



SEPTEMBER 28 - OCTOBER 11

All classes on campus require registration on SuperSaas.
 REGISTER ONLINE AT www.supersaas.com/schedule/MAC_Wellness
 Zoom classes are indicated on the schedule next to the class name, and the ZOOM link is embedded in the class name.
 The password for Zoom classes is mac622.

Class Location Key:
 FEE = Fee Applies for Class
 GX1 = Group Exercise Studio 1
 M/B = Spin Studio (court 6)
 Z = ZOOM
 I POOL = Indoor Pool
 O POOL = Outdoor Pool

Monday 9/28	Tuesday 9/29	Wednesday 9/30	Thursday 10/1	Friday 10/2	Saturday 10/3	Sunday 10/4
8:30 am GX1 Athletic Intervals 55 min MELISSA O	5:45 am GYM Spinning® 45 min JEN	8:30 am TBA Bodycombat™ 45 min MIKA	5:45 am GYM Sprint™ 30 min MELISSA R	8:30 am GX1 Bodypump™ 55 min MICHELLE	8:30 am GYM Spinning® 45 min TBA	9:00 am GYM Spinning® 45 min SARAH
9:30 am GYM Spinning® 45 min ALLISON	8:30 am I POOL H ₂ O Freestyle 45 min PATRICIA	8:30 am GYM Spinning® 45 min LINDA	8:30 am I POOL H ₂ O Freestyle 45 min PATRICIA	9:30 am I POOL H ₂ O Freestyle 45 min GENEVELYN	8:30 am GX1 Bodyattack™ 45 min ANGELA	10:00 am M/B Gentle Yoga 60 min ANNE
9:30 am ZOOM Aeromix 55 min SANDY	8:30 am GX1 & Z Solid Strength 45vmin TINA	9:30 am ZOOM BARRE 60 min ALLISON	8:30 am GX1 & Z Solid Strength 45 min TINA	9:30 am GYM Spinning® 45 min MELISSA O	9:00 am I POOL H ₂ O Freestyle 45 min KIM	3:00 pm ZOOM BARRE 55 min LAUREN
10:30 am ZOOM Fitness Yoga 60 min MAURA	9:30 pm M/B & Z Chair Yoga 45 min SAMAMTHA	10:30 am ZOOM Fitness Yoga 60 min MAURA	9:30 pm M/B & Z Chair Yoga 45 min PATRICIA	9:30 am ZOOM Aeromix 55 min SANDY	9:30 am GX1 CXWORX™ 30 min ANGELA	
5:30 pm I POOL H ₂ O Freestyle 45 min KIM	9:30 am GYM Spinning® 45 min PATRICIA	11:30 am ZOOM Active Agers 55 min SANDY	9:30 am GYM Spinning® 45 min ALLISON	10:30 am M/B & Z Yin Yoga 60 min or	10:00 am ZOOM Anusara Yoga 60 min ALLISON	
5:30 pm GX1 Bodycombat™ 45 min ANGELA	10:30 am GX1 & Z Pilates Fusion 45 min PATRICIA	5:00 pm GYM FEE-BootyCamp 45 min TINA	10:30 am M/B Anusara Yoga 60 min ALLISON	10:30 am GYM CXWORX™ 30 min MELISSA O		
6:00 pm M/B & Z All Levels Yoga 60 min MADI	10:30 am M/B Vinyasa Flow 60 min CARI	5:30 pm GX1 Bodyflow™ 45 min CAMERON	10:30 am GX1 Bodypump™ 55 min PATRICIA			
6:00 pm GYM Sprint™ 30 min CAMERON	4:30 pm ZOOM Zumba 55 min TARA	6:00 pm GYM Sprint™ 30 min MELISSA R	5:30 pm I POOL Aqua Zumba 45 min TRACY			
6:30 pm GX1 CXWORX™ 30 min CAMERON	5:00 pm GYM Spinning® 45 min MICHELLE	6:30 pm GX1 CXWORX™ 30 min CAMERON	6:00 pm M/B All Levels Yoga 60 min CARI			
	6:00 pm GX1 Athletic Intervals 45 min LINDA		6:00 pm GX1 Athletic Intervals 45 min TINA			

Monday 10/5	Tuesday 10/6	Wednesday 10/7	Thursday 10/8	Friday 10/9	Saturday 10/10	Sunday 10/11
8:30 am GX1 Bodypump™ 55 min MIKA	5:45 am GYM Spinning® 45 min JEN	8:30 am TBA Bodycombat™ 45 min MIKA	5:45 am GYM Sprint™ 30 min MELISSA R	8:30 am GX1 Bodypump™ 55 min MICHELLE	8:30 am GYM Spinning® 45 min TBA	9:00 am GYM Spinning® 45 min SARAH
9:30 am GYM Spinning® 45 min ALLISON	8:30 am I POOL H ₂ O Freestyle 45 min PATRICIA	8:30 am GYM Spinning® 45 min LINDA	8:30 am I POOL H ₂ O Freestyle 45 min PATRICIA	9:30 am I POOL H ₂ O Freestyle 45 min GENEVELYN	8:30 am GX1 Bodyattack™ 45 min ANGELA	10:00 am M/B Gentle Yoga 60 min TBA
9:30 am ZOOM Aeromix 55 min SANDY	8:30 am GX1 & Z Solid Strength 45vmin TINA	9:30 am ZOOM BARRE 60 min ALLISON	8:30 am GX1 & Z Solid Strength 45 min TINA	9:30 am GYM Spinning® 45 min MELISSA O	9:00 am I POOL H ₂ O Freestyle 45 min ANNE	3:00 pm ZOOM BARRE 55 min TBA
10:30 am ZOOM Fitness Yoga 60 min MAURA	9:30 pm M/B & Z Chair Yoga 45 min SAMAMTHA	10:30 am ZOOM Fitness Yoga 60 min MAURA	9:30 pm M/B & Z Chair Yoga 45 min PATRICIA	9:30 am ZOOM Aeromix 55 min SANDY	9:30 am GX1 CXWORX™ 30 min ANGELA	
5:30 pm I POOL H ₂ O Freestyle 45 min KIM	9:30 am GYM Spinning® 45 min PATRICIA	11:30 am ZOOM Active Agers 55 min SANDY	9:30 am GYM Spinning® 45 min ALLISON	10:30 am M/B & Z Yin Yoga 60 min MADI	10:00 am ZOOM Anusara Yoga 60 min ALLISON	
5:45 pm GX1 Bodycombat™ 45 min ANGELA	10:30 am GX1 & Z Pilates Fusion 45 min PATRICIA	5:00 pm GYM FEE-BootyCamp 45 min TINA	10:30 am M/B Anusara Yoga 60 min ALLISON	10:30 am GYM CXWORX™ 30 min MELISSA O		
6:00 pm M/B & Z All Levels Yoga 60 min MADI	10:30 am M/B Vinyasa Flow 60 min CARI	5:30 pm GX1 Bodyflow™ 45 min CAMERON	10:30 am GX1 Bodypump™ 55 min PATRICIA			
6:00 pm GYM Sprint™ 30 min CAMERON	5:00 pm GYM Spinning® 45 min MICHELLE	6:00 pm GYM Sprint™ 30 min MELISSA R	5:30 pm I POOL Aqua Zumba 45 min TRACY			
6:30 pm GX1 CXWORX™ 30 min CAMERON	6:00 pm GX1 Athletic Intervals 45 min LINDA	6:30 pm GX1 CXWORX™ 30 min CAMERON	6:00 pm M/B All Levels Yoga 60 min LEO			
			6:00 pm GX1 Athletic Intervals 45 min MELISSA O			