

MAC GROUP EXERCISE – July 31-August 6

	MONDAY 31	TUESDAY 1	WEDNES. 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
AQUA	8:30a P WATERinMOTION® Sarah S. 6:00p P AQUAZUMBA Tracey	8:30a P DEEP H ₂ O Nellie 9:45a P H ₂ O GENTLE Nellie	8:30a P H ₂ O AEROBICS Patricia 6:00p P WATERinMOTION® Megan	8:30a P DEEP H ₂ O Bonnie	9:00a P H ₂ O RUNNING Patricia	9:30a P AQUAZUMBA Tracey	9:30a SS CYCLE BOOTCAMP Wear gym shoes Jen
SPIN	 9:30a SS SPINNING® Michelle 6:30p SS SPINNING® Patricia	5:45a SS SPINNING® Sarah P. 9:30a SS SPINNING® Megan 6:00p SS RPM™ Eliza	 9:30a SS SPINNING® Jen 6:30p SS RPM™ Eliza	5:45a SS SPINNING® Jen 9:30a SS SPINNING® Patricia	9:30a SS SPINNING® Megan	8:30a SS SPINNING® 60 Lauren	
MIND BODY	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Jayne 6:30p M/B FITNESS YOGA Sandi	9:15a M/B CHAIR YOGA Maura	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Debbie 6:30p M/B YOGA Sandi	6:00a GX1 BODYFLOW™ Eliza 9:15a M/B CHAIR YOGA Maura 10:35a GX1 BODYFLOW™ Cameron 6:30p M/B FITNESS YOGA Leo	8:30a GX1 PILATES Nicole 5:30p M/B VINYASA Jayne	10:00a M/B YOGA Jayne	
LAND	6:00a GX1 BODYPUMP™ Jen 8:55a GX1 CXWORX™ Michelle 9:30a GX1 LIA Sandy 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Angela 5:30p GX1 BODYCOMBAT™ Sarah P. 6:30p GX1 BODYJAM™ MONDAY MIX UP! Casev	9:15a GX1 MAC BARRE Serrah 10:30a GX1 BODYSTEP™ Mika 10:35a GX2 CXWORX™ Megan 5:30p GX1 BUTTS, GUTS & MORE Megan 5:45p GYM ZUMBA Tracey 6:30p GX1 ATHLETIC INTERVALS Heather	6:00a GX1 BODYPUMP™ Tracey 9:30a GX1 CARDIO+SCULPT Amber 10:35a GX1 BUTTS & GUTS Jen 11:30a GX1 STRNGTH4SR5 Sarah S. 4:45p GYM BODYATTACK™45 Angela 5:30p GX1 CXWORX™ Angela 6:15p GX1 BODYPUMP™ Patricia	8:30a GX1 TBS Patricia 9:30a GX1 BODYCOMBAT™ FAMILY FRIENDLY Mika 5:30p GYM ZUMBA Tracey 6:00p GX1 MAC BARRE Lauren 6:30p GYM BOOT(y)CAMP Casey	5:45am GX1 ATHLETIC INTERVALS Jen 9:30a GX1 LIA Sandy 10:35a GYM CXWORX™ Megan 10:35a GX1 BODYPUMP™ Angela 11:35a GX1 LIA GENTLE Sandy	8:15a GYM BODYATTACK™ Cameron 9:00a GX1 CXWORX™ Amy 9:30a GX1 BODYPUMP™ Mika 10:35a GX1 ZUMBA Tracey	

GYM, basketball court	P, pool	SS, spin studio	**class not meeting attendance policy
-----------------------	---------	-----------------	---------------------------------------

