



SEPTEMBER 14 - SEPTEMBER 27

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 9/14	Tuesday 9/15	Wednesday 9/16	Thursday 9/17	Friday 9/18	Saturday 9/19	Sunday 9/20
8:30 am GX1 55 min Bodypump™ MIKA	5:45 am GYM 45 min Spinning® JEN	8:30 am TBA 45 min Bodycombat™ MIKA	5:45 am GYM 30 min Sprint™ MELISSA R	8:30 am GX1 55 min Bodypump™ MICHELLE	8:00 am POOL 45 min Bodycombat™ ANGELA & MIKA	9:00 am GYM 45 min Spinning® MELISSA O
9:30 am GYM 45 min Spinning® ALLISON	8:30 am I POOL 45 min H ₂ O Freestyle PATRICIA	8:30 am GYM 45 min Spinning® LINDA	8:30 am I POOL 45 min H ₂ O Freestyle PATRICIA	9:30 am I POOL 45 min H ₂ O Freestyle GENEVELYN	9:00 am POOL 25 min CXWORX™ ANGELA	9:00 am POOL 45 min Active Agers SANDY
9:30 am ZOOM 55 min Aeromix SANDY	8:30 am GX1 & Z 45vmin Solid Strength TINA	9:30 am ZOOM 60 min BARRE ALLISON	8:30 am GX1 45 min Solid Strength LINDA	9:30 am GYM 45 min Spinning® MELISSA O	9:00 am POOL 45 min H ₂ O Freestyle KIM	10:00 am POOL 45 min Zumba TRACEY
10:30 am ZOOM 60 min Fitness Yoga MAURA	9:30 pm M/B & Z 45 min Chair Yoga SAMAMTHA	10:30 am ZOOM 60 min Fitness Yoga MAURA	9:30 pm M/B & Z 45 min Chair Yoga PATRICIA	9:30 am ZOOM 55 min Aeromix SANDY	9:30 am GYM 45 min Spinning® JEN	10:00 am GX1 60 min Bodyflow™ MELISSA O
5:30 pm I POOL 45 min H ₂ O Freestyle KIM	9:30 am GYM 45 min Spinning® PATRICIA	11:30 am ZOOM 55 min Active Agers SANDY	9:30 am GYM 45 min Spinning® ALLISON	10:30 am M/B & Z 60 min Yin Yoga MADI	9:30 am POOL 45 min Aeromix SANDY	3:00 pm GX1 & Z 60 min BARRE LAUREN
5:30 pm GX1 45 min Bodycombat™ ANGELA	10:30 am GX1 & Z 45 min Pilates Fusion PATRICIA	5:00 pm GYM 45 min FEE-BootyCamp TINA	10:30 am M/B 60 min Anusara Yoga ALLISON	10:30 am GYM 30 min CXWORX™ MELISSA O	10:00 am POOL 45 min FEE-Aquabikes Genenevlyn & Steph	
6:00 pm M/B & Z 60 min All Levels Yoga MADI	10:30 am M/B 60 min Vinyasa Flow CARI	5:30 pm GX1 45 min Bodyattack™ CAMERON	10:30 am GX1 55 min Bodypump™ PATRICIA		10:30 am POOL 60 min Fitness Yoga MAURA	
6:00 pm GYM 30 min Sprint™ CAMERON	4:30 pm ZOOM 55 min Zumba No Class Today	6:00 pm GYM 30 min SPINNING™ MELISSA R	5:30 pm I POOL 45 min Aqua Zumba TRACY		10:30 am GYM 45 min Bodypump™ Michelle & Patricia	
6:30 pm GX1 30 min CXWORX™ CAMERON	5:00 pm GYM 45 min Spinning® MICHELLE	6:30 pm GX1 30 min CXWORX™ CAMERON	6:00 pm M/B 60 min All Levels Yoga LEO		MAC World United The biggest fitness event of the year is coming! Saturday, September 19 and Sunday, September 20 All activities are open to the public and require registration on Sign Up Genius!	
	6:00 pm GX1 45 min Athletic Intervals LINDA		6:00 pm GX1 45 min Athletic Intervals MELISSA O			

Monday 9/21	Tuesday 9/22	Wednesday 9/23	Thursday 9/24	Friday 9/25	Saturday 9/26	Sunday 9/27
8:30 am GX1 55 min Bodypump™ MIKA	5:45 am GYM 45 min Spinning® JEN	8:30 am TBA 45 min Bodycombat™ MIKA	5:45 am GYM 30 min Sprint™ CAMERON	8:30 am GX1 55 min Bodypump™ MICHELLE	8:30 am GYM 45 min Spinning® LINDA	9:00 am GYM 45 min Spinning® MELISSA O
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