

MAC GROUP EXERCISE – January 7-January 13

	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
A Q U A	8:45a P 55' H ₂ O FREESTYLE <i>Julie</i>	8:30a P 55' DEEP H ₂ O <i>Nellie</i>	8:45a P 55' H ₂ O FREESTYLE <i>Patricia</i>	9:30a P 55' DEEP H ₂ O INTERVALS <i>Bonnie</i>	8:45a P 55' H ₂ O FREESTYLE <i>Geneveyn</i>	9:30a P 50' AQUAZUMBA <i>Tracey</i>	
	6:15p P 55' H ₂ O FREESTYLE <i>Patricia</i>	9:30a P 55' 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>		5:30a SS 45' SPINNING® <i>Heather</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i>		
	9:30a 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® <i>Jen</i>	8:30a SS 50' *SPRINT™	
	5:30p SS 30' *SPRINT™ <i>Eliza</i>	10:00a SS 45' CYCLEBODY <i>Heather</i>		10:00a SS 30' *SPRINT™ <i>Jen</i>	LAUNCH KICK-OFF PARTY... Social in Café immediately following class.		9:30a SS 30' *SPRINT™
	6:30p SS 50' SPINNING® <i>Carter</i>	6:00p SS 45' RPM™ <i>Eliza</i>	5:30p SS 30' *SPRINT™ <i>Jen</i>	6:00p SS 50' SPINNING® <i>Megan</i>		6:00p SS 45' RPM™	
M I N D B O D Y	10:30a 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>	9:00a M/B 55' CHAIR YOGA <i>Dianne</i>	8:15am GX1 45' PILATES <i>Patricia</i>		1:00p P 50' H ₂ O INTERVALS <i>Megan</i>
		9:00a M/B 60' CHAIR YOGA <i>Pam</i>		10:00a M/B 55' BODYFLOW™ <i>Eliza</i>	10:00a M/B 60' YOGA <i>Kristine</i>	10:00a M/B 60' YOGA <i>Allison</i>	2:00p GX1 55' BODYFLOW™
	4:30p M/B 60' GENTLE YOGA <i>Denise</i>		5:00p M/B 60' YIN YOGA <i>Debbie</i>				3:00p GX1 60' MAC BARRE <i>Lauren</i>
	6:30p M/B 60' FITNESS YOGA <i>Carrie</i>		6:30p M/B 60' ALL LEVELS YOGA <i>Leo</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' SOLID STRENGTH <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>	Things are heating up at MAC this weekend with our LES MILLS LAUNCH!	
	8:45a GX1 30' CXWORX™ <i>Michelle L.</i>	9:00a GX1 55' BODYCOMBAT™ <i>Mika</i>	9:00a GX1 55' AEROMIX <i>Sandy</i>	8:15a GX1 45' SOLID STRENGTH <i>Patricia</i>	9:00a GX1 55' AEROMIX <i>Sandy</i>		8:00a GX1 30' CXWORX™
	9:30a GX1 55' AEROMIX <i>Sandy</i>	10:00a GX1 55' MAC BARRE <i>Serrah</i>	10:00a GX1 45' *ATHLETIC INTERVALS <i>Lori</i>	9:00a GX1 45' BODYCOMBAT™ <i>Mika</i>	10:00a GX1 45' BODYPUMP™ <i>Patricia</i>		8:30a GX1 45' BODYATTACK™
	10:30a GX1 55' BODYPUMP™ <i>Mika</i>	10:45a GYM 45' *MAC BOOTCAMP <i>Tina</i>	10:50a GX1 30' CXWORX™ <i>Lori</i>	10:00a GX1 55' CARDIO-SCULPT <i>Dianne</i>	10:50a GX1 30' CXWORX™ <i>Jen</i>		9:30a GX1 55' BODYPUMP™
	11:30a GX1 55' ACTIVE AGERS Cardio <i>Sandy</i>		11:30a GX1 55' ACTIVE AGERS Strength <i>Dianne</i>		11:30a GX1 55' ZUMBA GOLD <i>Tara</i>		10:35a GX1 55' ZUMBA <i>Tracey</i>
		5:00p GX1 45' BODYPUMP™ <i>Patricia</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' BODYATTACK™ <i>Cameron</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>	LAUNCH KICK-OFF PARTY... Social in Café immediately following class.			
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>		6:00p GYM 45' BODYCOMBAT™		

