

MAC GROUP EXERCISE – April 1-April 7

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6	SUNDAY 7
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> 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>Genevlyn</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' SPINNING® <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® <i>Heather</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>	8:45a SS 45' SPINNING® <i>Melissa</i> 10:00a SS 30' HIIT SPIN® <i>Michelle L.</i> 5:30p SS 30' HIIT Spin <i>Patricia</i>	5:30a SS 45' SPINNING® <i>Heather</i> 9:30a SS 50' SPINNING® Name That Tune "Remake" <i>Patricia Name</i> 6:00p SS 50' SPINNING® <i>Megan</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i> 9:45a SS 50' SPINNING® Current Pop and 80s Rock <i>Melissa</i>	8:30a SS 50' SPINNING® <i>Lauren</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> 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>	10:30a 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>Eliza</i>	8:15am GX1 45' PILATES <i>Patricia</i> 10:00a M/B 60' YOGA <i>Carrie</i> 5:30p M/B 60' ALL LEVELS FLOW <i>Steph M.</i>	10:00a M/B 60' YOGA <i>Denise</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' 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>Amy</i> 11:30a GX1 55' ACTIVE AGERS Cardio <i>Sandy</i> 5:00p GX1 45' *MAC BURN <i>Melissa</i> 5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</i> 6:30p GX1 45' BODYPUMP™ <i>Patricia</i>	8:30a GX1 45' SOLID STRENGTH <i>Sandy</i> 9:15a GX1 45' BODYCOMBAT™ <i>Angela</i> 10:00a GX1 55' MAC BARRE <i>Serrah</i> 5:15p GX1 55' BODYPUMP™ <i>Patricia</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> 9:30a GX1 55' AEROMIX <i>Sandy</i> 10:35a GX1 30' CXWORX™ <i>Michelle L.</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>Stephanie</i> 6:00p GX1 55' MAC BARRE <i>Lauren</i> 6:30p GYM 45' *ATHLETIC INTERVALS <i>Melissa</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>Sandy</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>Michelle M.</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 – April 8-April 14

	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
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> 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>Jen</i> 9:30a SS 45' SPINNING® <i>Patricia</i> 5:30p SS 30' *SPRINT™ <i>Cameron</i> 6:30p SS 50' SPINNING® <i>Carter</i>	5:30a SS 45' SPINNING® <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>	8:45a SS 45' SPINNING® Current Pop and 80s Rock <i>Melissa</i> 10:00a SS 30' *SPRINT™ <i>Jen</i> 5:30p SS 30' *SPRINT™ <i>Eliza</i>	5:30a SS 45' SPINNING® <i>Heather</i> 9:30a SS 50' SPINNING® Spin Through the Centuries <i>Patricia</i> 6:00p SS 50' SPINNING® <i>Megan</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i> 9:45a SS 50' SPINNING® Int. & Arms Paint the Perfect Pedal Stroke <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	10:30a M/B 60' FITNESS YOGA <i>Maura</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>	10:30a 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>Eliza</i>	8:15am GX1 45' PILATES <i>Patricia</i> 10:00a M/B 60' YOGA <i>Carrie</i> 5:30p M/B 60' ALL LEVELS FLOW <i>Denise</i>	10:00a M/B 60' YOGA <i>Allison</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>Steph M.</i>
L A N D	6:00a GX1 55' SOLID STRENGTH <i>Jen</i> 8:45a GX1 30' CORE BLAST <i>Patricia</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 45' BODYPUMP™ <i>Patricia</i>	8:30a GX1 45' SOLID STRENGTH <i>Sandy</i> 9:15a GX1 45' BODYCOMBAT™ <i>Mika</i> 10:00a GX1 55' MAC BARRE <i>Serrah</i> 5:15p GX1 55' BODYPUMP™ <i>Amy</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> 9:30a GX1 55' AEROMIX <i>Sandy</i> 10:35a 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> 8:30a 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' *ATHLETIC INTERVALS <i>Heather</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>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

MAC GROUP EXERCISE – April 15-April 21

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19	SATURDAY 20	SUNDAY 21
AQUA	8:45a P 55' H ₂ O FREESTYLE <i>Julie</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>	
SPINNING	5:30a SS 30' *SPRINT™ <i>Jen</i> 9:30a SS 45' SPINNING® <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® <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>	8:45a SS 45' SPINNING® <i>Melissa</i> 10:00a SS 30' *SPRINT™ <i>Jen</i> 5:30p SS 30' *SPRINT™ <i>Eliza</i>	5:30a SS 45' SPINNING® <i>Heather</i> 9:30a SS 50' SPINNING® Video Ride <i>Patricia</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>	
MIND BODY YOGA	10:30a M/B 60' FITNESS YOGA <i>Maura</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>	10:30a 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>Eliza</i>	8:15am GX1 45' PILATES <i>Patricia</i> 10:00a M/B 60' YOGA <i>Carrie</i> 5:30p M/B 60' ALL LEVELS FLOW <i>Jayne</i>	10:00a M/B 60' YOGA <i>Allison</i>	
LAND	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>Mika</i> 11:30a GX1 55' ACTIVE AGERS Cardio <i>Sandy</i> 5:00p GX1 45' *MAC BURN <i>Heather</i> 5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</i> 6:30p GX1 45' BODYPUMP™ <i>Patricia</i>	8:30a GX1 45' SOLID STRENGTH <i>Sandy</i> 9:15a GX1 45' BODYCOMBAT™ <i>Mika</i> 10:00a GX1 55' MAC BARRE <i>Serrah</i> 5:15p GX1 55' BODYPUMP™ <i>Amy</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> 9:30a GX1 55' AEROMIX <i>Sandy</i> 10:35a 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> 8:30a GX1 45' SOLID STRENGTH <i>Patricia</i> 9:30a GX1 55' CARDIO-SCULPT <i>Lisa</i> 10:30a GX1 55' BODYCOMBAT™ <i>Mika</i> 5:30p GYM 55' ZUMBA <i>Tracey</i> 6:00p GX1 55' MAC BARRE <i>Lauren</i> 6:30p GYM 45' *ATHLETIC INTERVALS <i>Heather</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>Sandy</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>	

