

# MAC GROUP EXERCISE JULY 27 – AUGUST 2

All classes on campus require registration on Super Saas.

REGISTER ONLINE AT [www.supersaas.com/schedule/MAC\\_Wellness](http://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 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31	SATURDAY 1	SUNDAY 2
AQUA	5:30p IP 45' H <sub>2</sub> O FREESTYLE <i>Kim</i>	8:30a IP 45' H <sub>2</sub> O FREESTYLE <i>Patricia</i>		8:30a IP 45' H <sub>2</sub> O FREESTYLE <i>Patricia</i>  5:30p IP 45' AQUAZUMBA <i>Tracey</i>	9:30a IP 45' H <sub>2</sub> O FREESTYLE <i>Genevelyn</i>	9:00a IP 45' H <sub>2</sub> O FREESTYLE <i>Kim</i>  10:00a OP 45' AQUA BIKES <i>Genevelyn</i>	On Saturday, there will be a second aqua bikes class at 11am, due to popular demand.
SPINNING	9:30a GYM 45' SPINNING® <i>Allison</i>  6:15p GYM 30' SPRINT™ <i>Cameron</i>	5:45a GYM 45' SPINNING® <i>Jen</i>  9:30a GYM 45' SPINNING® <i>Patricia</i>  6:00p GYM 45' SPINNING® <i>Michelle</i>	8:30a GYM 45' SPINNING® <i>Linda</i>  6:15p GYM 30' SPRINT™ <i>Melissa R.</i>	5:45a GYM 30' SPRINT™ <i>Melissa R.</i>  9:30a GYM 45' SPINNING® <i>Allison</i>	9:30a GYM 45' SPINNING® <i>Melissa O.</i>	8:30a GYM 45' SPINNING® <i>Jen</i>	9:00a GYM 45' SPINNING® <i>Melissa O.</i>
MIND BODY	10:30a Z 60' <a href="#">FITNESS YOGA</a> <i>Maura</i>  6:00p 60' Z and M/B <a href="#">ALL LEVELS YOGA</a> <i>Madi</i>	9:30a 60' Z and M/B <a href="#">CHAIR YOGA</a> <i>Melissa O.</i>  10:30a 45' Z and GX1 <a href="#">PILATES</a> <i>Patricia</i>	10:30a Z 60' <a href="#">FITNESS YOGA</a> <i>Maura</i>	7:00a Z 45' <a href="#">RISE-SHINE YOGA</a> <i>Cari</i>  9:30a 45' Z and M/B <a href="#">CHAIR YOGA</a> <i>Patricia</i>  6:00p GX1 60' ALL LEVELS YOGA <i>Leo</i>	10:30a 60' Z and GX1 <a href="#">FITNESS YOGA</a> <i>Madi</i>	10:00a Z 60' <a href="#">YOGA</a> <i>Allison</i>	10:00a GX1 60' BODYFLOW™ <i>Melissa O.</i>
LAND	8:30a GX1 55' BODYPUMP™ <i>Mika</i>  9:30a Z 55' <a href="#">AEROMIX</a> <i>Sandy</i>  5:30p GX1 30' CXWORX™ <i>Cameron</i>	8:30a 45' GX1 and Z <a href="#">SOLID STRENGTH</a> <i>Tina</i>  4:30p Z 55' ZUMBA <a href="#">NO CLASS TODAY</a>  6:00p GX1 45' ATHLETIC INTERVALS <i>Hannah</i>	8:30a 45' BODYCOMBAT™ <i>Meet at front desk</i> <i>Mika</i>  9:30a Z 55' <a href="#">BARRE</a> <i>Allison</i>  11:30a Z 55' <a href="#">ACTIVE AGERS</a> <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 <a href="#">SOLID STRENGTH</a> <i>Tina</i>  10:30a GX1 55' BODYPUMP™ <i>Patricia</i>  6:00p GYM 45' ATHLETIC INTERVALS <i>Hannah</i>	9:00a GX1 45' ATHLETIC INTERVALS <i>Tina</i>  9:30a Z 55' <a href="#">AEROMIX</a> <i>Sandy</i>  10:30a GYM 30' CXWORX™ <i>Melissa O.</i>	8:30a GX1 45' BODYATTACK™ <i>Angela</i>  9:30a GX1 30' CXWORX™ <i>Angela</i>	3:00p Z 55' <a href="#">BARRE</a> <i>Lauren</i>

Z=Zoom; GYM= Basketball Court; GX1= Group Exercise Studio 1; M/B= Mnd Body Studio; IP=Indoor Pool; OP=Outdoor Pool

# MAC GROUP EXERCISE AUGUST 3 – AUGUST 9

All classes on campus require registration on Super Saas.

