

MAC GROUP EXERCISE JUNE 15-21

All classes on campus require registration on Super Saas.

There is a five person minimum for campus classes, effective Monday June 8.

Class schedules are opened on Thursdays at 2pm.

REGISTER ONLINE AT www.supersaas.com/schedule/MAC_Wellness

Zoom classes are indicated by a Z next to the class name, and the Zoom link is embedded in the class name.

The password for Zoom classes is mac622.

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19	SATURDAY 20	SUNDAY 21
AQUA	5:30p P 45' H ₂ O FREESTYLE Kim	12noon P 45' H ₂ O FREESTYLE Patricia		12noon P 45' H ₂ O FREESTYLE Patricia 5:30p P 45' AQUAZUMBA Tracey	9:30a P 45' H ₂ O FREESTYLE Genevlyn	9:00a P 45' H ₂ O FREESTYLE Kim	
SPINNING	9:30a GYM 45' SPINNING® Allison L. 6:15p GYM 30' SPRINT™ Cameron	9:30a GYM 45' SPINNING® Patricia 6:00p GYM 45' SPINNING® Michelle	9:30a GYM 45' MAC CYCLE Laura 6:15p GYM 30' SPRINT™ Melissa R.	9:30a GYM 45' SPINNING® Allison L.	9:30a GYM 50' SPINNING® Melissa O.	8:30a GYM 50' SPINNING® Linda	8:30a GYM 50' SPINNING® Melissa O.
MIND BODY	10:30a Z 60' <u>FITNESS YOGA</u> Maura 6:00p Z 60' <u>ALL LEVELS YOGA</u> Jayne	9:30a Z 60' <u>CHAIR YOGA</u> Melissa O. 10:30a 45' GX1 and Z <u>PILATES</u> Patricia	10:30a Z 60' <u>FITNESS YOGA</u> Maura 5:00p Z 60' <u>YIN YOGA</u> Desi	7:00a Z 45'' <u>RISE-SHINE YOGA</u> Cari 9:30a Z 45' <u>CHAIR YOGA</u> Patricia 6:00p GX1 60' ALL LEVELS YOGA Leo	10:30a GX1 60' YOGA Madi	10:00a Z 60' <u>YOGA</u> Allison L.	9:45a GX1 60' BODYFLOW™ Melissa O.
LAND	9:30a Z 55' <u>AEROMIX</u> Sandy 9:30a GX1 45' BODYPUMP™ Mika 5:30p GX1 30' CXWORX™ Cameron 6:15p GX1 45' BODYCOMBAT™ Angela	8:30a 45' GX1 and Z <u>SOLID STRENGTH</u> Tina 9:30a GX1 45' BODYATTACK™ Angela 4:30p Z 55' <u>ZUMBA</u> Tara 6:00p GX1 45' ATHLETIC INTERVALS Hannah	9:30a GX1 45' BODYCOMBAT™ Mika 9:30a Z 55' <u>BARRE</u> Allison L. 11:30a Z 55' <u>ACTIVE AGERS</u> Sandy 5:30p GX1 30' CXWORX™ Cameron 6:15p GX1 45' BODYATTACK™ Cameron	8:30a 45' GX1 and Z <u>SOLID STRENGTH</u> Tina 10:30a GX1 55' BODYPUMP™ Patricia 6:00p GYM 45' ATHLETIC INTERVALS Hannah	9:00a GX1 45' ATHLETIC INTERVALS Tina 9:30a Z 55' <u>AEROMIX</u> Sandy 10:30a GYM 30' CXWORX™ Jen	8:30a GX1 45' BODYATTACK™ Angela 9:30a GYM 30' CXWORX™ Angela	3:00p Z 55 <u>BARRE</u> Lauren

Z=Zoom GYM= Basketball Court GX1= Group Exercise Studio 1 M/B= Mnd Body Studio P=Indoor Pool SS=Spin Studio

MAC GROUP EXERCISE JUNE 22-28

All classes on campus require registration on Super Saas.

There is a five person minimum for campus classes, effective Monday June 8.

Class schedules are opened on Thursdays at 2pm.

