

MAC GROUP EXERCISE – October 8-October 14

	MONDAY 8	TUESDAY 9	WEDNES. 10	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
A Q U A	8:45a P 50' WATERinMOTION® <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 FREESTYLE <i>Sarah S.</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® Goin Old Skool <i>Jen</i>	7:15a SS 45' SPINNING® All or Nothing Intervals <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>Melissa</i>	9:45a SS 45' RPM™ <i>Eliza</i>	9:05a SS 50' SPINNING® <i>Patricia</i>	9:45a SS 50' SPINNING® <i>Melissa</i>	8:30a SS 50' SPINNING® <i>Jen</i>	
	10:00a SS 50' SPINNING® Classic Rock Tabata <i>Megan</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® <i>Melissa</i>	6:00p SS 45' RPM™ <i>Eliza</i>	6:30p SS 45' CYCLEBODY <i>Lauren</i>	6:00p SS 50' SPINNING® Classic Rock Tabata <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>Pat</i>			9:15a M/B 60' CHAIR YOGA <i>Dan</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>Kristine</i>		5:00p M/B 60' YIN YOGA <i>Pat</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>Sandi</i>		6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	6:30p M/B 60' FITNESS YOGA <i>Maura</i>	5:30p M/B 60' ALL LEVELS FLOW <i>Stephanie M.</i>		4:00p M/B 60' GENTLE YOGA <i>Denise</i>
L A N D	6:00a GX1 55' BODYPUMP™ <i>Jen & 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' 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>Sarah S.</i>	10:00a GX1 55' CARDIO·SCULPT <i>Lisa</i>	10:45a 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>		5:15p GX1 30' CXWORX™ <i>Megan</i>	11:15a GX1 55' ACTIVE AGERS <i>Sarah S.</i>		2:00p GX1 55' LES MILLS TONE™ <i>Melissa</i>
	5:00p GX1 45' *MAC BURN <i>Megan</i>	5:45p GX1 45' POUND® <i>Heather</i>	5:15p GX1 45' BODYATTACK™ <i>Cameron</i>	5:30p GYM 55' ZUMBA <i>Tracey</i>			*COMMUNITY CLASS If you like LES MILLS TONE™ &/or have ever thought about becoming an instructor...this is for you & bring a friend!
5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</i>	5:45p GYM 45' ZUMBA <i>Tracey</i>	6:05p GX1 30' CXWORX™ <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>	6:30p Func.Rm 45' TRAINER TAKEOVER <i>Charles</i>	6:30p GYM 45' *MAC BOOTCAMP <i>Tina</i>	5:00p GX1 45' BODYPUMP™ <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 – October 15-October 21

	MONDAY 15	TUESDAY 16	WEDNES. 17	THURSDAY 18	FRIDAY 19	SATURDAY 20	SUNDAY 21
A Q U A	8:45a P 50' WATERinMOTION® <i>Sarah S.</i>	8:30a P 50' DEEP H ₂ O <i>Genevelyn</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>Genevelyn</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>Bonnie</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® <i>Jen</i>	7:15a SS 45' SPINNING® Have It All <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>Melissa</i>	9:45a SS 45' RPM™ <i>Eliza</i>	9:05a SS 50' SPINNING® <i>Patricia</i>	9:45a SS 50' SPINNING® <i>Jen</i>	8:30a SS 50' SPINNING® <i>Jen</i>	
	10:00a SS 50' SPINNING® 60's Strength <i>Megan</i>	10:00a SS 45' CYCLEBODY <i>Heather</i>		10:00a SS 30' *SPRINT™ <i>Eliza</i>			
	5:30p SS 30' *SPRINT™ <i>Melissa</i>		5:30p SS 30' *SPRINT™ <i>Jen</i>				9:30a SS 60' CYCLE BOOTCAMP <i>Heather</i>
	6:30p SS 50' SPINNING® <i>Melissa</i>	6:00P SS 45' RPM™ <i>Eliza</i>	6:30p SS 45' CYCLEBODY <i>Lauren</i>	6:00p SS 50' SPINNING® 70's HIIT <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>Pat</i>			9:15a M/B 60' CHAIR YOGA <i>Dan</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>Denise</i>		5:00p M/B 60' YIN YOGA <i>Debbie</i>		10:30a M/B 60' FITNESS YOGA <i>Kristine</i>	4:00p M/B 60' YOGA DONATION CLASS FOR NEW HOPE RESCUE <i>Jayne</i>	3:00p GX1 60' MAC BARRE <i>Megan</i>
	6:30p M/B 60' FITNESS YOGA <i>Sandi</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>Sandi</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 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>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>Sandy</i>	10:00a GX1 55' CARDIO-SCULPT <i>Lisa</i>	10:45a 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>Patricia</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>Megan</i>	5:45p GX1 45' POUND® <i>Heather</i>	5:15p GX1 45' LES MILLS TONE™ <i>Melissa</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>	6:05p GX1 30' CXWORX™ <i>Jen</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>	6:30p Func.Rm 45' TRAINER TAKEOVER <i>Charles</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 – October 22-October 28

