Spin <i>Melissa</i>	6:00p SS 45' RPM™ <i>Eliza</i>						
M I N D B O D Y	10:00a M/B 60' FITNESS YOGA <i>Maura</i>	6:00a M/B 45' BODYFLOW™ <i>Cameron</i>	10:00a M/B 60' FITNESS YOGA <i>Maura</i>	10:00a GX1 60' FITNESS YOGA Family Friendly <i>Maura</i>	8:15am GX1 45' PILATES <i>Patricia</i>	10:00a M/B 60' YOGA <i>Allison</i>	1:00p P 50' H ₂ O INTERVALS <i>Megan</i>	
		9:15a M/B 60' CHAIR YOGA <i>Shannon</i>			10:30a M/B 60' FITNESS YOGA <i>Kristine</i>			2:00p GX1 55' BODYFLOW™ <i>Megan</i>
	4:30p M/B 60' GENTLE YOGA <i>Dan</i>							
	6:30p M/B 60' FITNESS YOGA <i>TBD</i>				5:30p M/B 60' ALL LEVELS FLOW <i>Denise</i>		4:00p M/B 60' GENTLE YOGA <i>Denise</i>	
L A N D	6:00a GX1 55' BODYPUMP™ <i>Jen</i>	8:15a GX1 45' SOLID STRENGTH <i>Sandy</i>	6:00a GX1 55' BODYPUMP™ <i>Tracey</i>	HAPPY THANKSGIVING GYM HOURS 5:30am-2:00pm 	9:00a GX1 55' AEROMIX <i>Sandy</i>	8:15a GX1 45' BODYATTACK™ <i>Angela</i>		
	8:15a GX1 30' CXWORX™ <i>Michelle L.</i>	9:00a GX1 55' BODYCOMBAT™ <i>Mika</i>	9:00a GX1 55' AEROMIX <i>Megan</i>		10:00a GX1 55' BODYPUMP™ <i>Patricia</i>	9:00a GX1 30' CXWORX™ <i>Amy</i>		
	9:00a GX1 55' AEROMIX <i>Sandy</i>	10:00a GX1 55' MAC BARRE <i>Serrah</i>	10:00a GX1 55' LES MILLS TONE™ <i>Melissa</i>		10:45a GYM 30' CXWORX™ <i>Melissa</i>	9:30a GX1 55' BODYPUMP™ <i>Jen</i>		
	10:00a GX1 55' BODYPUMP™ <i>Mika</i>	10:45a GYM 45' *MAC BOOTCAMP <i>Tina</i>	11:15a GX1 55' STRNGTH4SRS CANCELED		7:35a GYM 30' CXWORX™ <i>Jen</i>	10:35a GX1 55' ZUMBA <i>Tracey</i>		
	11:15a GX1 55' ACTIVE AGERS <i>Sandy</i>	5:00p GX1 45' BODYPUMP™ <i>Amy</i>			8:00a GX1 55' BARRE <i>Lauren</i>			
	5:00p GX1 45' *MAC BURN <i>Lisa</i>	5:45p GX1 45' POUND® <i>Heather</i>			9:00a GX1 55' BODYCOMBAT™ <i>Angela</i>			
	5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</i>	5:45p GYM 45' ZUMBA <i>Tracey</i>						
6:30p GX1 55' BODYPUMP™ <i>Eliza</i>	6:30p GX1 55' *ATHLETIC INTERVALS <i>Heather</i>							

GX1, Group Exercise Studio 1 GYM, basketball court P, pool SS, spin studio Func. Room, Functional Room by gym
*My Zone friendly **class not meeting attendance policy

