

MAC GROUP EXERCISE – September 10-September 16

	MONDAY 10	TUESDAY 11	WEDNES. 12	THURSDAY 13	FRIDAY 14	SATURDAY 15	SUNDAY 16
A Q U A	8:45a P 50' H ₂ O FREESTYLE <i>Patricia</i>	8:30a P 50' DEEP H ₂ O <i>Genevelyn</i> 9:30a P 50' H ₂ O GENTLE <i>Bonnie</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 FREESTYLE <i>Sarah S.</i>	9:30a P 50' AQUAZUMBA <i>Tracey</i>	
S P I N	5:30a SS 30' *SPRINT™ <i>Jen</i> 9:00a SS 45' RPM™ <i>Eliza</i> 10:00a SS 50' SPINNING® Cycle+Sculpt <i>Megan</i> 5:30p SS 30' *SPRINT™ <i>Melissa</i> 6:30p SS 50' CYCLEBODY <i>Melissa</i>	5:30a SS 45' SPINNING® Hill Intervals <i>Jen</i> 9:05a SS 30' LOW IMPACT RIDE <i>Sandy</i> 10:00a SS 45' CYCLEBODY <i>Heather</i> 6:00P SS 45' RPM™ <i>Eliza</i>	7:15a SS 45' SPINNING® Stadium Anthems <i>Michelle</i> 9:45a SS 45' RPM™ <i>Eliza</i> 5:30p SS 30' *SPRINT™ <i>Jen</i> 6:30p SS 45' CYCLEBODY <i>Lauren</i>	5:30a SS 45' SPINNING® Flo*Rida <i>Heather</i> 9:05a SS 50' SPINNING® Video Ride <i>Patricia</i> 10:00a SS 30' *SPRINT™ <i>Eliza</i> 6:00p SS 50' SPINNING® Cycle+Sculpt <i>Megan</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i> 9:45a SS 50' CYCLEBODY <i>Melissa</i>	8:30a SS 50' SPINNING® Rise Up Ride <i>Jen</i> 9:30a SS 60' CYCLE BOOTCAMP <i>Heather</i>	
M I N D B O D Y	10:00a M/B 60' FITNESS YOGA <i>Maura</i> 4:30p M/B 60' GENTLE YOGA <i>Jayne</i> 6:30p M/B 60' FITNESS YOGA <i>Kristine</i>	6:00a M/B 45' BODYFLOW™ <i>Cameron</i> 9:15a M/B 60' CHAIR YOGA <i>Shannon</i>	10:00a M/B 60' FITNESS YOGA <i>Maura</i> 5:00p M/B 60' YIN YOGA <i>Pat</i> 6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	11:00a GX1 55' BODYFLOW™ <i>Melissa</i> 6:30p M/B 60' FITNESS YOGA <i>Maura</i>	8:15am GX1 45' PILATES <i>Patricia</i> 9:15a M/B 60' CHAIR YOGA <i>Dan</i> 10:30a M/B 60' FITNESS YOGA <i>Maura</i> 5:30p M/B 60' ALL LEVELS FLOW <i>Stephanie</i>	10:00a M/B 60' YOGA <i>Allison</i>	1:00p P 50' H ₂ O INTERVALS <i>Megan</i> 2:00p GX1 55' BODYFLOW™ <i>Megan</i> 3:00p GX1 60' MAC BARRE <i>Lauren</i> 4:00p M/B 60' GENTLE YOGA <i>Pat</i>
L A N D	6:00a GX1 55' BODYPUMP™ <i>Jen</i> 8:15a GX1 30' CXWORX™ <i>Megan</i> 9:00a GX1 55' AEROMIX <i>Sandy</i> 10:00a GX1 55' BODYPUMP™ <i>Mika</i> 11:15a GX1 55' ACTIVE AGERS <i>Sandy</i> 5:00p GX1 45' *MAC BURN <i>Lisa</i> 5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</i> 6:30p GX1 55' BODYPUMP™ <i>Eliza</i>	8:15a GX1 45' SOLID STRENGTH <i>Sandy</i> 9:00a GX1 45' BODYCOMBAT™ <i>Mika</i> 10:00a GX1 55' MAC BARRE <i>Serrah</i> 10:45a GYM 45' *MAC BOOTCAMP <i>Tina</i> 5:00p GX1 45' BODYPUMP™ <i>Patricia</i> 5:45p GX1 45' POUND® <i>Heather</i> 5:45p GYM 45' ZUMBA <i>Tracey</i> 6:30p GX1 55' *ATHLETIC INTERVALS <i>Heather</i>	6:00a GX1 55' BODYPUMP™ <i>Tracey</i> 9:00a GX1 55' AEROMIX <i>Megan</i> 10:00a GX1 55' LES MILLS TONE™ <i>Melissa</i> 11:15a GX1 55' STRNGTH4SRS <i>Sarah S.