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 – January 14-January 20

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
A Q U A	8:45a P 55' H ₂ O FREESTYLE <i>Julie</i>	8:30a P 55' DEEP H ₂ O <i>Nellie</i>	8:45a P 55' H ₂ O FREESTYLE <i>Genevelyn</i>	9:30a P 55' DEEP H ₂ O INTERVALS <i>Bonnie</i>	8:45a P 55' H ₂ O FREESTYLE <i>Sarah S.</i>	9:30a P 50' AQUAZUMBA <i>Tracey</i>	
	6:15p P 55' H ₂ O FREESTYLE <i>Patricia</i>	9:30a P 55' 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>		5:30a SS 45' SPINNING® <i>Heather</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i>		
	9:30a 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>Carter</i>	9:45a SS 50' SPINNING® <i>Carter</i>	8:30a SS 50' SPINNING® <i>Jen</i>	
	5:30p SS 30' *SPRINT™ <i>Eliza</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>
	6:30p SS 50' SPINNING® <i>Carter</i>	6:00p SS 45' RPM™ <i>Eliza</i>	5:30p SS 30' *SPRINT™ <i>Jen</i>	6:00p SS 50' SPINNING® <i>Megan</i>			
M I N D B O D Y	10:30a 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>	9:00a M/B 55' CHAIR YOGA <i>Dianne</i>	8:15am GX1 45' PILATES <i>TBD</i>		1:00p P 50' H ₂ O INTERVALS <i>Megan</i>
		9:00a M/B 60' CHAIR YOGA <i>Pam</i>		10:00a M/B 55' BODYFLOW™ <i>Eliza</i>	10:00a M/B 60' YOGA <i>Kristine</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>				3:00p GX1 60' MAC BARRE <i>Megan</i>
6:30p M/B 60' FITNESS YOGA <i>Carrie</i>		6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>		5:30p M/B 60' ALL LEVELS FLOW <i>Denise</i>		4:00p M/B 60' GENTLE YOGA <i>Carrie</i>	
L A N D	6:00a GX1 55' SOLID STRENGTH <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>	
	8:45a GX1 30' CXWORX™ <i>Michelle L.</i>	9:00a GX1 55' BODYCOMBAT™ <i>Mika</i>	9:00a GX1 55' AEROMIX <i>Sandy</i>	8:15a GX1 45' SOLID STRENGTH <i>Dianne</i>	9:00a GX1 55' AEROMIX <i>Sandy</i>	9:00a GX1 30' CXWORX™ <i>Angela</i>	
	9:30a GX1 55' AEROMIX <i>Sandy</i>	10:00a GX1 55' MAC BARRE <i>Serrah</i>	10:00a GX1 45' *ATHLETIC INTERVALS <i>Lori</i>	9:00a GX1 45' BODYSTEP™ <i>Mika</i>	10:00a GX1 45' BODYPUMP™ <i>Jen</i>	9:30a GX1 55' BODYPUMP™ <i>Jen</i>	
	10:30a GX1 55' BODYPUMP™ <i>Mika</i>	10:45a GYM 45' *MAC BOOTCAMP <i>Tina</i>	10:50a GX1 30' CXWORX™ <i>Lori</i>	10:00a GX1 55' CARDIO-SCULPT <i>Lisa</i>	10:50a GX1 30' CXWORX™ <i>Jen</i>	10:35a GX1 55' ZUMBA <i>Tracey</i>	
	11:30a GX1 55' ACTIVE AGERS Cardio <i>Sandy</i>	5:00p GX1 45' BODYPUMP™ <i>Patricia</i>	11:30a GX1 55' ACTIVE AGERS Strength <i>Dianne</i>		11:30a GX1 55' ACTIVE AGERS Cardio/Strength <i>Dianne</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>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 – January 21-January 27