MAC GROUP EXERCISE – August 7-August 13

	MONDAY 7	TUESDAY 8	WEDNES. 9	THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
AQUA	8:30a P WATERinMOTION® <i>Sarah S.</i> 6:00p P AQUAZUMBA <i>Tracey</i>	8:30a P DEEP H ₂ O <i>Nellie</i> 9:45a P H ₂ O GENTLE <i>Nellie</i>	8:30a P H ₂ O AEROBICS <i>Patricia</i> 6:00p P WATERinMOTION® <i>FAMILY FRIENDLY</i> <i>Megan</i>	8:30a P DEEP H ₂ O <i>Bonnie</i>	9:00a P WATERinMOTION® <i>Sarah S.</i>	9:30a P AQUAZUMBA <i>Tracey</i>	9:30a SS CYCLE BOOTCAMP Wear gym shoes <i>Melissa</i> 2:00p GX1 BODYFLOW™ <i>Megan</i> 3:00p GX1 MAC BARRE <i>Lauren</i> 4:00p M/B GENTLE YOGA <i>Leo</i>
SPIN	9:30a SS SPINNING® <i>Michelle</i> 6:30p SS SPINNING® <i>Patricia</i>	5:45a SS SPINNING® <i>Sarah P.</i> 9:30a SS SPINNING® <i>Megan</i> 6:00p SS RPM™ <i>Eliza</i>	9:30a SS SPINNING® <i>Jen</i> 6:30p SS SPINNING® <i>Patricia</i>	5:45a SS SPINNING® <i>Jen</i> 9:30a SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 60 <i>Sarah P.</i>	
MIND BODY	10:30a M/B FITNESS YOGA <i>Maura</i> 4:30p M/B GENTLE YOGA <i>Denise</i> 6:30p M/B FITNESS YOGA <i>Allison</i>	9:15a M/B CHAIR YOGA <i>Shannon</i>	10:30a M/B FITNESS YOGA <i>Maura</i> 5:00p M/B YIN YOGA <i>Debbie</i> 6:30p M/B YOGA <i>Sandi</i>	6:00a GX1 BODYFLOW™ <i>Cameron</i> 9:15a M/B CHAIR YOGA <i>Shannon</i> 10:35a GX1 BODYFLOW™ <i>Cameron</i> 6:30p M/B FITNESS YOGA <i>Leo</i>	8:30a GX1 PILATES <i>Patricia</i> 5:30p M/B VINYASA <i>Jayne</i>	10:00a M/B YOGA <i>Dan</i>	
LAND	6:00a GX1 BODYPUMP™ <i>Jen</i> 8:55a GX1 CXWORX™ <i>Michelle</i> 9:30a GX1 LIA <i>Sandy</i> 10:35a GX1 BODYPUMP™ <i>Mika</i> 11:35a GX1 LIA GENTLE <i>Sandy</i> 4:30p GX1 BODYPUMP™ <i>Angela</i> 5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i> 6:30p GX1 CXWORX™ <i>MONDAY MIX UP!</i> <i>Sarah P.</i>	9:15a GX1 MAC BARRE <i>Serrah</i> 10:30a GX1 BODYSTEP™ <i>Mika</i> 10:35a GX2 CXWORX™ <i>Jen</i> 5:30p GX1 BUTTS, GUTS & MORE <i>Megan</i> 5:45p GYM ZUMBA <i>Tracey</i> 6:30p GX1 ATHLETIC INTERVALS <i>Heather</i>	6:00a GX1 BODYPUMP™ <i>Tracey</i> 9:30a GX1 CARDIO+SCULPT <i>Melissa</i> 10:35a GX1 BUTTS & GUTS <i>Jen</i> 11:30a GX1 STRNGTH4SRS <i>Cindy</i> 4:45p GYM BODYATTACK™45 <i>Angela</i> 5:30p GX1 CXWORX™ <i>Angela</i> 6:15p GX1 BODYPUMP™ <i>Amber</i>	8:30a GX1 TBS <i>Michelle</i> 9:30a GX1 BODYCOMBAT™ <i>Mika</i> 5:30p GYM ZUMBA <i>Tracey</i> 6:00p GX1 MAC BARRE <i>Lauren</i> 6:30p GYM BOOT(y)CAMP <i>Jen</i>	5:45am GX1 BODYCOMBAT™ <i>Sarah P.</i> 9:30a GX1 ZUMBA GOLD POP-UP <i>Tara</i> 10:35a GYM CXWORX™ <i>Melissa</i> 10:35a GX1 BODYPUMP™ <i>Jen</i> 11:35a GX1 LIA GENTLE <i>Megan</i> 4:30p GX1 BODYPUMP™ <i>Patricia</i>	8:15a GX1 BODYATTACK™ <i>Cameron</i> 9:00a GX1 CXWORX™ <i>Amy</i> 9:30a GX1 BODYPUMP™ <i>Lisa</i> 10:35a GX1 ZUMBA <i>Tracey</i>	

