

# MAC GROUP EXERCISE – March 18-March 24

	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	SATURDAY 23	SUNDAY 24
A Q U A	8:45a P 55' H <sub>2</sub> O FREESTYLE <i>Julie</i>  6:15p P 55' H <sub>2</sub> O FREESTYLE <i>Patricia</i>	8:30a P 55' DEEP H <sub>2</sub> O <i>Nellie</i>  9:30a P 55' H <sub>2</sub> O GENTLE <i>Nellie</i>	8:45a P 55' H <sub>2</sub> O FREESTYLE <i>Patricia</i>	9:30a P 55' DEEP H <sub>2</sub> O INTERVALS <i>Bonnie</i>	8:45a P 55' H <sub>2</sub> O FREESTYLE <i>Jen</i>	9:30a P 50' AQUAZUMBA <i>Tracey</i>	
S P I N	5:30a SS 30' *SPRINT™ <i>Jen</i>  9:30a SS 45' RPM™ <i>Michelle L.</i>  5:30p SS 30' *SPRINT™ <i>Cameron</i>  6:30p SS 50' SPINNING® <i>Carter</i>	5:30a SS 45' SPINNING® 2 Be Continued... <i>Jen</i>  9:20a SS 30' LOW IMPACT RIDE <i>Sandy</i>  10:00a SS 45' CYCLEBODY <i>Heather</i>  6:00p SS 50' SPINNING® <i>Allison P.</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>  9:30a SS 50' SPINNING® <i>Patricia</i>  10:30a 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® Work:Rest Ratios <i>Melissa</i>	8:30a SS 50' SPINNING® Hill Intervals <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>Denise</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>Melissa</i>  5:00p M/B 60' YIN YOGA <i>Denise</i>  6:30p M/B 60' ALL LEVELS YOGA <i>Carrie</i>	9:00a M/B 55' CHAIR YOGA <i>Dianne</i>  10:05a 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>	10:00a M/B 60' YOGA <i>Leo</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>Leo</i>
L A N D	6:00a GX1 55' SOLID STRENGTH <i>Jen</i>  8:45a GX1 30' CXWORX™ <i>Michelle L.</i>  9:30a GX1 55' AEROMIX <i>Sandy</i>  10:30a GX1 55' BODYPUMP™ <i>Jen</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 45' BODYPUMP™ <i>Eliza</i>	8:30a GX1 45' SOLID STRENGTH <i>Sandy</i>  9:15a GX1 45' BODYCOMBAT™ <i>Sarah P.</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 55' CARDIO-SCULPT <i>Tina</i>  10:35a FUNC RM 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>  8:30a GX1 45' SOLID STRENGTH <i>Patricia</i>  9:30a GX1 55' CARDIO-SCULPT <i>Lisa</i>  10:30a GX1 55' BODYCOMBAT™ <i>Lori</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>Melissa</i>  11:30a GX1 55' ACTIVE AGERS Cardio/Strength <i>Pat</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

# MAC GROUP EXERCISE – March 25-March 31

	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29	SATURDAY 30	SUNDAY 31
A Q U A	8:45a P 55' H <sub>2</sub> O FREESTYLE <i>Julie</i>  6:15p P 55' H <sub>2</sub> O FREESTYLE <i>Patricia</i>	8:30a P 55' DEEP H <sub>2</sub> O <i>Nellie</i>  9:30a P 55' H <sub>2</sub> O GENTLE <i>Nellie</i>	8:45a P 55' H <sub>2</sub> O FREESTYLE <i>Patricia</i>	9:30a P 55' DEEP H <sub>2</sub> O INTERVALS <i>Bonnie</i>	8:45a P 55' 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>Jen</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® Hill Intervals <i>Jen</i>  9:20a SS 30' LOW IMPACT RIDE <i>Sandy</i>  10:00a SS 45' CYCLEBODY <i>Heather</i>  6:00p SS 50' SPINNING® <i>Austin</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>  9:30a SS 50' SPINNING® <i>Patricia</i>  10:30a 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® Classic Motown <i>Melissa</i>	8:30a SS 50' SPINNING® Spinning Battle <i>Allison P. &amp; Carter</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>Denise</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>  10:05a 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 L.</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>Pam</i>
L A N D	6:00a GX1 55' SOLID STRENGTH <i>Jen</i>  8:45a GX1 30' CXWORX™ <i>Michelle L.</i>  9:30a GX1 55' AEROMIX <i>Sandy</i>  10:30a GX1 55' BODYPUMP™ <i>Jen</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 45' BODYPUMP™ <i>Eliza</i>	8:30a GX1 45' SOLID STRENGTH <i>Sandy</i>  9:15a GX1 45' BODYCOMBAT™ <i>Sarah P.</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 55' CARDIO-SCULPT <i>Melissa</i>  10:35a FUNC RM 30' CXWORX™ <i>Jen</i>  11:30a GX1 55' ACTIVE AGERS Strength <i>Pat</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>  8:30a GX1 45' SOLID STRENGTH <i>Patricia</i>  9:30a GX1 55' CARDIO-SCULPT <i>Lisa</i>  10:30a GX1 55' BODYCOMBAT™ <i>Lori</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>Melissa</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>Lisa</i>	

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