MAC GROUP EXERCISE – November 26-December 2

	MONDAY 26	TUESDAY 27	WEDNES. 28	THURSDAY 29	FRIDAY 30	SATURDAY 1	SUNDAY 2
A Q U A	8:45a P 50' H ₂ O FREESTYLE <i>Julie</i>	8:30a P 50' DEEP H ₂ O <i>Nellie</i>	8:45a P 50' H ₂ O FREESTYLE <i>Patricia</i>	9:30a P 50' DEEP H ₂ O INTERVALS <i>Bonnie</i>	8:45a P 50' H ₂ O INTERVALS <i>Megan</i>	9:30a P 50' AQUAZUMBA <i>Tracey</i>	
	6:15p P 50' H ₂ O FREESTYLE <i>Patricia</i>	9:30a P 50' H ₂ O GENTLE <i>Nellie</i>	6:15p P 50' H ₂ O INTERVALS <i>Megan</i>				
S P I N	5:30a SS 30' *SPRINT™ <i>Jen</i>	5:30a SS 45' SPINNING® 70's Spin <i>Jen</i>	7:15a SS 45' SPINNING® <i>Michelle L.</i>	5:30a SS 45' SPINNING® <i>Jen</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i>		
	9:00a SS 45' RPM™ <i>Michelle L.</i>	9:05a SS 30' LOW IMPACT RIDE <i>Sandy</i>	9:45a SS 45' RPM™ <i>Eliza</i>	9:05a SS 50' SPINNING® <i>Patricia</i>	9:45a SS 50' SPINNING® Pop, Hop, Rock <i>Melissa</i>	8:30a SS 50' SPINNING® 80's Jam <i>Jen</i>	
	10:00a SS 50' SPINNING® 70's Spin <i>Jen</i>	10:00a SS 45' CYCLEBODY <i>Heather</i>		10:00a SS 30' *SPRINT™ <i>Eliza</i>			9:30a SS 60' CYCLE BOOTCAMP <i>Heather</i>
	5:30p SS 30' *SPRINT™ <i>Melissa</i>		5:30p SS 30' *SPRINT™ <i>Jen</i>				
	6:30p SS 50' SPINNING® Pop, Hop, Rock <i>Melissa</i>	6:00p SS 45' RPM™ <i>Eliza</i>	6:30p SS 45' CYCLEBODY <i>Lauren</i>	6:00p SS 50' SPINNING® <i>Megan</i>			
M I N D B O D Y	10:00a M/B 60' FITNESS YOGA <i>Maura</i>	6:00a M/B 45' BODYFLOW™ <i>Cameron</i>	10:00a M/B 60' FITNESS YOGA <i>Maura</i>	11:00a GX1 55' BODYFLOW™ <i>Melissa</i>	8:15am GX1 45' PILATES <i>Patricia</i>		1:00p P 50' H ₂ O INTERVALS <i>Megan</i>
		9:15a M/B 60' CHAIR YOGA <i>Shannon</i>			9:15a M/B 60' CHAIR YOGA <i>TBD</i>	10:00a M/B 60' YOGA <i>Allison</i>	2:00p GX1 55' BODYFLOW™ <i>Megan</i>
	4:30p M/B 60' GENTLE YOGA <i>Jayne</i>		5:00p M/B 60' YIN YOGA <i>Debbie</i>		10:30a M/B 60' FITNESS YOGA <i>Kristine</i>		3:00p GX1 60' MAC BARRE <i>Lauren</i>
	6:30p M/B 60' FITNESS YOGA <i>Denise</i>		6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	6:00p M/B 60' FITNESS YOGA <i>Maura</i>	5:30p M/B 60' ALL LEVELS FLOW <i>Jayne</i>		4:00p M/B 60' GENTLE YOGA <i>Leo</i>
L A N D	6:00a GX1 55' BODYPUMP™ <i>Jen</i>	8:15a GX1 45' SOLID STRENGTH <i>Sandy</i>	6:00a GX1 55' BODYPUMP™ <i>Tracey</i>	6:15a GX1 30' CXWORX™ <i>Jen</i>	6:05a GX1 30' CXWORX™ <i>Cameron</i>	8:15a GX1 45' BODYATTACK™ <i>Angela</i>	
	8:15a GX1 30' CXWORX™ <i>Michelle L.</i>	9:00a GX1 55' BODYCOMBAT™ <i>Mika</i>	9:00a GX1 55' AEROMIX <i>Megan</i>	8:15a GX1 45' SOLID STRENGTH <i>Patricia</i>	9:00a GX1 55' AEROMIX <i>Sandy</i>	9:00a GX1 30' CXWORX™ <i>Amy</i>	
	9:00a GX1 55' AEROMIX <i>Sandy</i>	10:00a GX1 55' MAC BARRE <i>Serrah</i>	10:00a GX1 55' LES MILLS TONE™ <i>Melissa</i>	9:00a GX1 45' BODYSTEP™ <i>Mika</i>	10:00a GX1 55' BODYPUMP™ <i>Patricia</i>	9:30a GX1 55' BODYPUMP™ <i>Jen</i>	
	10:00a GX1 55' BODYPUMP™ <i>Mika</i>	10:45a GYM 45' *MAC BOOTCAMP <i>Tina</i>	11:15a GX1 55' STRNGTH4SRS <i>Pat</i>	10:00a GX1 55' CARDIO-SCULPT <i>Lisa</i>	10:45a GYM 30' CXWORX™ <i>Melissa</i>	10:35a GX1 55' ZUMBA <i>Tracey</i>	
	11:15a GX1 55' ACTIVE AGERS <i>Sandy</i>	5:00p GX1 45' BODYPUMP™ <i>Amy</i>		5:15p GX1 30' CXWORX™ <i>Megan</i>	11:15a GX1 55' ACTIVE AGERS <i>Megan</i>		
	5:00p GX1 45' *MAC BURN <i>Lisa</i>	5:45p GX1 45' POUND® <i>Heather</i>		5:30p GYM 55' ZUMBA <i>Tracey</i>			
	5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</i>	5:45p GYM 45' ZUMBA <i>Tracey</i>	5:15p GX1 45' BODYATTACK™ <i>Cameron</i>	6:00p GX1 55' MAC BARRE <i>Lauren</i>			
6:30p GX1 55' BODYPUMP™ <i>Eliza</i>	6:30p GX1 55' *ATHLETIC INTERVALS <i>Heather</i>	6:05p GX1 30' CXWORX™ <i>Cameron</i>	6:30p GYM 45' *MAC BOOTCAMP <i>Tina</i>	5:00p GX1 45' BODYPUMP™ <i>Amy</i>			

GX1, Group Exercise Studio 1 GYM, basketball court P, pool SS, spin studio Func. Room, Functional Room by gym
*My Zone friendly **class not meeting attendance policy