MAC GROUP EXERCISE – August 14-August 20

	MONDAY 14	TUESDAY 15	WEDNES. 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
AQUA	8:30a P WATERinMOTION® Sarah S. 6:00p P AQUAZUMBA Kim	8:30a P DEEP H ₂ O Nellie 9:45a P H ₂ O GENTLE Nellie	8:30a P H ₂ O AEROBICS Patricia 6:00p P WATERinMOTION® Megan	8:30a P DEEP H ₂ O Bonnie	9:00a P WATERinMOTION® Sarah S.	9:30a P AQUAZUMBA Megan	9:30a SS CYCLE BOOTCAMP Wear gym shoes Heather 2:00p GX1 BODYFLOW™ Megan 3:00p GX1 MAC BARRE Lauren 4:00p M/B GENTLE YOGA Arthur
SPIN	9:30a SS SPINNING® Michelle 6:30p SS SPINNING® Patricia	5:45a SS SPINNING® Sarah P. 9:30a SS SPINNING® Megan 6:00p SS RPM™ Eliza	9:30a SS SPINNING® Heather 6:30p SS SPINNING® Patricia	5:45a SS SPINNING® Sarah P. 9:30a SS SPINNING® Patricia	9:30a SS SPINNING® Melissa	8:30a SS SPINNING® 60 Lauren	
MIND BODY	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Arthur 6:30p M/B FITNESS YOGA Melissa	9:15a M/B CHAIR YOGA TBD	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Debbie 6:30p M/B YOGA Sandi	6:00a GX1 BODYFLOW™ Eliza 9:15a M/B CHAIR YOGA Maura 10:35a GX1 BODYFLOW™ Cameron 6:30p M/B FITNESS YOGA Leo	8:30a GX1 PILATES Patricia 5:30p M/B VINYASA Jayne	10:00a M/B YOGA Melissa	
LAND	6:00a GX1 BODYPUMP™ Sarah P. 8:55a GX1 CXWORX™ Michelle 9:30a GX1 LIA Amber 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LIA GENTLE Megan 4:30p GX1 BODYPUMP™ Patricia 5:30p GX1 BODYCOMBAT™ Sarah P. 6:30p GX1 TABATA 30 MONDAY MIX UP! Amber	9:15a GX1 MAC BARRE Heather 10:30a GX1 BODYSTEP™ Mika 10:35a GX2 CXWORX™ Megan 5:30p GX1 BUTTS, GUTS & MORE Heather 5:45p GYM ZUMBA Sarah S. 6:30p GX1 ATHLETIC INTERVALS Heather	6:00a GX1 BODYPUMP™ Eliza 9:30a GX1 CARDIO+SCULPT Melissa 10:35a GX1 BUTTS & GUTS FAMILY FRIENDLY Heather 11:30a GX1 STRNGTH4SRS Sarah S. 4:45p GYM BODYATTACK™45 Angela 5:30p GX1 CXWORX™ Angela 6:15p GX1 BODYPUMP™ Amber	8:30a GX1 TBS Patricia 9:30a GX1 BODYCOMBAT™ Mika 5:30p GYM ZUMBA Tara 6:00p GX1 MAC BARRE Lauren 6:30p GYM BOOT(y)CAMP Amber	5:45am GX1 BODYCOMBAT™ Sarah P. 9:30a GX1 LIA Sandy 10:35a GYM CXWORX™ Melissa 10:35a GX1 BODYPUMP™ Angela 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Amber	8:15a GX1 BODYATTACK™ Cameron 9:00a GX1 CXWORX™ Amy 9:30a GX1 BODYPUMP™ Eliza 10:35a GX1 ZUMBA Tara	