REGISTER ONLINE AT [www.supersaas.com/schedule/MAC\\_Wellness](http://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 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	SATURDAY 8	SUNDAY 9
AQUA	5:30p IP 45' H <sub>2</sub> O FREESTYLE <i>Kim</i>	8:30a IP 45' H <sub>2</sub> O FREESTYLE <i>Patricia</i>  9:30a OP 45' AQUA BIKES <i>Genevelyn</i>	6:00p OP 45' AQUA BIKES <i>Genevelyn</i>	8:30a IP 45' H <sub>2</sub> O FREESTYLE <i>Patricia</i>  5:30p IP 45' AQUAZUMBA <i>Tracey</i>	8:30a OP 45' AQUA BIKES <i>Genevelyn</i>  9:30a IP 45' H <sub>2</sub> O FREESTYLE <i>Genevelyn</i>	9:00a IP 45' H <sub>2</sub> O FREESTYLE <i>Kim</i>  10:00a OP 45' AQUA BIKES <i>Genevelyn</i>	
SPINNING	9:30a GYM 45' SPINNING® <i>Allison</i>  6:15p GYM 30' SPRINT™ <i>Cameron</i>	5:45a GYM 45' SPINNING® <i>Heather M.</i>  9:30a GYM 45' SPINNING® <i>Patricia</i>  6:00p GYM 45' SPINNING® <i>Michelle</i>	8:30a GYM 45' SPINNING® <i>Linda</i>  6:15p GYM 30' SPRINT™ <i>Melissa R.</i>	5:45a GYM 30' SPRINT™ <i>Melissa R.</i>  9:30a GYM 45' SPINNING® <i>Allison</i>	9:30a GYM 45' SPINNING® <i>Melissa O.</i>	Les Mills Launch 8:30a GYM 45' SPRINT™ <i>Melissa O.</i>	Les Mills Launch 9:00a GYM 45' SPRINT™ <i>Melissa O.</i> and <i>Eliza</i>
MIND BODY	10:30a Z 60' <u>FITNESS YOGA</u> <i>Maura</i>  6:00p 60' Z and GX1 <u>ALL LEVELS YOGA</u> <i>Madi</i>	9:30a Z 60' <u>CHAIR YOGA</u> <i>Allison</i>  10:30a 45' Z and GX1 <u>PILATES</u> <i>Patricia</i>	10:30a Z 60' <u>FITNESS YOGA</u> <i>Maura</i>	7:00a Z 45' <u>RISE-SHINE YOGA</u> <i>Desi</i>  9:30a 45' Z and M/B <u>CHAIR YOGA</u> <i>Patricia</i>  6:00p GX1 60' ALL LEVELS YOGA <i>Leo</i>	10:30a 60' Z and GX1 <u>FITNESS YOGA</u> <i>Madi</i>	10:00a Z 60' <u>YOGA</u> <i>Allison</i>	Les Mills Launch 10:00a GX1 60' BODYFLOW™ <i>Melissa O.</i> and <i>Eliza</i>
LAND	8:30a GX1 55' BODYPUMP™ <i>Mika</i>  9:30a Z 55' <u>AEROMIX</u> <i>Sandy</i>  5:30p GX1 30' CXWORX™ <i>Cameron</i>	8:30a 45' Z and GX1 <u>SOLID STRENGTH</u> <i>Tina</i>  4:30p Z 55' <u>ZUMBA</u> <i>Tara</i>  6:00p GX1 45' ATHLETIC INTERVALS <i>Hannah</i>	8:30a 45' BODYCOMBAT™ <i>Meet at front desk</i> <i>Mika</i>  9:30a Z 55' <u>BARRE</u> <i>Allison</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' Z and GX1 <u>SOLID STRENGTH</u> <i>Tina</i>  10:30a GX1 55' BODYPUMP™ <i>Patricia</i>  6:00p GYM 45' ATHLETIC INTERVALS <i>Hannah</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>Melissa O.</i>	Les Mills Launch 8:30a GX1 45' BODYATTACK™ <i>Angela</i> and <i>Cameron</i>  9:30a GX1 30' CXWORX™ <i>Angela</i> and <i>Cameron</i>	Les Mills Launch 9:00a GX1 45' BODYPUMP™ <i>Michelle</i> and <i>Patricia</i>  3:00p Z 55 <u>BARRE</u> <i>Lauren</i>

