

# MAC GROUP EXERCISE – May 13- May 19

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
A Q U A	8:45a P 55' Aqua Zumba <i>Tara</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>Heather</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</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® <i>Patricia</i>  6:00p SS 50' SPINNING® <i>Megan</i>	5:30a SS 30' *SPRINT™ <i>Jen</i>  9:45a SS 50' SPINNING® <i>Melissa</i>	8:30a SS 50' SPINNING® <i>Jen</i>	9:30a SS 60' CYCLEBODY <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>Mary Anne</i>  10:00a M/B 60' YOGA <i>Allison L.</i>  5:30p M/B 60' ALL LEVELS FLOW <i>Denise</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>Steph M.</i>
L A N D	6:00a GX1 55' SOLID STRENGTH <i>Jen</i>  8:45a GX1 30' CXWORX™ <i>Michelle</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' *ATHLETIC INTERVALS <i>Heather</i>  10:30a GX1 55' BODYCOMBAT™ <i>Lori</i>  5:30p GYM 55' ZUMBA <i>Tracey</i>  6:00p M/B 55' MAC BARRE <i>Lauren</i>  6:30p GX1 55' *ATHLETIC INTERVALS <i>Melissa</i>	6:05a GX1 30' CXWORX™ <i>Jen</i>  9:00a GX1 55' AEROMIX <i>Sandy</i>  10:00a GX1 45' BODYPUMP™ <i>Jen</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  
\*My Zone friendly \*\*class not meeting attendance policy

# MAC GROUP EXERCISE – May 20- May 26

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
A Q U A	8:45a P 55' H <sub>2</sub> O FREESTYLE <i>Julie</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>TBD</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' SPINNING® <i>Michelle</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>Carter</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>Carter</i>  6:00p SS 50' SPINNING® <i>Megan</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i>  9:45a SS 50' SPINNING® <i>Heather</i>  8:30a SS 50' SPINNING® <i>Jen</i>		9:30a SS 60' CYCLEBODY <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>Cameron</i>	8:15am GX1 45' PILATES <i>TBD</i>  10:00a M/B 60' YOGA <i>Allison L.</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>Megan</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</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>Amy</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>Jen</i>  9:30a GX1 55' *ATHLETIC INTERVALS <i>Jen</i>  10:30a GX1 55' BODYCOMBAT™ <i>Lori</i>  5:30p GYM 55' ZUMBA <i>Tracey</i>  6:00p M/B 55' MAC BARRE <i>Lauren</i>  6:30p GX1 55' *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>Jen</i>  10:50a GX1 30' CXWORX™ <i>Jen</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>	

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