</i> 5:15p GX1 45' BODYATTACK™ <i>Cameron</i> 6:05p GX1 30' CXWORX™ <i>Cameron</i> 6:30p Func.Rm 30' TRAINER TAKEOVER <i>Charles</i> 7p Func.Rm 30' TRAINER TAKEOVER <i>Charles</i>	6:15a GX1 45' BARRE <i>Heather</i> 8:15a GX1 45' SOLID STRENGTH <i>Patricia</i> 9:00a GX1 45' BODYSTEP™ <i>Mika</i> 10:00a GX1 55' CARDIO-SCULPT <i>Melissa</i> 5:15p GX1 30' CXWORX™ <i>Megan</i> 5:30p GYM 55' ZUMBA <i>Tracey</i> 6:00p GX1 55' MAC BARRE <i>Lauren</i> 6:30p GYM 45' *MAC BOOTCAMP <i>Tina</i>	6:05a GX1 30' CXWORX™ <i>Cameron</i> 9:00a GX1 55' AEROMIX <i>Sandy</i> 10:00a GX1 55' BODYPUMP™ <i>Patricia</i> 10:45a GYM 30' CXWORX™ <i>Melissa</i> 11:15a GX1 55' ACTIVE AGERS <i>Sarah S.</i> 5:00p GX1 45' BODYPUMP™ <i>Eliza</i>	8:15a GX1 45' BODYATTACK™ <i>Angela</i> 9:00a GX1 30' CXWORX™ <i>Angela</i> 9:30a GX1 55' BODYPUMP™ <i>Jen</i> 10:35a GX1 55' ZUMBA <i>Tracey</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 – September 17-September 23

	MONDAY 17	TUESDAY 18	WEDNES. 19	THURSDAY 20	FRIDAY 21	SATURDAY 22	SUNDAY 23
A Q U A	8:45a P 50' WATERinMOTION® <i>Sarah S.</i>	8:30a P 50' DEEP H ₂ O <i>Nellie</i> 9:30a P 50' H ₂ O GENTLE <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 FREESTYLE <i>Patricia</i>	9:30a P 50' AQUAZUMBA <i>Tracey</i>	
S P I N	5:30a SS 30' *SPRINT™ <i>Jen</i> 9:00a SS 45' RPM™ <i>Michelle</i> 10:00a SS 50' SPINNING® Latin Pop Intervals <i>Megan</i> 5:30p SS 30' *SPRINT™ <i>Melissa</i> 6:30p SS 50' SPINNING® Tabata & Arms <i>Melissa</i>	5:30a SS 45' SPINNING® Motown <i>Jen</i> 9:05a SS 30' LOW IMPACT RIDE <i>Sandy</i> 10:00a SS 45' CYCLEBODY <i>Heather</i> 6:00P SS 45' RPM™ <i>Eliza</i>	7:15a SS 45' SPINNING® Game Day Intervals <i>Michelle</i> 9:45a SS 45' RPM™ <i>Eliza</i> 5:30p SS 30' *SPRINT™ <i>Jen</i> 6:30p SS 45' CYCLEBODY <i>Lauren</i>	5:30a SS 45' SPINNING® Birthday Bash <i>Heather</i> 9:05a SS 50' SPINNING® Extreme Intervals <i>Patricia</i> 10:00a SS 30' *SPRINT™ <i>Eliza</i> 6:00p SS 50' SPINNING® Pop Diva Intervals <i>Megan</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i> 9:45a SS 50' SPINNING® Tabata & Arms <i>Melissa</i>	8:30a SS 50' SPINNING® <i>Jen</i>	9:30a SS 60' CYCLE BOOTCAMP <i>Heather</i>
M I N D B O D Y	10:00a M/B 60' FITNESS YOGA <i>Maura</i> 4:30p M/B 60' GENTLE YOGA <i>Dan</i> 6:30p M/B 60' FITNESS YOGA <i>Kristine</i>	6:00a M/B 45' BODYFLOW™ <i>Cameron</i> 9:15a M/B 60' CHAIR YOGA <i>Shannon</i>	10:00a M/B 60' FITNESS YOGA <i>Maura</i> 5:00p M/B 60' YIN YOGA <i>Debbie</i> 6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	11:00a GX1 55' BODYFLOW™ <i>Melissa</i> 6:30p M/B 60' FITNESS YOGA <i>Maura</i>	8:15am GX1 45' PILATES <i>Nicole</i> 9:15a M/B 60' CHAIR YOGA <i>Dan</i> 10:30a M/B 60' FITNESS YOGA <i>Kristine</i> 5:30p M/B 60' ALL LEVELS FLOW <i>Denise</i>	10:00a M/B 60' YOGA <i>Allison</i>	1:00p P 50' H ₂ O INTERVALS <i>Kim</i> 2:00p GX1 55' BODYFLOW™ <i>Melissa</i> 3:00p GX1 60' MAC BARRE <i>Lauren</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 30' CXWORX™ <i>Michelle</i> 9:00a GX1 55' AEROMIX <i>Sandy</i> 10:00a GX1 55' BODYPUMP™ <i>Mika</i> 11:15a GX1 55' ACTIVE AGERS <i>Sarah S.