

# MAC GROUP EXERCISE – October 14<sup>th</sup> - October 20<sup>th</sup>

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
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>Patricia</i>	8:45 a P 55' H <sub>2</sub> O FREESTYLE <i>Patricia</i>	9:00a P 55' H <sub>2</sub> O FREESTYLE <i>Sarah S.</i>	9:30a P 55' DEEP H <sub>2</sub> 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>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 O.</i>	6:30a SS 50' SPINNING® <i>Mary Anne</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 GX1 45' BODYFLOW™ <i>Cameron</i>  6:30a M/B 50' PILATES FUSION <i>Mary Anne</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 O.</i>	8:45a 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>  4:00p M/B 55' Dog Food Donation Yoga <i>Jayne</i>	3:00p GX1 60' TONE & FLOW <i>Melissa O.</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>  5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</i>  6:30p 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>  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>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>  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>	

GX1= Group Exercise Studio 1 GYM= Basketball Court P= Pool SS= Spin Studio  
\*\*class not meeting attendance policy\*\*

# MAC GROUP EXERCISE – October 21<sup>st</sup> - October 27<sup>th</sup>

	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27
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>	8:45 a P 55' H <sub>2</sub> O FREESTYLE <i>Patricia</i>	9:00a P 55' H <sub>2</sub> O FREESTYLE <i>Sarah S.</i>	9:30a P 55' DEEP H <sub>2</sub> O Intervals <i>Bonnie</i>	9:00a P 45' AQUA ZUMBA <i>Jill</i>	
S P I N	5:30a SS 30' SPRINT™ <i>Sarah P.</i>  9:30a SS 45' SPINNING® <i>Patricia</i>  <b>LAUNCH</b> 5:30p SS 30' SPRINT™ <i>Cameron/ 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>	6:30a SS 50' SPINNING® <i>Mary Anne</i>  10:00a SS 30' SPRINT™ <i>Cameron</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 GX1 45' BODYFLOW™ <i>Cameron</i>  6:30a M/B 50' PILATES FUSION <i>Mary Anne</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 O.</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' Tone & Flow <i>Melissa O.</i>  4:00p M/B 60' GENTLE YOGA <i>Dianne</i>
L A N D	6:05a GX1 45' SOLID STRENGTH <i>Sarah P.</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>  <b>LAUNCH</b> 5:00p-7:00p Various classes 5:45p GYM 30' BODYCOMBAT™ <i>Sarah P./Mika</i>  6:30p 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>  5:30p GYM 55' ZUMBA <i>Emily</i>  6:30p GX1 55' ATHLETIC INTERVALS <i>Tina</i>	6:00a GX1 55' BODYPUMP™ <i>Tracey</i>  9:30a GX1 55' AEROMIX <i>Sandy</i>  10:35a GX1 30' CXWORX™ <i>Cameron</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>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>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>	

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