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# MAC GROUP EXERCISE AUGUST 10 – AUGUST 16

## ALL NEW RELEASES OF LES MILLS' PROGRAMS

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REGISTER ONLINE AT [www.supersaas.com/schedule/MAC\\_Wellness](http://www.supersaas.com/schedule/MAC_Wellness)

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The password for Zoom classes is mac622

	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14	SATURDAY 15	SUNDAY 16
AQUA	5:30p IP 45' H <sub>2</sub> O FREESTYLE <i>Kim</i>	8:30a IP 45' H <sub>2</sub> O FREESTYLE <i>Patricia</i>  9:30a OP 45' AQUA BIKES <i>Genevelyn</i>	6:00p OP 45' AQUA BIKES <i>Genevelyn</i>	8:30a IP 45' H <sub>2</sub> O FREESTYLE <i>Patricia</i>  5:30p IP 45' AQUAZUMBA <i>Tracey</i>	8:30a OP 45' AQUA BIKES <i>Genevelyn</i>  9:30a IP 45' H <sub>2</sub> O FREESTYLE <i>Genevelyn</i>	9:00a IP 45' H <sub>2</sub> O FREESTYLE <i>Kim</i>  10:00a OP 45' AQUA BIKES <i>Genevelyn</i>	
SPIN	9:30a GYM 45' SPINNING® <i>Allison</i>  6:15p GYM 30' SPRINT™ <i>Cameron</i>	5:45a GYM 45' SPINNING® <i>Jen</i>  9:30a GYM 45' SPINNING® <i>Patricia</i>  6:00p GYM 45' SPINNING® <i>Michelle</i>	8:30a GYM 45' SPINNING® <i>Linda</i>  6:15p GYM 30' SPRINT™ <i>Melissa R.</i>	5:45a GYM 30' SPRINT™ <i>Melissa R.</i>  9:30a GYM 45' SPINNING® <i>Allison</i>	9:30a GYM 45' SPINNING® <i>Melissa O.</i>	8:30a GYM 45' SPINNING® <i>Jen</i>	9:00a GYM 45' SPINNING® <i>Melissa O.</i>
MIND BODY	10:30a Z 60' <u>FITNESS YOGA</u> <i>Maura</i>  6:00p 60' Z and GX1 <u>ALL LEVELS YOGA</u> <i>Madi</i>	9:30a 60' Z and M/B <u>CHAIR YOGA</u> <i>Melissa O.</i>  10:30a 45' Z and GX1 <u>PILATES</u> <i>Patricia</i>	10:30a Z 60' <u>FITNESS YOGA</u> <i>Maura</i>	7:00a Z 45' <u>RISE-SHINE YOGA</u> <i>Cari</i>  9:30a 45' Z and M/B <u>CHAIR YOGA</u> <i>Patricia</i>  6:00p GX1 60' ALL LEVELS YOGA <i>Leo</i>	10:30a 60' Z and GX1 <u>FITNESS YOGA</u> <i>Madi</i>	10:00a Z 60' <u>YOGA</u> <i>Allison</i>	10:00a GX1 60' BODYFLOW™ <i>Melissa O.</i>
LAND	8:30a GX1 55' BODYPUMP™ <i>Eliza</i>  9:30a Z 55' <u>AEROMIX</u> <i>Patricia</i>  5:30p GX1 30' CXWORX™ <i>Cameron</i>	8:30a 45' Z and GX1 <u>SOLID STRENGTH</u> <i>Tina</i>  4:30p Z 55' <u>ZUMBA</u> <i>Tara</i>  6:00p GX1 45' ATHLETIC INTERVALS <i>Hannah</i>	8:30a GX1 45' ATHLETIC INTERVALS <b>TBA</b>  9:30a Z 55' <u>BARRE</u> <i>Allison</i>  11:30a Z 55' ACTIVE AGERS <b>No class today</b>  5:30p GX1 30' CXWORX™ <i>Cameron</i>  6:15p GX1 45' BODYATTACK™ <i>Cameron</i>	8:30a 45' Z and GX1 <u>SOLID STRENGTH</u> <i>Tina</i>  10:30a GX1 55' BODYPUMP™ <i>Patricia</i>  6:00p GYM 45' ATHLETIC INTERVALS <i>Hannah</i>	9:00a GX1 45' ATHLETIC INTERVALS <i>Tina</i>  9:30a Z 55' <u>AEROMIX</u> <i>Patricia</i>  10:30a GYM 30' CXWORX™ <i>Melissa O.</i>	8:30a GX1 45' BODYATTACK™ <i>Angela</i>  9:30a GX1 30' CXWORX™ <i>Angela</i>	3:00p Z 55' <u>BARRE</u> <i>Lauren</i>

