

MAC GROUP EXERCISE – September 9-September15

| | MONDAY 9 | TUESDAY 10 | WEDNESDAY 11 | THURSDAY 12 | FRIDAY 13 | SATURDAY 14 | SUNDAY 15 |
|---|---|---|---|--|--|---|--|
| 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> | 8:45 a P 55' H ₂ O FREESTYLE <i>Patricia</i> | 8:45a P 55' H ₂ O FREESTYLE <i>Sarah S.</i> | 9:30a P 55' DEEP H ₂ O Intervals <i>Bonnie</i> | 9:00a P 45' AQUA ZUMBA <i>Jill</i> | |
| S P I N N I N G | 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>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>Heather</i> | 10:00a SS 30' *SPRINT™ <i>Jen</i> 5:30p SS 30' *SPRINT™ <i>Melissa R.</i> | 5:30a SS 45' SPINNING® <i>Heather</i> 9:30a SS 50' SPINNING® <i>Patricia</i> | 5:30a SS 30' *SPRINT™ <i>Cameron</i> 9:30a SS 50' SPINNING® <i>Jen</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> 6:00p M/B 60' FITNESS YOGA <i>Cari</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 30' FITNESS YOGA <i>Cari</i> 9:00a M/B 60' CHAIR YOGA <i>Dianne</i> 10:30a M/B 55' YOGA <i>Dianne</i> | 8:45am GX1 45' PILATES <i>Patricia</i> 10:30a 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> | 3:00p GX1 60' MAC BARRE <i>Lauren</i> 4:00p M/B 60' GENTLE YOGA <i>Stephanie M.</i> |
| L A N D | 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' 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> 6:30a GX1 45' SOLID STRENGTH <i>Hannah</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>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> 10:30a GX1 45' BODYCOMBAT™ <i>Lori</i> 5:30p GYM 55' ZUMBA <i>Tracey</i> 6:00p GX1 55' MAC BARRE <i>Dianne</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>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>Cameron</i> 9:00a GX1 30' CXWORX™ <i>Cameron</i> 9:30a GX1 55' BODYPUMP™ <i>Lori</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 – September 16-September 22

| | MONDAY 16 | TUESDAY 17 | WEDNESDAY 18 | THURSDAY 19 | FRIDAY 20 | SATURDAY 21 | SUNDAY 22 |
|---|---|---|---|--|---|--|---|
| A Q U A | 8:45a P 55' H ₂ O FREESTYLE <i>Bonnie</i> | 8:30a P 55' DEEP H ₂ O <i>Nellie</i> | 8:45 a P 55' H ₂ O FREESTYLE <i>Patricia</i> | 8:45a P 55' H ₂ O FREESTYLE <i>Sarah S.</i> | 9:30a P 55' DEEP H ₂ O Intervals <i>Bonnie</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>Jen</i> 9:20a SS 30' LOW IMPACT RIDE <i>Sandy</i> 10:00a SS 60' CYCLEBODY <i>Melissa</i> | 10:00a SS 30' *SPRINT™ <i>Jen</i> 5:30p SS 30' *SPRINT™ <i>Melissa R.</i> | 5:30a SS 45' SPINNING® <i>Heather</i> 9:30a SS 50' SPINNING® <i>Patricia</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>Jayne</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 30' FITNESS YOGA <i>Cari</i> 9:00a M/B 60' CHAIR YOGA <i>Dianne</i> 10:30a M/B 55' BODYFLOW™ <i>Melissa</i> | 8:45am GX1 45' PILATES <i>Patricia</i> 10:30a 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>Melissa O.</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>Jen</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> 6:30a GX1 45' SOLID STRENGTH <i>Hannah</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>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> 10:30a GX1 45' BODYCOMBAT™ <i>Lori</i> 5:30p GYM 55' ZUMBA <i>Tracey</i> 6:00p GX1 55' MAC BARRE <i>Dianne</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</i> 9:00a GX1 30' CXWORX™ <i>Angela</i> 9:30a GX1 55' BODYPUMP™ <i>Jen</i> | |