MAC GROUP EXERCISE – August 21-August 27

	MONDAY 21	TUESDAY 22	WEDNES. 23	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27
AQUA	8:30a P WATERinMOTION® Sarah S. 6:00p P AQUAZUMBA Tracey	8:30a P DEEP H ₂ O Nellie 9:45a P H ₂ O GENTLE Nellie	8:30a P H ₂ O AEROBICS Patricia 6:00p P WATERinMOTION® Genevelyn	8:30a P DEEP H ₂ O Bonnie	9:00a P H ₂ O AEROBICS Bonnie	9:30a P AQUAZUMBA Tracey	9:30a SS CYCLE BOOTCAMP Wear gym shoes Heather 2:00p GX1 BODYFLOW™ Megan 3:00p GX1 MAC BARRE Lauren 4:00p M/B GENTLE YOGA Leo
SPIN	 9:30a SS SPINNING® Michelle 6:30p SS SPINNING® Patricia	5:45a SS SPINNING® Jen 9:30a SS SPINNING® Jen 6:00p SS RPM™ Eliza	 9:30a SS SPINNING® Heather 6:30p SS SPINNING® Patricia	5:45a SS SPINNING® Jen 9:30a SS SPINNING® Patricia	9:30a SS SPINNING® Melissa	8:30a SS RPM™ Eliza	
MIND BODY	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Jayne 6:30p M/B FITNESS YOGA Melissa	9:15a M/B CHAIR YOGA Shannon	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Debbie 6:30p M/B YOGA Sandi	6:00a GX1 BODYFLOW™ Eliza 9:15a M/B CHAIR YOGA Shannon 10:35a GX1 BODYFLOW™ Cameron 6:30p M/B FITNESS YOGA Leo	8:30a GX1 PILATES Nicole	10:00a M/B YOGA Kathleen	
LAND	6:00a GX1 BODYPUMP™ Jen 8:55a GX1 CXWORX™ Michelle 9:30a GX1 LIA Sandy 10:35a GX1 BODYPUMP™ Lisa 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Angela 5:30p GX1 BODYCOMBAT™ Angela 6:30p GX1 ARMS & ABS MONDAY MIX UP! Amber	9:15a GX1 MAC BARRE Serrah 10:30a GX1 BODYSTEP™ Mika 10:30a GX2 CXWORX™ & More (45 min) Jen 5:30p GX1 BUTTS, GUTS & MORE Amber 5:45p GYM ZUMBA Tracey 6:30p GX1 ATHLETIC INTERVALS Heather	6:00a GX1 BODYPUMP™ Tracey 9:30a GX1 CARDIO+SCULPT Melissa 10:35a GX1 BUTTS & GUTS Heather 11:30a GX1 STRNGTH4SRS Cindy 4:45p GYM BODYATTACK™45 Angela 5:30p GX1 CXWORX™ Angela 6:15p GX1 BODYPUMP™ Jen	8:30a GX1 TBS Michelle 9:30a GX1 BODYCOMBAT™ Angela 5:30p GYM ZUMBA Tracey 6:00p GX1 MAC BARRE FAMILY FRIENDLY Lauren 6:30p GYM BOOT(y)CAMP Jen	5:45am GX1 BODYCOMBAT™ Sarah P. 9:30a GX1 LIA Sandy 10:35a GYM CXWORX™ Melissa 10:35a GX1 BODYPUMP™ Patricia 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Amber	8:15a GX1 BODYATTACK™ Cameron 9:00a GX1 CXWORX™ Amy 9:30a GX1 BODYPUMP™ Eliza 10:35a GX1 ZUMBA Tracey	