</i> 5:00p GX1 45' *MAC BURN <i>Lisa</i> 5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</i> 6:30p GX1 55' BODYPUMP™ <i>Eliza</i>	8:15a GX1 45' SOLID STRENGTH <i>Sandy</i> 9:00a GX1 45' BODYCOMBAT™ <i>Mika</i> 10:00a GX1 55' MAC BARRE <i>Serrah</i> 5:00p GX1 45' BODYPUMP™ <i>Patricia</i> 5:45p GX1 45' POUND® <i>Heather</i> 5:45p GYM 45' ZUMBA <i>Tracey</i> 6:30p GX1 55' *ATHLETIC INTERVALS <i>Heather</i>	6:00a GX1 55' BODYPUMP™ <i>Tracey</i> 9:00a GX1 55' AEROMIX <i>Megan</i> 10:00a GX1 55' LES MILLS TONE™ <i>Melissa</i> 11:15a GX1 55' STRNGTH4SRS <i>Sarah S.</i> 5:15p GX1 45' BODYATTACK™ <i>Cameron</i> 6:05p GX1 30' CXWORX™ <i>Cameron</i> 6:30p Func.Rm 30' TRAINER TAKEOVER <i>Charles</i> 7p Func.Rm 30' TRAINER TAKEOVER <i>Charles</i>	6:15a GX1 45' BARRE <i>Heather</i> 8:15a GX1 45' SOLID STRENGTH <i>Patricia</i> 9:00a GX1 45' BODYSTEP™ <i>Mika</i> 10:00a GX1 55' CARDIO-SCULPT <i>Melissa</i> 5:15p GX1 30' CXWORX™ <i>Megan</i> 5:30p GYM 55' ZUMBA <i>Tracey</i> 6:00p GX1 55' MAC BARRE <i>Lauren</i> 6:30p GYM 45' *MAC BOOTCAMP <i>Tina</i>	6:05a GX1 30' CXWORX™ <i>Cameron</i> 9:00a GX1 55' AEROMIX <i>Sandy</i> 10:00a GX1 55' BODYPUMP™ <i>Patricia</i> 10:45a GYM 30' CXWORX™ <i>Melissa</i> 11:15a GX1 55' ACTIVE AGERS <i>Sandy</i>	8:15a GX1 45' BODYATTACK™ <i>Angela</i> 9:00a GX1 30' CXWORX™ <i>Amy</i> 9:30a GX1 55' BODYPUMP™ <i>Jen</i> 10:35a GX1 55' ZUMBA <i>Tracey</i>	

GX1, Group Exercise Studio 1 GYM, basketball court P, pool SS, spin studio Func. Room, Functional Room by gym
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MAC GROUP EXERCISE – September 24-September 30

	MONDAY 24	TUESDAY 25	WEDNES. 26	THURSDAY 27	FRIDAY 28	SATURDAY 29	SUNDAY 30
A Q U A	8:45a P 50' WATERinMOTION® <i>Sarah S.</i>	8:30a P 50' DEEP H ₂ O <i>Nellie</i> 9:30a P 50' H ₂ O GENTLE <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 FREESTYLE <i>Sarah S.</i>	9:30a P 50' AQUAZUMBA <i>Tracey</i>	
S P I N	5:30a SS 30' *SPRINT™ <i>Jen</i> 9:00a SS 45' RPM™ <i>Michelle</i> 10:00a SS 50' SPINNING® Tabatas & Sprints <i>Patricia</i> 5:30p SS 30' *SPRINT™ <i>Melissa</i> 6:30p SS 50' SPINNING® Power Intervals <i>Melissa</i>	5:30a SS 45' SPINNING® <i>Jen</i> 9:05a SS 30' LOW IMPACT RIDE <i>Sandy</i> 10:00a SS 45' CYCLEBODY <i>Heather</i> 6:00P SS 45' RPM™ <i>Eliza</i>	7:15a SS 45' SPINNING® Hills <i>Michelle</i> 9:45a SS 45' RPM™ <i>Eliza</i> 5:30p SS 30' *SPRINT™ <i>Jen</i> 6:30p SS 45' CYCLEBODY <i>Lauren</i>	5:30a SS 45' SPINNING® Taylor vs Her Exs <i>Heather</i> 9:05a SS 50' SPINNING® Tabatas & Sprints <i>Patricia</i> 10:00a SS 30' *SPRINT™ <i>Eliza</i> 6:00p SS 50' SPINNING® Jacksons <i>Austin</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i> 9:45a SS 50' SPINNING® Power Intervals <i>Melissa</i>	7:30a* SS 45' SPINNING® <i>Jen</i>	9:30a GYM 60' BOOTCAMP ONLY <i>Heather</i>