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# MAC GROUP EXERCISE AUGUST 17 – AUGUST 23

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REGISTER ONLINE AT [www.supersaas.com/schedule/MAC\\_Wellness](http://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 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21	SATURDAY 22	SUNDAY 23
AQUA	5:30p IP 45' H <sub>2</sub> O FREESTYLE <i>Kim</i>	8:30a IP 45' H <sub>2</sub> O FREESTYLE <i>Patricia</i> 9:30a OP 45' AQUA BIKES <i>Genevelyn</i>	6:00p OP 45' AQUA BIKES <i>Genevelyn</i>	8:30a IP 45' H <sub>2</sub> O FREESTYLE <i>Patricia</i> 5:30p IP 45' AQUAZUMBA <i>Tara</i>	8:30a OP 45' AQUA BIKES <i>Steph</i> 9:30a IP 45' H <sub>2</sub> O FREESTYLE <i>Nellie</i>	9:00a IP 45' H <sub>2</sub> O FREESTYLE <i>Kim</i> 10:00a OP 45' AQUA BIKES <i>Genevelyn</i>	
SPIN	9:30a GYM 45' SPINNING® <i>Allison</i> 6:15p GYM 30' SPRINT™ <i>Cameron</i>	5:45a GYM 45' SPINNING® <i>Jen</i> 9:30a GYM 45' SPINNING® <i>Patricia</i> 6:00p GYM 45' SPINNING® <i>Michelle</i>	8:30a GYM 45' SPINNING® <i>Linda</i> 6:15p GYM 30' SPRINT™ <i>Melissa R.</i>	5:45a GYM 30' SPRINT™ <i>Melissa R.</i> 9:30a GYM 45' SPINNING® <i>Allison</i>	9:30a GYM 45' SPINNING® <i>Melissa O.</i>	8:30a GYM 45' SPINNING® <i>Jen</i>	9:00a GYM 45' SPINNING® <i>Melissa O.</i>
MIND BODY	10:30a Z 60' <u>FITNESS YOGA</u> <i>Maura</i> 6:00p 60' Z and GX1 <u>ALL LEVELS YOGA</u> <i>Madi</i>	9:30a 60' Z and M/B <u>CHAIR YOGA</u> <i>Melissa O.</i> 10:30a 45' Z and GX1 <u>PILATES</u> <i>Patricia</i>	10:30a Z 60' <u>FITNESS YOGA</u> <i>Maura</i>	7:00a Z 45' <u>RISE-SHINE YOGA</u> <i>Cari</i> 9:30a 45' Z and M/B <u>CHAIR YOGA</u> <i>Patricia</i> 6:00p GX1 60' ALL LEVELS YOGA <i>Leo</i>	10:30a 60' Z and GX1 <u>FITNESS YOGA</u> <i>Madi</i>	10:00a Z 60' <u>YOGA</u> <i>Allison</i>	10:00a GX1 60' BODYFLOW™ <i>Melissa O.</i>
LAND	8:30a GX1 55' BODYPUMP™ <i>Mika</i> 9:30a Z 55' <u>AEROMIX</u> <i>Sandy</i> 5:30p GX1 30' CXWORX™ <i>Cameron</i>	8:30a Z 45' <u>SOLID STRENGTH</u> <i>Sandy</i> 4:30p Z 55' <u>ZUMBA</u> <i>Tara</i> 6:00p GX1 45' ATHLETIC INTERVALS <i>Linda</i>	8:30a 45' BODYCOMBAT™ <i>Meet at front desk Mika</i> 9:30a Z 55' <u>BARRE</u> <i>Allison</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 Z 45' <u>SOLID STRENGTH</u> <i>Sandy</i> 10:30a GX1 55' BODYPUMP™ <i>Patricia</i> 6:00p GYM 45' ATHLETIC INTERVALS <b>TBA</b>	9:00a GX1 45' ATHLETIC INTERVALS <i>Linda</i> 9:30a Z 55' <u>AEROMIX</u> <i>Sandy</i> 10:30a GYM 30' CXWORX™ <i>Melissa O.</i>	8:30a GX1 45' BODYATTACK™ <i>Angela</i> 9:30a GX1 30' CXWORX™ <i>Angela</i>	3:00p Z 55' <u>BARRE</u> <i>Lauren</i>

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# MAC GROUP EXERCISE AUGUST 24 – AUGUST 30

All classes on campus require registration on Super Saas.