MAC GROUP EXERCISE – August 28-September 3

	MONDAY 28	TUESDAY 29	WEDNES. 30	THURSDAY 31	FRIDAY 1	SATURDAY 2	SUNDAY 3
AQUA	8:30a P WATERinMOTION® <i>Sarah S.</i> 6:00p P AQUAZUMBA <i>Tracey</i>	8:30a P DEEP H ₂ O <i>Nellie</i> 9:45a P H ₂ O GENTLE <i>Nellie</i>	8:30a P H ₂ O AEROBICS <i>Patricia</i> 6:00p P WATERinMOTION® <i>Megan</i>	8:30a P DEEP H ₂ O <i>Bonnie</i>	9:00a P H ₂ O STEP <i>Genevelyn</i>	9:30a P AQUAZUMBA <i>Tracey</i>	9:30a SS CYCLE BOOTCAMP Wear gym shoes <i>Melissa</i> 2:00p GX1 BODYFLOW™ <i>Megan</i> 3:00p GX1 MAC BARRE <i>Lauren</i> 4:00p M/B GENTLE YOGA <i>Arthur</i>
SPIN	9:30a SS SPINNING® <i>Michelle</i> 6:30p SS SPINNING® <i>Patricia</i>	5:45a SS SPINNING® <i>Sarah P.</i> 9:30a SS SPINNING® <i>Megan</i> 6:00p SS RPM™ <i>Eliza</i>	9:30a SS SPINNING® <i>Jen</i> 6:30p SS SPINNING® <i>Patricia</i>	5:45a SS SPINNING® <i>Jen</i> 9:30a SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 60 <i>Megan</i>	
MIND BODY	10:30a M/B FITNESS YOGA <i>Maura</i> 4:30p M/B GENTLE YOGA <i>Jayne</i> 6:30p M/B FITNESS YOGA <i>Melissa</i>	9:15a M/B CHAIR YOGA <i>Shannon</i>	10:30a M/B FITNESS YOGA <i>Maura</i> 5:00p M/B YIN YOGA <i>Dan</i> 6:30p M/B YOGA <i>Sandi</i>	6:00a GX1 BODYFLOW™ <i>Eliza</i> 9:15a M/B CHAIR YOGA <i>Maura</i> 10:35a GX1 BODYFLOW™ <i>Cameron</i> 6:30p M/B FITNESS YOGA <i>Leo</i>	8:30a GX1 PILATES <i>FAMILY FRIENDLY</i> <i>Patricia</i> 5:30p M/B VINYASA <i>Jayne</i>	10:00a M/B YOGA <i>Jayne</i>	
LAND	6:00a GX1 BODYPUMP™ <i>Jen</i> 8:55a GX1 CXWORX™ <i>Michelle</i> 9:30a GX1 LIA <i>Sandy</i> 10:35a GX1 BODYPUMP™ <i>Lisa</i> 11:35a GX1 LIA GENTLE <i>Sandy</i> 4:30p GX1 BODYPUMP™ <i>Angela/Patricia</i> 5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i> 6:30p GX1 SH'BAM™ <i>MONDAY MIX UP!</i> <i>Megan</i>	9:15a GX1 MAC BARRE <i>Serrah</i> 10:30a GX2 CXWORX™ & More (45 min) <i>Jen</i> 5:30p GX1 BUTTS, GUTS & MORE <i>Megan</i> 5:45p GYM ZUMBA <i>Tracey</i> 6:30p GX1 ATHLETIC INTERVALS <i>Heather</i>	6:00a GX1 BODYPUMP™ <i>Tracey</i> 9:30a GX1 CARDIO+SCULPT <i>Melissa</i> 10:35a GX1 BUTTS & GUTS <i>Jen</i> 11:30a GX1 STRNGTH4SRS <i>Cindy</i> 4:45p GYM BODYATTACK™45 <i>Angela</i> 5:30p GX1 CXWORX™ <i>Angela</i> 6:15p GX1 BODYPUMP™ <i>Jen</i>	8:30a GX1 TBS <i>Patricia</i> 9:30a GX1 BODYCOMBAT™ <i>Mika</i> 5:30p GYM ZUMBA <i>Tracey</i> 6:00p GX1 MAC BARRE <i>Lauren</i> 6:30p GYM BOOT(y)CAMP <i>Jen</i>	5:45am GX1 BODYCOMBAT™ <i>Sarah P.</i> 9:30a GX1 LIA <i>Sandy</i> 10:35a GYM CXWORX™ <i>Melissa</i> 10:35a GX1 BODYPUMP™ <i>Eliza</i> 11:35a GX1 LIA GENTLE <i>Sandy</i> 4:30p GX1 BODYPUMP™ <i>Amber</i>	8:15a GX1 BODYATTACK™ <i>Cameron</i> 9:00a GX1 CXWORX™ <i>Amy</i> 9:30a GX1 BODYPUMP™ <i>Eliza</i> 10:35a GX1 ZUMBA <i>Tracey</i>	

GX1, Group Exercise Studio 1 GYM, basketball court P, pool SS, spin studio **class not meeting attendance policy