M I N D B O D Y	10:00a M/B 60' FITNESS YOGA <i>Maura</i> 4:30p M/B 60' GENTLE YOGA <i>Denise</i> 6:30p M/B 60' FITNESS YOGA <i>Sandi</i>	6:00a M/B 45' BODYFLOW™ <i>Cameron</i> 9:15a M/B 60' CHAIR YOGA <i>Shannon</i>	10:00a M/B 60' FITNESS YOGA <i>Maura</i> 5:00p M/B 60' YIN YOGA <i>Debbie</i> 6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	11:00a GX1 55' BODYFLOW™ <i>Melissa</i> 6:30p M/B 60' FITNESS YOGA <i>Maura</i>	8:15am GX1 45' PILATES <i>Patricia</i> 9:15a M/B 60' CHAIR YOGA <i>Dan</i> 10:30a M/B 60' FITNESS YOGA <i>Kristine</i> 5:30p M/B 60' ALL LEVELS FLOW <i>Jayne</i>	10:00a M/B 60' YOGA <i>Allison</i>	1:00p P 50' H ₂ O INTERVALS <i>Megan</i> 2:00p M/B 55' BODYFLOW™ <i>Megan</i> 3:00p M/B 60' MAC BARRE <i>Lauren</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 30' CXWORX™ <i>Michelle</i> 9:00a GX1 55' AEROMIX <i>Sandy</i> 10:00a GX1 55' BODYPUMP™ <i>Mika</i> 11:15a GX1 55' ACTIVE AGERS <i>Sandy</i> 5:00p GX1 45' *MAC BURN <i>Lisa</i> 5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</i> 6:30p GX1 55' BODYPUMP™ <i>Eliza</i>	8:15a GX1 45' SOLID STRENGTH <i>Sandy</i> 9:00a GX1 45' BODYCOMBAT™ <i>Mika</i> 10:00a GX1 55' MAC BARRE <i>Serrah</i> 10:45a GYM 55' *MAC BOOTCAMP <i>Tina</i> 5:00p GX1 45' BODYPUMP™ <i>Patricia</i> 5:45p GX1 45' POUND® <i>Heather</i> 5:45p GYM 45' ZUMBA <i>Tracey</i> 6:30p GX1 55' *ATHLETIC INTERVALS <i>Heather</i>	6:00a GX1 55' BODYPUMP™ <i>Tracey</i> 9:00a GX1 55' AEROMIX <i>Melissa</i> 10:00a GX1 55' LES MILLS TONE™ <i>Melissa</i> 11:15a GX1 55' STRNGTH4SRS <i>Sarah S.</i> 5:15p GX1 45' BODYATTACK™ <i>Cameron</i> 6:05p GX1 30' CXWORX™ <i>Cameron</i> 6:30p Func.Rm 30' TRAINER TAKEOVER <i>Charles</i> 7p Func.Rm 30' TRAINER TAKEOVER <i>Charles</i>	6:15a GX1 45' BARRE <i>Heather</i> 8:15a GX1 45' SOLID STRENGTH <i>Patricia</i> 9:00a GX1 45' BODYSTEP™ <i>Mika</i> 10:00a GX1 55' CARDIO-SCULPT <i>Melissa</i> 5:15p GX1 30' CXWORX™ <i>Cameron</i> 5:30p GYM 55' ZUMBA <i>Tracey</i> 6:00p GX1 55' MAC BARRE <i>Lauren</i> 6:30p GYM 45' *MAC BOOTCAMP <i>Michelle M.</i>	6:05a GX1 30' CXWORX™ <i>Cameron</i> 9:00a GX1 55' AEROMIX <i>Sandy</i> 10:00a GX1 55' BODYPUMP™ <i>Patricia</i> 10:45a GYM 30' CXWORX™ <i>Melissa</i> 11:15a GX1 55' ACTIVE AGERS <i>Sarah S.</i> 5:00p GX1 45' BODYPUMP™ <i>Eliza</i>	8:00a GYM 55' *ATHLETIC INTERVALS <i>Heather</i> 9:00a GYM 55' LES MILLS TONE™ <i>Melissa</i> *PLEASE NOTE... Class changes this week only due to Instructor Trainings.	

GX1, Group Exercise Studio 1 GYM, basketball court P, pool SS, spin studio Func. Room, Functional Room by gym
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