

# MAC GROUP EXERCISE – August 19-August 25

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
A Q U A	8:45a P 55' H <sub>2</sub> O FREESTYLE <i>Bonnie</i>	8:30a P 55' DEEP H <sub>2</sub> O <i>Nellie</i>	8:45 a P 55' H <sub>2</sub> O FREESTYLE <i>Patricia</i>	8:45a 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>	9:00a P 45' AQUA ZUMBA <i>Jill</i>	
S P I N	5:30a SS 30' *SPRINT™ <i>Melissa R.</i>  9:30a SS 45' SPINNING® <i>Patricia</i>  5:30p SS 30' *SPRINT™ <i>Cameron</i>  6:30p SS 50' SPINNING® <i>Melissa O.</i>	5:30a SS 45' SPINNING® <i>Allison L.</i>  9:20a SS 30' LOW IMPACT RIDE <i>Sandy</i>  10:00a SS 60' CYCLEBODY <i>Heather</i>	8:45a SS 60' CYCLEBODY <i>Heather</i>  10:00a SS 30' *SPRINT™ <i>Melissa O.</i>  5:30p SS 30' *SPRINT™ <i>Lori</i>	5:30a SS 45' SPINNING® <i>Heather</i>  9:30a SS 50' SPINNING® <i>Patricia</i>  6:00p SS 60' CYCLEBODY <i>Melissa O.</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i>  9:30a SS 50' SPINNING® <i>Melissa O.</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>Denise</i>  6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	6:15a M/B 45' FITNESS YOGA <i>Cari</i>  9:00a M/B 60' CHAIR YOGA <i>Dianne</i>  10:30a M/B 55' VINYASA <i>Dianne</i>	8:45am GX1 45' PILATES <i>Patricia</i>  10:30a M/B 60' YOGA <i>Allison I.</i>  5:30p M/B 60' ALL LEVELS FLOW <i>Denise</i>	10:00a M/B 60' YOGA <i>Allison I.</i>	3:00p GX1 60' MAC BARRE <i>Lauren</i>  4:00p M/B 60' GENTLE YOGA <i>Leo</i>
L A N D	6:05a GX1 45' SOLID STRENGTH <i>Patricia</i>  8:45a GX1 30' AB 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>  5:15p GX1 30' *SMALL GROUP SAMPLER <i>Personal Trainer</i>  5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</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>  10:05a M/B 30' CXWORX™ <i>Mika</i>  5:30p GYM 55' ZUMBA <i>Emily</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>Melissa O.</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>	8:30a GX1 45' SOLID STRENGTH <i>Patricia</i>  9:30a GX1 50' *ATHLETIC INTERVALS <i>Tina</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 55' *ATHLETIC INTERVALS <i>Tina</i>	6:05a GX1 30' CXWORX™ <i>Cameron</i>  9:30a GX1 55' AEROMIX <i>Sandy</i>  10:30a GX1 45' BODYPUMP™ <i>Patricia</i>  10:35a GYM 30' CXWORX™ <i>Melissa O.</i>  11:30a GX1 55' ACTIVE AGERS Cardio/Strength <i>Sandy</i>	8:15a GX1 45' BODYATTACK™ <i>Angela/Cam</i>  9:00a GX1 30' CXWORX™ <i>Lori</i>  9:30a GX1 55' BODYPUMP™ <i>Jen</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 – August 26-September 1

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31	SUNDAY 1
<b>A Q U A</b>	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>	8:45 a P 55' H <sub>2</sub> O FREESTYLE <i>Patricia</i>	8:45a P 55' DEEP H <sub>2</sub> O INTERVALS <i>Bonnie</i>	8:45a P 55' H <sub>2</sub> O FREESTYLE <i>Bonnie</i>	9:00a P 45' AQUA ZUMBA <i>Jill</i>	
<b>S P I N</b>	5:30a SS 30' *SPRINT™ <i>Jen</i>  9:30a SS 45' SPINNING® <i>Patricia</i>  5:30p SS 30' *SPRINT™ <i>Melissa R.</i>  6:30p SS 50' SPINNING® <i>Heather</i>	5:30a SS 45' SPINNING® <i>Jen</i>  9:20a SS 30' LOW IMPACT RIDE <i>Sandy</i>  10:00a SS 60' CYCLEBODY <i>Patricia</i>	8:45a SS 60' CYCLEBODY <i>Carter</i>  10:00a SS 30' *SPRINT™ <i>Jen</i>  5:30p SS 30' *SPRINT™ <i>Lori</i>	5:30a SS 45' SPINNING® <i>Heather</i>  9:30a SS 50' SPINNING® <i>Patricia</i>  6:00p SS 60' CYCLEBODY <i>Carter</i>	5:30a SS 30' *SPRINT™ <i>Cameron</i>  9:30a SS 50' SPINNING® <i>Heather</i>	8:30a SS 50' SPINNING® <i>Jen</i>	9:30a SS 60' CYCLEBODY <i>Heather</i>
<b>M I N D  B O D Y</b>	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>	6:15a M/B 45' FITNESS YOGA <i>Cari</i>  9:00a M/B 60' CHAIR YOGA <i>Dianne</i>  10:30a M/B 55' VINYASA <i>Dianne</i>	8:45am GX1 45' PILATES <i>Patricia</i>  10:30a M/B 60' YOGA <i>Cari</i>  5:30p M/B 60' ALL LEVELS FLOW <i>Jayne</i>	10:00a M/B 60' YOGA <i>Cari</i>	3:00p GX1 60' MAC BARRE <i>Lauren</i>  4:00p M/B 60' GENTLE YOGA <i>Maura</i>
<b>L A N D</b>	6:05a GX1 45' SOLID STRENGTH <i>Jen</i>  8:45a GX1 30' AB BLAST <i>Patricia</i>  9:30a GX1 55' AEROMIX <i>Sandy</i>  10:30a GX1 55' SOLID STRENGTH <i>Heather</i>  11:30a GX1 55' ACTIVE AGERS Cardio <i>Sandy</i>  5:15p GX1 30' *SMALL GROUP SAMPLER <i>Personal Trainer</i>  5:45p GX1 45' BODYATTACK™ <i>Cameron</i>	8:30a GX1 45' SOLID STRENGTH <i>Sandy</i>  10:00a GX1 55' MAC BARRE <i>Heather</i>  5:30p GYM 55' ZUMBA <i>Emily</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>	8:30a GX1 45' SOLID STRENGTH <i>Patricia</i>  9:30a GX1 50' *ATHLETIC INTERVALS <i>Tina</i>  5:30p GYM 55' ZUMBA <i>Tracey</i>  6:00p GX1 55' MAC BARRE <i>Lauren</i>  6:30p GYM 55' *ATHLETIC INTERVALS <i>Tina</i>	6:05a GX1 30' CXWORX™ <i>Cameron</i>  9:30a GX1 55' AEROMIX <i>Sandy</i>  10:30a GX1 45' BODYPUMP™ <i>Patricia</i>  10:35a GYM 30' Butts & Guts <i>Heather</i>  11:30a GX1 55' ACTIVE AGERS Cardio/Strength <i>Dianne</i>  5:00p GX1 45' BODYPUMP™ <i>Tracey</i>	8:15a GX1 45' BODYCOMBAT <i>Sarah P.</i>  9:00a GX1 30' CXWORX™ <i>Lori</i>  9:30a GX1 55' BODYPUMP™ <i>Jen</i>	

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