


# MAC GROUP EXERCISE – December 3-December 9

	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	SATURDAY 8	SUNDAY 9
A Q U A	8:45a P 50' H <sub>2</sub> O FREESTYLE <i>Julie</i>  6:00p P 50' H <sub>2</sub> O FREESTYLE <i>Patricia</i>	8:30a P 50' DEEP H <sub>2</sub> O <i>Nellie</i>  9:30a P 50' H <sub>2</sub> O GENTLE <i>Nellie</i>	8:45a P 50' H <sub>2</sub> O FREESTYLE <i>Patricia</i>	9:30a P 50' DEEP H <sub>2</sub> O INTERVALS <i>Bonnie</i>	8:45a P 50' H <sub>2</sub> O FREESTYLE <i>Megan</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 L.</i>  5:30p SS 30' *SPRINT™ <i>Melissa</i>  6:30p SS 50' SPINNING@ Latino Love <i>Melissa</i>	5:30a SS 45' SPINNING@ <i>Lauren</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>	9:45a SS 45' RPM™ <i>Eliza</i>  5:30p SS 30' *HIIT SPIN <i>Patricia</i>	5:30a SS 45' SPINNING@ <i>Heather</i>  9:05a SS 50' SPINNING@ <i>Patricia</i>  10:00a SS 30' *SPRINT™ <i>Eliza</i>  6:00p SS 50' SPINNING@ <i>Patricia</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i>  9:45a SS 50' SPINNING@ Latino Love <i>Melissa</i>	8:30a SS 50' SPINNING@ 90's Mix <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>Denise</i>  6:30p M/B 60' FITNESS YOGA <i>Denise</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>Dan</i>  6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	9:00a M/B 55' CHAIR YOGA <i>Dianne</i>  10:00a M/B 55' BODYFLOW™ <i>Melissa</i>	8:15am GX1 45' PILATES <i>Patricia</i>  10:00a M/B 60' 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 <sub>2</sub> O INTERVALS <i>Megan</i>  2:00p GX1 55' BODYFLOW™ <i>Lauren</i>  3:00p GX1 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 L.</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 55' BODYCOMBAT™ <i>Mika</i>  10:00a GX1 55' MAC BARRE <i>Serrah</i>  5:00p GX1 45' BODYPUMP™ <i>Amy</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>  11:30a GX1 55' STRNGTH4SRS <i>Dianne</i>  5:15p GX1 45' BODYATTACK™ <i>Cameron</i>  6:05p GX1 30' CXWORX™ <i>Cameron</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>Lisa</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>Keilah</i>	6:05a GX1 30' CXWORX™ <i>Cameron</i>  9:00a GX1 55' AEROMIX <i>Sandy</i>  10:00a GX1 45' BODYPUMP™ <i>Patricia</i>  10:55a GX1 30' CXWORX™ <i>Melissa</i>  11:30a GX1 55' ACTIVE AGERS <i>Dianne</i>  5:00p GX1 45' BODYPUMP™ <i>Angela</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  
\*My Zone friendly \*\*class not meeting attendance policy

# MAC GROUP EXERCISE – December 10-December 16

	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14	SATURDAY 15	SUNDAY 16
A Q U A	8:45a P 50' H <sub>2</sub> O FREESTYLE <i>Julie</i>  6:00p P 50' H <sub>2</sub> O FREESTYLE <i>Patricia</i>	8:30a P 50' DEEP H <sub>2</sub> O <i>Nellie</i>  9:30a P 50' H <sub>2</sub> O GENTLE <i>Nellie</i>	8:45a P 50' H <sub>2</sub> O FREESTYLE <i>Patricia</i>	9:30a P 50' DEEP H <sub>2</sub> O INTERVALS <i>Bonnie</i>	8:45a P 50' H <sub>2</sub> O FREESTYLE <i>Genevyn</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 L.</i>  5:30p SS 30' *SPRINT™ <i>Melissa</i>  6:30p SS 50' SPINNING® Justins vs Britney <i>Melissa</i>	5:30a SS 45' SPINNING® 90's Mix <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>	9:45a SS 45' RPM™ <i>Eliza</i>  5:30p SS 30' *SPRINT™ <i>Jen</i>	5:30a SS 45' SPINNING® <i>Heather</i>  9:05a SS 50' SPINNING® <i>Patricia</i>  10:00a SS 30' *SPRINT™ <i>Eliza</i>  6:00p SS 50' SPINNING® <i>Austin</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i>  9:45a SS 50' SPINNING® Justins vs Britney <i>Melissa</i>	8:30a SS 50' SPINNING® Y2k <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>Denise</i>  6:30p M/B 60' FITNESS YOGA <i>Denise</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>Dan</i>  6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	9:00a M/B 55' CHAIR YOGA <i>Dianne</i>  10:00a M/B 55' BODYFLOW™ <i>Melissa</i>	8:15am GX1 45' PILATES <i>Patricia</i>  10:00a M/B 60' YOGA <i>Maura</i>  5:30p M/B 60' ALL LEVELS FLOW <i>Cancelled</i>	10:00a M/B 60' YOGA <i>Allison</i>	1:00p P 50' H <sub>2</sub> 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>Leo</i>
L A N D	6:00a GX1 55' BODYPUMP™ <i>Jen</i>  8:15a GX1 30' CXWORX™ <i>Michelle L.</i>  9:00a GX1 55' AEROMIX <i>Sandy</i>  10:00a GX1 55' BODYPUMP™ <i>Mika</i>  11:30a 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 55' 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>Amy</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>  10:55a GX1 30' CXWORX™ <i>Jen</i>  11:30a GX1 55' STRNGTH4SRS <i>Dianne</i>  5:15p GX1 45' BODYATTACK™ <i>Cameron</i>  6:05p GX1 30' CXWORX™ <i>Cameron</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>Lisa</i>  5:30p GYM 55' ZUMBA <i>Tracey</i>  6:00p GX1 55' MAC BARRE <i>Megan</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 45' BODYPUMP™ <i>Patricia</i>  10:55a GX1 30' CXWORX™ <i>Melissa</i>  11:30a GX1 55' ZUMBA GOLD Seniors <i>Tara</i>  5:00p GX1 45' BODYPUMP™ <i>Cancelled</i>  <b>GX HOLIDAY HAPPY HOUR</b>  5:30-7:30pm	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 – December 17-December 23

	MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21	SATURDAY 22	SUNDAY 23
A Q U A	8:45a P 50' H <sub>2</sub> O FREESTYLE <i>Julie</i>  6:00p P 50' H <sub>2</sub> O FREESTYLE <i>Patricia</i>	8:30a P 50' DEEP H <sub>2</sub> O <i>Nellie</i>  9:30a P 50' H <sub>2</sub> O GENTLE <i>Nellie</i>	8:45a P 50' H <sub>2</sub> O FREESTYLE <i>Patricia</i>	9:30a P 50' DEEP H <sub>2</sub> O INTERVALS <i>Bonnie</i>	8:45a P 50' H <sub>2</sub> O FREESTYLE <i>Kim</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 L.</i>  5:30p SS 30' *SPRINT™ <i>Melissa</i>  6:30p SS 50' SPINNING® Girl vs Boy Bands <i>Melissa</i>	5:30a SS 45' SPINNING® Y2k <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>	9:45a SS 45' RPM™ <i>Eliza</i>  5:30p SS 30' *SPRINT™ <i>Jen</i>	5:30a SS 45' SPINNING® <i>Heather</i>  9:05a SS 50' SPINNING® <i>Patricia</i>  10:00a SS 30' *SPRINT™ <i>Eliza</i>  6:00p SS 50' SPINNING® <i>Megan</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i>  9:45a SS 50' SPINNING® Girl vs Boy Bands <i>Melissa</i>	8:30a SS 50' SPINNING® 2010's <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>Kristine</i>  6:30p M/B 60' FITNESS YOGA <i>Maura</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>Heather Mo.</i>  5:00p M/B 60' YIN YOGA <i>Dan</i>  6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	9:00a M/B 55' CHAIR YOGA <i>Dianne</i>  10:00a M/B 55' BODYFLOW™ <i>Melissa</i>	8:15am GX1 45' PILATES <i>Patricia</i>  10:00a M/B 60' 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 <sub>2</sub> 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>Dan</i>
L A N D	6:00a GX1 55' BODYPUMP™ <i>Jen</i>  8:15a GX1 30' CXWORX™ <i>Michelle L.</i>  9:00a GX1 55' AEROMIX <i>Sandy</i>  10:00a GX1 55' BODYPUMP™ <i>Mika</i>  11:30a 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 55' 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>Melissa</i>  10:00a GX1 55' LES MILLS TONE™ <i>Melissa</i>  11:30a GX1 55' STRNGTH4SRS <i>Dianne</i>  5:15p GX1 45' BODYATTACK™ <i>Cameron</i>  6:05p GX1 30' CXWORX™ <i>Cameron</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>Lisa</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 45' BODYPUMP™ <i>Jen</i>  10:55a GX1 30' CXWORX™ <i>Melissa</i>  11:30a GX1 55' ACTIVE AGERS <i>Dianne</i>  5:00p GX1 45' BODYPUMP™ <i>Patricia</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 – December 24-December 30

