

JANUARY 4 - JANUARY 17

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 1/4	Tuesday 1/5	Wednesday 1/6	Thursday 1/7	Friday 1/8	Saturday 1/9	Sunday 1/10
9:30 am GYM Spinning@ 45 min ALLISON	5:45 am GYM Spinning@ 45 min JEN	8:30 am GYM Spinning@ 45 min LINDA	5:45 am GYM Sprint™ 30 min MELISSA R	8:30 am GX1 Bodypump™ 55 min MICHELLE	8:30 am GYM Spinning@ 45 min JEN	9:00 am GYM Spinning@ 45 min SARAH
9:30 am ZOOM Aeromix 55 min SANDY	8:30 am I POOL H ₂ O Freestyle 45 min PATRICIA	9:30 am GX1 Les Mills Core™ 30 min MIKA	8:30 am I POOL H ₂ O Freestyle 45 min PATRICIA	9:30 am I POOL H ₂ O Freestyle 45 min CANCELLED	8:30 am GX1 Bodyattack™ 45 min ANGELA	10:00 am GX1 SHiNE™ 55 min JACLYN
10:30 am GX1 Bodypump™ 55 min MIKA	8:30 am GYM & Z Solid Strength 45vmin TINA	9:30 am ZOOM BARRE 60 min ALLISON	8:30 am GYM & 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	
10:30 am ZOOM Fitness Yoga 60 min MAURA	9:30 am M/B & Z Chair Yoga 45 min SAMANTHA	10:30 am GX1 Bodypump™ 45 min PATRICIA	9:30 am M/B & Z Chair Yoga 45 min PATRICIA	9:30 am ZOOM Aeromix 55 min SANDY	9:30 am GX1 Les Mills Core™ 30 min ANGELA	
5:45 pm GX1 Bodycombat™ 45 min ANGELA	9:30 am GYM Spinning@ 45 min PATRICIA	10:30 am ZOOM Fitness Yoga 60 min MAURA	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	
6:00 pm I POOL H ₂ O Freestyle 45 min KIM	10:30 am GX1 & Z Pilates Fusion 45 min PATRICIA	11:30 am ZOOM Active Agers 55 min SANDY	6:00 pm I POOL Aqua Zumba 45 min TRACY	10:30 am GYM Les Mills Core™ 30 min MELISSA O		
6:00 pm M/B & Z All Levels Yoga 60 min MADI	5:00 pm GYM Spinning@ 45 min MICHELLE	5:30 pm GX1 Bodyflow™ 45 min CAMERON	6:00 pm M/B All Levels Yoga 60 min CANCELLED			
6:00 pm GYM Sprint™ 30 min CAMERON	5:30 pm GX1 Zumba 45 min CANDICE	6:00 pm GYM Cameron™ 30 min MELISSA R	6:00 pm GYM Athletic Intervals 45 min TINA			
6:30 pm GX1 Les Mills Core™ 30 min CAMERON	6:00 pm GYM Athletic Intervals 45 min TINA	6:30 pm GX1 Les Mills Core™ 30 min CAMERON				

Monday 1/11	Tuesday 1/12	Wednesday 1/13	Thursday 1/14	Friday 1/15	Saturday 1/16	Sunday 1/17
9:30 am GYM Spinning@ 45 min ALLISON	5:45 am GYM Spinning@ 45 min JEN	8:30 am GYM Spinning@ 45 min LINDA	5:45 am GYM Sprint™ 30 min MELISSA R	8:30 am GX1 Bodypump™ 55 min MICHELLE	8:30 am GYM Spinning@ 45 min JEN	9:00 am GYM Spinning@ 45 min SARAH
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