	MONDAY 22	TUESDAY 23	WEDNES. 24	THURSDAY 25	FRIDAY 26	SATURDAY 27	SUNDAY 28
A Q U A	8:45a P 50' H ₂ O FREESTYLE <i>Patricia</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 FREESTYLE <i>Sarah S.</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® <i>Jen</i>	7:15a SS 45' SPINNING® Time Ladder Loops <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>Melissa</i>	9:45a SS 45' RPM™ <i>Eliza</i>	9:05a SS 50' SPINNING® <i>Patricia</i>	9:45a SS 50' SPINNING® <i>Melissa</i>	8:30a SS 50' SPINNING® <i>Jen</i>	
	10:00a SS 50' SPINNING® Cycle & Sculpt <i>Megan</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® <i>Melissa</i>	6:00p SS 45' RPM™ <i>Eliza</i>	6:30p SS 45' CYCLEBODY <i>Melissa</i>	6:00p SS 50' SPINNING® 80's Intervals <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>Kim</i>
		9:15a M/B 60' CHAIR YOGA <i>Shannon</i>			9:15a M/B 60' CHAIR YOGA <i>Dan</i>	10:00a M/B 60' YOGA <i>Allison</i>	2:00p GX1 55' BODYFLOW™ <i>Lauren</i>
	4:30p M/B 60' GENTLE YOGA <i>Kristine</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>Sandi</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>Canceled</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 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>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>Sarah S.</i>	10:00a GX1 55' CARDIO-SCULPT <i>Lisa</i>	10:45a 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>		5:15p GX1 30' CXWORX™ <i>Megan</i>	11:15a GX1 55' ACTIVE AGERS <i>Sarah S.</i>		
	5:00p GX1 45' *MAC BURN <i>Lisa</i>	5:45p GX1 45' POUND® <i>Heather</i>	5:15p GX1 45' BODYATTACK™ <i>Cameron</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>	6:05p GX1 30' CXWORX™ <i>Cameron</i>	6:00p GX1 55' MAC BARRE <i>Michelle M.</i>				
6:30p GX1 55' BODYPUMP™ <i>Eliza</i>	6:30p GX1 55' *ATHLETIC INTERVALS <i>Heather</i>	6:30p Func.Rm 45' TRAINER TAKEOVER <i>Charles</i>	6:30p GYM 45' *MAC BOOTCAMP <i>Tina</i>	5:00p GX1 45' BODYPUMP™ <i>Canceled</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 – October 29-November 4

	MONDAY 29	TUESDAY 30	WEDNES. 31	THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
A Q U A	8:45a P 50' WATERinMOTION® <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 FREESTYLE <i>Sarah S.</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® <i>Jen</i>	7:15a SS 45' SPINNING® Halloween Ride <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>Melissa</i>	9:45a SS 45' RPM™ <i>Eliza</i>	9:05a SS 50' SPINNING® <i>Patricia</i>	9:45a SS 50' SPINNING® <i>Melissa</i>	8:30a SS 50' SPINNING® <i>Jen</i>	
	10:00a SS 50' SPINNING® Spooky Spinning <i>Megan</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>						
	6:30p SS 50' SPINNING® <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	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>TBD</i>		1:00p P 50' H ₂ O INTERVALS <i>Megan</i>
B O D Y	4:30p M/B 60' GENTLE YOGA <i>Denise</i>	9:15a M/B 60' CHAIR YOGA <i>Shannon</i>			9:15a M/B 60' CHAIR YOGA <i>Dan</i>	10:00a M/B 60' YOGA <i>Allison</i>	2:00p GX1 55' BODYFLOW™ <i>Megan</i>
	6:30p M/B 60' FITNESS YOGA <i>Sandi</i>		6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	6:00p M/B 60' FITNESS YOGA <i>Maura</i>	10:30a M/B 60' FITNESS YOGA <i>Kristine</i>		3:00p GX1 60' MAC BARRE <i>Megan</i>
					5:30p M/B 60' ALL LEVELS FLOW <i>Heather</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 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>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>Jen</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>Sarah S.</i>	10:00a GX1 55' CARDIO-SCULPT <i>Lisa</i>	10:45a 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>	 ***Please note special schedule for Halloween KIDS CLUB HOURS 4:00pm-7:00pm	5:15p GX1 30' CXWORX™ <i>Megan</i>	11:15a GX1 55' ACTIVE AGERS <i>Sarah S.</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>Michelle L.</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