	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28	SATURDAY 29	SUNDAY 30
A Q U A	8:45a P 50' H <sub>2</sub> O FREESTYLE <i>Genevelyn</i>		8:45a P 50' H <sub>2</sub> O FREESTYLE <i>Patricia</i>	9:30a P 50' DEEP H <sub>2</sub> O INTERVALS <i>Bonnie</i>	8:45a P 50' H <sub>2</sub> O FREESTYLE <i>Kim</i>	9:30a P 50' AQUAZUMBA <i>Tracey</i>	
S P I N	5:30a SS 30' *SPRINT™ <i>Jen</i>  10:00a SS 50' SPINNING@ A Little Bit of Jolly <i>Jen</i>		9:45a SS 45' RPM™ <i>Michelle</i>	5:30a SS 45' SPINNING@ <i>Heather</i>  9:05a SS 50' SPINNING@ Pop, Hop, Rock <i>Melissa</i>  10:00a SS 30' *SPRINT™ <i>Jen</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i>  9:45a SS 50' SPINNING@ Bruno Mars vs Lady Gaga <i>Melissa</i>	8:30a SS 50' SPINNING@ Best of 2018! <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>		10:00a M/B 60' FITNESS YOGA <i>Maura</i>  5:00p M/B 60' YIN YOGA <i>Dan</i>  6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	9:00a M/B 55' CHAIR YOGA <i>Dianne</i>  10:00a M/B 55' BODYFLOW™ <i>Melissa</i>	8:15am GX1 45' PILATES <i>Jen</i>  10:00a M/B 60' 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 <sub>2</sub> O INTERVALS <i>Megan</i>  2:00p GX1 55' BODYFLOW™ <i>Megan</i>  3:00p GX1 60' MAC BARRE <i>Megan</i>  4:00p M/B 60' GENTLE YOGA <i>Leo</i>
L A N D	Christmas Eve GYM HOURS 5am-2pm    6:00a GX1 55' BODYPUMP™ <i>Jen</i>  9:00a GX1 55' AEROMIX <i>Sandy</i>  10:00a GX1 55' BODYPUMP™ <i>Mika</i>  11:30a GX1 55' ACTIVE AGERS <i>Sandy</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>  10:55a GX1 30' CXWORX™ <i>Jen</i>  11:30a GX1 55' STRNGTH4SRS <i>Dianne</i>  5:15p GX1 45' BODYATTACK™ <i>Cameron</i>  6:05p GX1 30' CXWORX™ <i>Cameron</i>	6:15a GX1 45' BARRE <i>Heather</i>  8:15a GX1 45' SOLID STRENGTH <i>Jen</i>  9:00a GX1 45' BODYSTEP™ <i>Mika</i>  10:00a GX1 55' CARDIO-SCULPT <i>Lisa</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 45' BODYPUMP™ <i>Lisa</i>  10:55a GX1 30' CXWORX™ <i>Melissa</i>  11:30a GX1 55' ZUMBA GOLD Seniors <i>Tara</i>  5:00p GX1 45' BODYPUMP™ <i>Angela</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 – December 31-January 6

	MONDAY 31	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
A Q U A	8:45a P 50' H <sub>2</sub> O FREESTYLE <i>Julie</i>		8:45a P 50' H <sub>2</sub> O FREESTYLE <i>Patricia</i>	9:30a P 50' DEEP H <sub>2</sub> O INTERVALS <i>Bonnie</i>	8:45a P 50' H <sub>2</sub> O FREESTYLE <i>Sarah S.</i>	9:30a P 50' AQUAZUMBA <i>Tracey</i>	
S P I N	5:30a SS 30' *SPRINT™ <i>Cameron</i>  9:00a SS 45' RPM™ <i>Michelle L.</i>	1:15p SS 45' CYCLEBODY <i>Heather</i>	9:45a SS 45' RPM™ <i>Eliza</i>  5:30p SS 30' *HIIT SPIN <i>Patricia</i>	5:30a SS 45' SPINNING® <i>Heather</i>  9:05a SS 50' SPINNING® <i>Patricia</i>  10:00a SS 30' *SPRINT™ <i>Eliza</i>  6:00p SS 50' SPINNING® <i>Megan</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i>  9:45a SS 50' SPINNING® <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>		10:00a M/B 60' FITNESS YOGA <i>Maura</i>  5:00p M/B 60' YIN YOGA <i>Dan</i>  6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	9:00a M/B 55' CHAIR YOGA <i>Dianne</i>  11:00a M/B 55' BODYFLOW™ <i>Melissa</i>	8:15am GX1 45' PILATES <i>Patricia</i>  10:00a M/B 60' 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 <sub>2</sub> 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>Dan</i>
L A N D	  6:05a GX1 30' CXWORX™ <i>Cameron</i>  8:15a GX1 30' CXWORX™ <i>Michelle L.</i>  9:00a GX1 55' AEROMIX <i>Sandy</i>  10:00a GX1 55' BODYPUMP™ <i>Mika</i>  11:30a GX1 55' ACTIVE AGERS <i>Sandy</i>	<b>HAPPY NEW YEAR</b> <i>Gym Hours 12pm-6pm</i>  12:15p GX1 55' *ATHLETIC INTERVALS <i>Heather</i>	6:00a GX1 55' BODYPUMP™ <i>Tracey</i>  9:00a GX1 55' AEROMIX <i>Sandy?</i>  10:00a GX1 55' LES MILLS TONE™ <i>Melissa</i>  10:55a GX1 30' CXWORX™ <i>Melissa?</i>  11:30a GX1 55' STRNGTH4SRS <i>Dianne</i>  5:15p GX1 45' BODYATTACK™ <i>Cameron</i>  6:05p GX1 30' CXWORX™ <i>Cameron</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>Lisa</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 45' BODYPUMP™ <i>Patricia</i>  10:55a GX1 30' CXWORX™ <i>Melissa</i>  11:30a GX1 55' ACTIVE AGERS <i>Dianne</i>  5:00p GX1 45' BODYPUMP™ <i>Tracey</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