**HAPPY
EASTER
Gym Hours
8am-2pm**

MAC GROUP EXERCISE – April 22-April 28

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	SATURDAY 27	SUNDAY 28
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> 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>TBD</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' SPINNING® <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® <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>	8:45a SS 45' SPINNING® <i>Melissa</i> 10:00a SS 30' *SPRINT™ <i>Jen</i> 5:30p SS 30' *SPRINT™ <i>Eliza</i>	5:30a SS 45' SPINNING® <i>Heather</i> 9:30a SS 50' SPINNING® Tabatas & Climbs <i>Patricia</i> 6:00p SS 50' SPINNING® <i>Melissa</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	10:30a M/B 60' FITNESS YOGA <i>Maura</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>	10:30a 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>Eliza</i>	8:15am GX1 45' PILATES <i>Patricia</i> 10:00a M/B 60' YOGA <i>Carrie</i> 5:30p M/B 60' ALL LEVELS FLOW <i>Denise</i>	10:00a M/B 60' YOGA <i>Allison</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>Melissa</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>Mika</i> 11:30a GX1 55' ACTIVE AGERS Cardio <i>Sandy</i> 5:00p GX1 45' *MAC BURN <i>Heather</i> 5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</i> 6:30p GX1 45' BODYPUMP™ <i>Patricia</i>	8:30a GX1 45' SOLID STRENGTH <i>Sandy</i> 9:15a GX1 45' BODYCOMBAT™ <i>Mika</i> 10:00a GX1 55' MAC BARRE <i>Serrah</i> 5:15p GX1 55' BODYPUMP™ <i>Amy</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> 9:30a GX1 55' AEROMIX <i>Sandy</i> 10:35a 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> 8:30a GX1 45' SOLID STRENGTH <i>Patricia</i> 9:30a GX1 55' CARDIO-SCULPT <i>Melissa</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' *ATHLETIC INTERVALS <i>Heather</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>Jen</i> 10:35a GX1 55' ZUMBA <i>Tracey</i>	

MAC GROUP EXERCISE – April 29-May 5

	MONDAY 29	TUESDAY 30	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
AQUA	8:45a P 55' H ₂ O FREESTYLE <i>Julie</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>TBD</i>	9:30a P 50' AQUAZUMBA <i>Tracey</i>	
SPINNING	5:30a SS 30' *SPRINT™ <i>Jen</i> 9:30a SS 45' SPINNING® <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® <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>Carter</i>	8:45a SS 45' SPINNING® <i>Melissa</i> 10:00a SS 30' *SPRINT™ <i>Jen</i> 5:30p SS 30' *SPRINT™ <i>Eliza</i>	5:30a SS 45' SPINNING® <i>Heather</i> 9:30a SS 50' SPINNING® <i>Patricia</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>
MIND BODY YOGA	10:30a M/B 60' FITNESS YOGA <i>Melissa</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>	10:30a M/B 60' FITNESS YOGA <i>Melissa</i> 5:00p M/B 60' YIN YOGA <i>Pat</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>Eliza</i>	8:15am GX1 45' PILATES <i>Patricia</i> 10:00a M/B 60' YOGA <i>Carrie</i> 5:30p M/B 60' ALL LEVELS FLOW <i>Jayne</i>	10:00a M/B 60' YOGA <i>Allison</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>
LAND	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>Mika</i> 11:30a GX1 55' ACTIVE AGERS Cardio <i>Sandy</i> 5:00p GX1 45' *MAC BURN <i>Heather</i> 5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</i> 6:30p GX1 45' BODYPUMP™ <i>Patricia</i>	8:30a GX1 45' SOLID STRENGTH <i>Sandy</i> 9:15a GX1 45' BODYCOMBAT™ <i>Mika</i> 10:00a GX1 55' MAC BARRE <i>Serrah</i> 5:15p GX1 55' BODYPUMP™ <i>Amy</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> 9:30a GX1 55' AEROMIX <i>Sandy</i> 10:35a 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> 8:30a GX1 45' SOLID STRENGTH <i>Patricia</i> 9:30a GX1 55' CARDIO-SCULPT <i>TBD</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' *ATHLETIC INTERVALS <i>Heather</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>Sandy</i> 5:00p GX1 45' BODYPUMP™ <i>Tracey</i>	8:15a GX1 45' BODYCOMBAT™ <i>Sarah P.</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

