



# JUNE 27 - JULY 10

### Check out what's new!

- Monday Bodypump™ is now at 8:30am.
- Les Mills Core™ has been added Mondays at 10:30am.
- Evening Bodypump™ is Tuesday and Thursday at 6:30pm!
- Bodyattack™ is on Wednesday nights now.
- Bodybalance™ replaces Yoga on Friday mornings at 10:30.

### Class Location Key:

- SStudio = Spin Studio, court 6
- GX1 = Group Exercise Studio 1
- M/B = Mind / Body Studio, upstairs
- I POOL = Indoor Pool
- O POOL = Outdoor Pool

Monday 6/27	Tuesday 6/28	Wednesday 6/29	Thursday 6/30	Friday 7/1	Saturday 7/2	Sunday 7/3
8:30 am GX1 Bodypump™ 45 min MIKA	6:00 am SStudio Sprint™ 30 min CAMERON	9:30 am GX1 BARRE 55 min SARAH	6:00 am SStudio Sprint™ 30 min MELISSA R	6:00 am GX1 Bodybalance™ 45 min CAMERON	8:30 am I POOL H <sub>2</sub> O Freestyle 45 min ANNE	9:00 am SStudio Spinning® 45 min SARAH
9:30 am SStudio Spinning® 45 min MELISSA O	6:30 am GX1 Les Mills Core™ 30 min CAMERON	9:30 am SStudio Spinning® 45 min MELISSA C	6:30 am GX1 Les Mills Core™ 30 min CAMERON	8:30 am GX1 Athletic Intervals 45 min MELISSA O	8:30 am SStudio Spinning® 45 min SARAH	9:00 am GX1 SHINE™ 55 min DENISE
9:30 am GX1 Aeromix 55 min SANDY	8:30 am I POOL H <sub>2</sub> O Freestyle 45 min PATRICIA	10:30 am M/B Bodybalance™ 60 min MELISSA O	8:30 am I POOL H <sub>2</sub> O Freestyle 45 min PATRICIA	8:30 am I POOL H <sub>2</sub> O Freestyle 45 min ANNE	8:30 am GX1 Bodyattack™ 45 min ANGELA	10:00 am GX1 Bodybalance™ 45 min DENISE
10:30 am GX1 Les Mills Core™ 30 min MIKA	8:30 am GX1 Solid Strength 45 min TINA	10:30 am GX1 Bodypump™ 45 min PATRICIA	8:30 am GX1 Solid Strength 45 min TINA	9:30 am SStudio Spinning® 45 min SARAH	9:30 am GX1 Les Mills Core™ 30 min ANGELA	11:00 am GX1 BARRE 55 min DENISE
10:30 am M/B YOGA 60 min CARI	9:30 am SStudio Spinning® 45 min PATRICIA	11:30 am GX1 Active Renewal 55 min SANDY	9:30 am SStudio Spinning® 45 min SARAH	9:30 am GX1 Aeromix 55 min SANDY	10:00 am M/B YOGA 60 min ANNE	
5:45 pm GX1 Bodycombat™ 45 min ANGELA	9:30 am M/B Chair Yoga 45 min CARI	6:00 pm I POOL Aqua Zumba 45 min TRACEY	9:30 am M/B Chair Yoga 45 min PATRICIA	10:30 am GX1 30 Minute Core 30 min SANDY		
6:00 pm I POOL H <sub>2</sub> O Freestyle 45 min KIM	10:30 am GX1 Pilates Fusion 45 min PATRICIA	6:00 pm SStudio Sprint™ 30 min MELISSA R	5:45 pm GX1 SHINE 45 min DONNA	10:30 am M/B Bodybalance™ 60 min MELISSA O		
6:00 pm SStudio Sprint™ 30 min MELISSA O	5:45 pm SStudio Spinning® 45 min MICHELLE	6:30 pm GX1 Bodyattack™ 45 min DENISE	6:00 pm M/B All Levels Yoga 60 min LEO			
6:00 pm M/B Power Flow Yoga 60 min EBONI	5:45 pm GX1 Zumba 45 min DONNA		6:30 pm GX1 Bodypump™ 45 min DENISE			
	6:30 pm GX1 Athletic Intervals 45 min TINA					

Monday 7/4	Tuesday 7/5	Wednesday 7/6	Thursday 7/7	Friday 7/8	Saturday 7/9	Sunday 7/10
No 8:30am Class Today	6:00 am SStudio Sprint™ 30 min CAMERON	9:30 am GX1 BARRE 55 min ALLISON	6:00 am SStudio Sprint™ 30 min MELISSA R	6:00 am GX1 Bodybalance™ 45 min CAMERON	8:30 am I POOL H <sub>2</sub> O Freestyle 45 min ANNE	9:00 am SStudio Spinning® 45 min SARAH
9:30 am SStudio Spinning® 45 min ALLISON	6:30 am GX1 Les Mills Core™ 30 min CAMERON	9:30 am SStudio Spinning® 45 min MELISSA C	6:30 am GX1 Les Mills Core™ 30 min CAMERON	8:30 am GX1 Athletic Intervals 45 min MELISSA O	8:30 am SStudio Spinning® 45 min SARAH	9:00 am GX1 SHINE™ 55 min JACLYN
9:30 am GX1 Aeromix 55 min SANDY	8:30 am I POOL H <sub>2</sub> O Freestyle 45 min PATRICIA	10:30 am M/B YOGA 60 min ALLISON	8:30 am I POOL H <sub>2</sub> O Freestyle 45 min PATRICIA	8:30 am I POOL H <sub>2</sub> O Freestyle 45 min KIM	8:30 am GX1 Bodyattack™ 45 min ANGELA	10:00 am GX1 Bodybalance™ 45 min DENISE
10:30 am GX1 30 Minute Core 30 min SANDY	8:30 am GX1 Solid Strength 45 min TINA	10:30 am GX1 Bodypump™ 45 min PATRICIA	8:30 am GX1 Solid Strength 45 min TINA	9:30 am SStudio Spinning® 45 min SARAH	9:30 am GX1 Les Mills Core™ 30 min ANGELA	11:00 am GX1 BARRE 55 min DENISE
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 <p>Happy 4th of July MAC Closes at 6:00 pm</p>	9:30 am M/B Chair Yoga 45 min JAYNE	6:00 pm I POOL Aqua Zumba 45 min TRACEY	9:30 am M/B Chair Yoga 45 min PATRICIA	10:30 am GX1 30 Minute Core 30 min SANDY		
	10:30 am GX1 Pilates Fusion 45 min PATRICIA	6:00 pm SStudio Sprint™ 30 min MELISSA R	5:45 pm GX1 SHINE 45 min DONNA	10:30 am M/B Bodybalance™ 60 min MELISSA O		
	5:45 pm SStudio Spinning® 45 min MICHELLE	6:30 pm GX1 Bodyattack™ 45 min DENISE	6:00 pm M/B All Levels Yoga 60 min LEO			
	5:45 pm GX1 Zumba 45 min DONNA		6:30 pm GX1 Bodypump™ 45 min DENISE			
	6:30 pm GX1 Bodypump™ 45 min ELIZA					