	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27
A Q U A	8:45a P 55' H ₂ O FREESTYLE <i>Julie</i>	8:30a P 55' DEEP H ₂ O <i>Nellie</i>	8:45a P 55' H ₂ O FREESTYLE <i>Genevelyn</i>	9:30a P 55' DEEP H ₂ O INTERVALS <i>Bonnie</i>	8:45a P 55' H ₂ O FREESTYLE <i>Sarah S.</i>	9:30a P 50' AQUAZUMBA <i>Tracey</i>	
	6:15p P 55' H ₂ O FREESTYLE <i>Patricia</i>	9:30a P 55' 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>		5:30a SS 45' SPINNING® <i>Heather</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i>		
	9:30a 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® <i>Jen</i>	8:30a SS 50' SPINNING® <i>Jen</i>	
	5:30p SS 30' *SPRINT™ <i>Eliza</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>
	6:30p SS 50' SPINNING® <i>Carter</i>	6:00p SS 45' RPM™ <i>Eliza</i>	5:30p SS 30' *SPRINT™ <i>Jen</i>	6:00p SS 50' SPINNING® <i>Megan</i>			
M I N D B O D Y	10:30a 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>	9:00a M/B 55' CHAIR YOGA <i>Dianne</i>	8:15am GX1 45' PILATES <i>Patricia</i>		1:00p P 50' H ₂ O INTERVALS <i>Megan</i>
		9:00a M/B 60' CHAIR YOGA <i>Pam</i>		10:00a M/B 55' BODYFLOW™ <i>Eliza</i>	10:00a M/B 60' YOGA <i>Kristine</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>				3:00p GX1 60' MAC BARRE <i>Lauren</i>
	6:30p M/B 60' FITNESS YOGA <i>Carrie</i>		6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>		5:30p M/B 60' ALL LEVELS FLOW <i>Denise</i>		4:00p M/B 60' GENTLE YOGA <i>Leo</i>
L A N D	6:00a GX1 55' SOLID STRENGTH <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>	
	8:45a GX1 30' CXWORX™ <i>Michelle L.</i>	9:00a GX1 55' BODYCOMBAT™ <i>Mika</i>	9:00a GX1 55' AEROMIX <i>Sandy</i>	8:15a GX1 45' SOLID STRENGTH <i>Patricia</i>	9:00a GX1 55' AEROMIX <i>Sandy</i>	9:00a GX1 30' CXWORX™ <i>Angela</i>	
	9:30a GX1 55' AEROMIX <i>Sandy</i>	10:00a GX1 55' MAC BARRE <i>Serrah</i>	10:00a GX1 45' *ATHLETIC INTERVALS <i>Lori</i>	9:00a GX1 45' BODYSTEP™ <i>Mika</i>	10:00a GX1 45' BODYPUMP™ <i>Patricia</i>	9:30a GX1 55' BODYPUMP™ <i>Jen</i>	
	10:30a GX1 55' BODYPUMP™ <i>Mika</i>	10:45a GYM 45' *MAC BOOTCAMP <i>Tina</i>	10:50a GX1 30' CXWORX™ <i>Lori</i>	10:00a GX1 55' CARDIO-SCULPT <i>Lisa</i>	10:50a GX1 30' CXWORX™ <i>Jen</i>	10:35a GX1 55' ZUMBA <i>Tracey</i>	
	11:30a GX1 55' ACTIVE AGERS Cardio <i>Sandy</i>	5:00p GX1 45' BODYPUMP™ <i>Patricia</i>	11:30a GX1 55' ACTIVE AGERS Strength <i>Dianne</i>		11:30a GX1 55' ACTIVE AGERS Cardio/Strength <i>Sandy</i>		
	5:00p GX1 45' *MAC BURN <i>Keilah</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>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 – January 28-February 3

	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1	SATURDAY 2	SUNDAY 3
A Q U A	8:45a P 55' H ₂ O FREESTYLE <i>Julie</i> 6:15p P 55' H ₂ O FREESTYLE <i>Patricia</i>	8:30a P 55' DEEP H ₂ O <i>Nellie</i> 9:30a P 55' H ₂ O GENTLE <i>Nellie</i>	8:45a P 55' H ₂ O FREESTYLE <i>Patricia</i>	9:30a P 55' DEEP H ₂ O INTERVALS <i>Bonnie</i>	8:45a P 55' 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>Heather</i> 9:30a SS 45' RPM™ <i>Michelle L.</i> 5:30p SS 30' *SPRINT™ <i>Eliza</i> 6:30p SS 50' SPINNING® <i>Carter</i>	5:30a SS 45' SPINNING® <i>Carter</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>Jen</i> 6:00p SS 50' SPINNING® <i>Megan</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i> 9:45a SS 50' SPINNING® <i>Jen</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	10:30a 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>Carrie</i>	6:00a M/B 45' BODYFLOW™ <i>Cameron</i> 9:00a M/B 60' CHAIR YOGA <i>Pam</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>	9:00a M/B 55' CHAIR YOGA <i>Dianne</i> 10:00a M/B 55' BODYFLOW™ <i>Eliza</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>	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>Megan</i> 4:00p M/B 60' GENTLE YOGA <i>Pat</i>	
L A N D	6:00a GX1 55' SOLID STRENGTH <i>Heather</i> 8:45a GX1 30' CXWORX™ <i>Michelle L.</i> 9:30a GX1 55' AEROMIX <i>Sandy</i> 10:30a GX1 55' BODYPUMP™ <i>Mika</i> 11:30a GX1 55' ACTIVE AGERS Cardio <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>Sandy</i> 10:00a GX1 45' *ATHLETIC INTERVALS <i>Heather</i> 10:50a GX1 30' CXWORX™ <i>Jen</i> 11:30a GX1 55' ACTIVE AGERS Strength <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> 10:50a GX1 30' CXWORX™ <i>Jen</i> 11:30a GX1 55' ACTIVE AGERS Cardio/Strength <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>	

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