REGISTER ONLINE AT www.supersaas.com/schedule/MAC_Wellness

Zoom classes are indicated by a Z next to the class name, and the Zoom link is embedded in the class name.

The password for Zoom classes is mac622.

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	SATURDAY 27	SUNDAY 28
AQUA	5:30p P 45' H ₂ O FREESTYLE <i>Patricia</i>	12noon P 45' H ₂ O FREESTYLE <i>Patricia</i>		12noon P 45' H ₂ O FREESTYLE <i>Patricia</i> 5:30p P 45' AQUAZUMBA <i>Tracey</i>		9:00a P 45' H ₂ O FREESTYLE <i>Kim</i>	
SPINNING	9:30a GYM 45' SPINNING® <i>Allison L.</i> 6:15p GYM 30' SPRINT™ <i>Cameron</i>	9:30a GYM 45' SPINNING® <i>Patricia</i> 6:00p GYM 45' SPINNING® <i>Michelle</i>	9:30a GYM 45' SPINNING® <i>??</i> 6:15p GYM 30' SPRINT™ <i>Melissa R.</i>	9:30a GYM 45' SPINNING® <i>Allison L.</i>	9:30a GYM 50' SPINNING® <i>???</i>	8:30a GYM 50' SPINNING® <i>Jen</i>	9:00a GYM 50' SPRINT™ <i>Cameron</i>
MIND BODY	10:30a Z 60' <u>FITNESS YOGA</u> <i>Maura</i> 6:00p Z 60' <u>ALL LEVELS YOGA</u> <i>Jayne</i>	9:30a Z 60' <u>CHAIR YOGA</u> <i>Melissa O.</i> 10:30a 45' GX1 and Z <u>PILATES</u> <i>Patricia</i>	10:30a Z 60' <u>FITNESS YOGA</u> <i>Maura</i> 5:00p Z 60' <u>YIN YOGA</u> <i>Desi</i>	7:00a Z 45'' <u>RISE-SHINE YOGA</u> <i>Cari</i> 9:30a Z 45' <u>CHAIR YOGA</u> <i>Patricia</i> 6:00p GX1 60' ALL LEVELS YOGA <i>Leo</i>	10:30a GX1 60' Yoga <i>Madi</i>	10:00a Z 60' <u>YOGA</u> <i>Allison L.</i>	9:45a GX1 60' BODYFLOW™ <i>Cameron</i>
LAND	9:30a Z 55' <u>AEROMIX</u> <i>Sandy</i> 9:30a GX1 45' BODYPUMP™ <i>Mika</i> 5:30p GX1 30' CXWORX™ <i>Cameron</i> 6:15p GX1 45' BODYCOMBAT™ <i>Angela</i>	8:30a 45' GX1 and Z <u>SOLID STRENGTH</u> <i>Tina</i> 9:30a GX1 45' BODYATTACK™ <i>Angela</i> 4:30p Z 55' <u>ZUMBA</u> <i>Tara</i> 6:00p GX1 45' ATHLETIC INTERVALS <i>Linda</i>	9:30a GX1 45' BODYCOMBAT™ <i>Mika</i> 9:30a Z 55' <u>BARRE</u> <i>Allison L.</i> 11:30a Z 55' <u>ACTIVE AGERS</u> <i>Sandy</i> 5:30p GX1 30' CXWORX™ <i>Cameron</i> 6:15p GX1 45' BODYATTACK™ <i>Cameron</i>	8:30a 45' GX1 and Z <u>SOLID STRENGTH</u> <i>Tina</i> 10:30a GX1 55' BODYPUMP™ <i>Patricia</i> 6:00p GYM 45' ATHLETIC INTERVALS <i>???</i>	9:00a GX1 45' ATHLETIC INTERVALS <i>Tina</i> 9:30a Z 55' <u>AEROMIX</u> <i>Sandy</i> 10:30a GYM 30' CXWORX™ <i>Jen</i>	8:30a GX1 45' BODYATTACK™ <i>Angela</i> 9:30a GYM 30' CXWORX™ <i>Angela</i>	3:00p Z 55 <u>BARRE</u> <i>Lauren</i>

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