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MAC GROUP EXERCISE – September 23-September 29

| | MONDAY 23 | TUESDAY 24 | WEDNESDAY 25 | THURSDAY 26 | FRIDAY 27 | SATURDAY 28 | SUNDAY 29 |
|---|---|---|---|--|--|---|--|
| 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> | 8:45 a P 55' H ₂ O FREESTYLE <i>Patricia</i> | 8:45a P 55' H ₂ O FREESTYLE <i>Sarah S.</i> | 9:30a P 55' DEEP H ₂ O Intervals <i>Bonnie</i> | 9:00a P 45' AQUA ZUMBA <i>Jill</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>Melissa R.</i> 6:30p SS 50' SPINNING® <i>Melissa O.</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>Heather</i> | 10:00a SS 30' *SPRINT™ <i>Jen</i> 5:30p SS 30' *SPRINT™ <i>Melissa R.</i> | 5:30a SS 45' SPINNING® <i>Heather</i> 9:30a SS 50' SPINNING® <i>Patricia</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>Cari</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 30' FITNESS YOGA <i>Cari</i> 9:00a M/B 60' CHAIR YOGA <i>Dianne</i> 10:30a M/B 55' BODYFLOW™ <i>Melissa</i> | 8:45am GX1 45' PILATES <i>Patricia</i> 10:30a 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> | 3:00p GX1 60' MAC BARRE <i>Lauren</i> 4:00p M/B 60' GENTLE YOGA <i>Stephanie M.</i> |
| L A N D | 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' 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> 6:30a GX1 45' SOLID STRENGTH <i>Hannah</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>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> 10:30a GX1 45' BODYCOMBAT™ <i>Lori</i> 5:30p GYM 55' ZUMBA <i>Tracey</i> 6:00p GX1 55' MAC BARRE <i>Dianne</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</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>Angela</i> 9:00a GX1 30' CXWORX™ <i>Angela</i> 9:30a GX1 55' BODYPUMP™ <i>Jen</i> | |

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MAC GROUP EXERCISE – September 30-October 6

| | MONDAY 30 | TUESDAY 1 | WEDNESDAY 2 | THURSDAY 3 | FRIDAY 4 | SATURDAY 5 | SUNDAY 6 |
|---|---|---|---|--|--|---|--|
| 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> | 8:45 a P 55' H ₂ O FREESTYLE <i>Patricia</i> | 8:45a P 55' H ₂ O FREESTYLE <i>Sarah S.</i> | 9:30a P 55' DEEP H ₂ O Intervals <i>Bonnie</i> | 9:00a P 45' AQUA ZUMBA <i>Jill</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>Melissa R.</i> 6:30p SS 50' SPINNING® <i>Melissa O.</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>Melissa O.</i> | 10:00a SS 30' *SPRINT™ <i>Jen</i> 5:30p SS 30' *SPRINT™ <i>Melissa R.</i> | 5:30a SS 45' SPINNING® <i>Heather</i> 9:30a SS 50' SPINNING® <i>Patricia</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>Jayne</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 30' FITNESS YOGA <i>Cari</i> 9:00a M/B 60' CHAIR YOGA <i>Dianne</i> 10:30a M/B 55' BODYFLOW™ <i>Melissa</i> | 8:45am GX1 45' PILATES <i>Patricia</i> 10:30a 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> | 3:00p GX1 60' MAC BARRE <i>TBD</i> 4:00p M/B 60' GENTLE YOGA <i>Leo</i> |
| L A N D | 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' 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> 6:30a GX1 45' SOLID STRENGTH <i>Hannah</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>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> 10:30a GX1 45' BODYCOMBAT™ <i>Lori</i> 5:30p GYM 55' ZUMBA <i>Tracey</i> 6:00p GX1 55' MAC BARRE <i>Dianne</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</i> 11:30a GX1 55' ACTIVE AGERS Cardio/Strength <i>Sandy</i> | 8:15a GX1 45' BODYCOMBAT <i>Angela</i> 9:00a GX1 30' CXWORX™ <i>Angela</i> 9:30a GX1 55' BODYPUMP™ <i>Jen</i> | |

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