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

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	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28	SATURDAY 29	SUNDAY 30
AQUA	5:30p IP 45' H <sub>2</sub> O FREESTYLE <i>Kim</i>	8:30a IP 45' H <sub>2</sub> O FREESTYLE <i>Patricia</i> 9:30a OP 45' AQUA BIKES <i>Genevelyn</i>	6:00p OP 45' AQUA BIKES <i>Genevelyn</i>	8:30a IP 45' H <sub>2</sub> O FREESTYLE <i>Patricia</i> 5:30p IP 45' AQUAZUMBA <i>Tracey</i>	8:30a OP 45' AQUA BIKES <i>Steph</i> 9:30a IP 45' H <sub>2</sub> O FREESTYLE <i>Nellie</i>	9:00a IP 45' H <sub>2</sub> O FREESTYLE <i>Kim</i> 10:00a OP 45' AQUA BIKES <i>Genevelyn</i>	
SPIN	9:30a GYM 45' SPINNING® <i>Allison</i> 6:15p GYM 30' SPRINT™ <i>Cameron</i>	5:45a GYM 45' SPINNING® <i>Jen</i> 9:30a GYM 45' SPINNING® <i>Patricia</i> 6:00p GYM 45' SPINNING® <i>Michelle</i>	8:30a GYM 45' SPINNING® <i>Linda</i> 6:15p GYM 30' SPRINT™ <i>Melissa R.</i>	5:45a GYM 30' SPRINT™ <i>Melissa R.</i> 9:30a GYM 45' SPINNING® <i>Allison</i>	9:30a GYM 45' SPINNING® <i>Melissa O.</i>	8:30a GYM 45' SPINNING® <i>Jen</i>	9:00a GYM 45' SPINNING® <i>Melissa O.</i>
MIND BODY	10:30a Z 60' <u>FITNESS YOGA</u> <i>Maura</i> 6:00p 60' Z and GX1 <u>ALL LEVELS YOGA</u> <i>Madi</i>	9:30a 60' Z and M/B <u>CHAIR YOGA</u> <i>Melissa O.</i> 10:30a 45' Z and GX1 <u>PILATES</u> <i>Patricia</i>	10:30a Z 60' <u>FITNESS YOGA</u> <i>Maura</i>	7:00a Z 45' <u>RISE-SHINE YOGA</u> <i>Cari</i> 9:30a 45' Z and M/B <u>CHAIR YOGA</u> <i>Patricia</i> 6:00p GX1 60' ALL LEVELS YOGA <i>Leo</i>	10:30a 60' Z and GX1 <u>FITNESS YOGA</u> <i>Madi</i>	10:00a Z 60' <u>YOGA</u> <i>Allison</i>	10:00a GX1 60' BODYFLOW™ <i>Melissa O.</i>
LAND	8:30a GX1 55' BODYPUMP™ <i>Mika</i> 9:30a Z 55' <u>AEROMIX</u> <i>Sandy</i> 5:30p GX1 30' CXWORX™ <i>Cameron</i>	8:30a 45' Z and GX1 <u>SOLID STRENGTH</u> <i>Tina</i> 4:30p Z 55' <u>ZUMBA</u> <i>Tara</i> 6:00p GX1 45' ATHLETIC INTERVALS <i>Linda</i>	8:30a 45' BODYCOMBAT™ <i>Meet at front desk Mika</i> 9:30a Z 55' <u>BARRE</u> <i>Allison</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' Z and GX1 <u>SOLID STRENGTH</u> <i>Tina</i> 10:30a GX1 55' BODYPUMP™ <i>Patricia</i> 6:00p GYM 45' ATHLETIC INTERVALS <i>Tina</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>Melissa O.</i>	8:30a GX1 45' BODYATTACK™ <i>Angela</i> 9:30a GX1 30' CXWORX™ <i>Angela</i>	3:00p Z 55' <u>BARRE</u> <i>Lauren</i>

Z=Zoom; GYM= Basketball Court; GX1= Group Exercise Studio 1; M/B= Mnd Body Studio; IP=Indoor Pool; OP=Outdoor Pool