



# SEPTEMBER 28 - OCTOBER 11

All classes on campus require registration on SuperSaas.  
 REGISTER ONLINE AT [www.supersaas.com/schedule/MAC\\_Wellness](http://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 55 min Athletic Intervals MELISSA O	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	8:30 am GYM 45 min Spinning@ JEN	9:00 am GYM 45 min Spinning@ SARAH
9:30 am GYM 45 min Spinning@ ALLISON	8:30 am I POOL 45 min H <sub>2</sub> O Freestyle PATRICIA	8:30 am GYM 45 min Spinning@ LINDA	8:30 am I POOL 45 min H <sub>2</sub> O Freestyle PATRICIA	9:30 am I POOL 45 min H <sub>2</sub> O Freestyle GENEVELYN	8:30 am GX1 45 min Bodyattack™ ANGELA	10:00 am M/B 60 min Gentle Yoga ANNE
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 & Z 45 min Solid Strength TINA	9:30 am GYM 45 min Spinning@ MELISSA O	9:00 am I POOL 45 min H <sub>2</sub> O Freestyle KIM	3:00 pm ZOOM 55 min BARRE LAUREN
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 GX1 30 min CXWORX™ ANGELA	
5:30 pm I POOL 45 min H <sub>2</sub> 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	10:00 am ZOOM 60 min Anusara Yoga ALLISON	
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		
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 Bodyflow™ CAMERON	10:30 am GX1 55 min Bodypump™ PATRICIA			
6:00 pm GYM 30 min Sprint™ CAMERON	4:30 pm ZOOM 55 min Zumba TARA	6:00 pm GYM 30 min Sprint™ MELISSA R	5:30 pm I POOL 45 min Aqua Zumba TRACY			
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 CARI			
	6:00 pm GX1 45 min Athletic Intervals LINDA		6:00 pm GX1 45 min Athletic Intervals TINA			
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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	8:30 am GYM 45 min Spinning@ JEN	9:00 am GYM 45 min Spinning@ SARAH
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			6:00 pm GX1 45 min Athletic Intervals MELISSA O			