

MAC GROUP EXERCISE – January 1-January 7

	MONDAY 1	TUESDAY 2	WEDNES. 3	THURSDAY 4	FRIDAY 5	SATURDAY 6	SUNDAY 7
AQUA		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 H ₂ O INTERVALS <i>Megan</i>	8:30a P H ₂ O INTERVALS 30 minutes <i>Bonnie</i> 9:00a P DEEP H ₂ O 30 minutes <i>Bonnie</i>	9:00a P H ₂ O FREESTYLE <i>Sarah S.</i>	9:30a P AQUAZUMBA <i>Tracey</i>	9:30a SS CYCLE BOOTCAMP CANCELED DUE TO INSTRUCTOR TRAINING 11:15a GX1 *MAC BURN 45 <i>Emily</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	12:15p SS SPINNING® <i>Melissa</i>	5:45a SS SPINNING® <i>Sarah P.</i> 9:30a SS SPINNING® <i>Patricia</i> 6:00p SS RPM™ <i>Eliza</i>	9:30a SS SPINNING® <i>Kristine</i> 5:30p SS *HRT RIDE 30 <i>Jen</i>	5:45a SS SPINNING® <i>Jen</i> 9:30a SS SPINNING® <i>Megan</i> 6:00p SS SPINNING® <i>Patricia</i>	9:30a SS SPINNING® <i>Melissa</i>	SPINNING STUDIO CLOSED TO MEMBERS... CLASSES CANCELED DUE TO INSTRUCTOR TRAINING	
MIND BODY	1:00p M/B YOGA <i>Denise</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>Leo</i>	6:00a GX1 BODYFLOW™ <i>Eliza</i> 9:15a M/B CHAIR YOGA <i>Shannon</i>	8:30a GX1 **PILATES <i>Patricia</i> 10:35a GX1 YOGA SCULPT Advanced <i>Melissa</i> 5:30p M/B VINYASA FAMILY FRIENDLY <i>Leo</i>	10:00a M/B YOGA <i>Allison</i>	
LAND	 CLUB HOURS 12p-6p KIDS CLUB HOURS 12p-3p 12:15p GX1 BODYCOMBAT™ <i>Sarah P.</i> 1:00p GX1 CXWORX™ <i>Melissa</i>	9:30a GX1 MAC BARRE <i>Serrah</i> 10:35a GX1 CXWORX™ <i>Jen</i> 11:05a GX1 BODYPUMP™ <i>Mika</i> 5:30p GX1 POUND <i>Heather</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 LOW IMPACT AEROBICS <i>Megan</i> 10:35a GX1 *MAC BURN 45 <i>Melissa & Jen</i> 11:30a GX1 STRNGTH4SRS <i>Sarah S.</i> 4:45p GYM BODYATTACK™45 <i>Angela</i> 5:30p GX1 CXWORX™ <i>Angela</i> 6:15p GX1 BODYPUMP™ 45 <i>Jen</i>	8:30a GX1 TBS <i>Megan</i> 9:30a GX1 BODYCOMBAT™ <i>Mika</i> 10:35a GX1 BODYPUMP™45 <i>Patricia</i> 5:30p GYM ZUMBA <i>Tracey</i> 6:00p GX1 MAC BARRE <i>Lauren</i> 6:30p GYM *MAC BURN 45 <i>Tina</i>	5:45am GX1 BODYCOMBAT™45 <i>Sarah P.</i> 9:30a GX1 LOW IMPACT AEROBICS <i>Sandy</i> 10:35a GYM CXWORX™ <i>Cameron</i> 11:35a GX1 LOW IMPACT AEROBICS GENTLE <i>Sandy</i> 4:30p GX1 BODYPUMP™ <i>Amber</i>	8:15a GYM BODYATTACK™ <i>Cameron</i> 9:00a GX1 CXWORX™ <i>Amy</i> 9:30a GX1 BODYPUMP™ <i>Amy</i> 10:35a GX1 ZUMBA <i>Tracey</i>	

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

MAC GROUP EXERCISE – January 8-January 14

	MONDAY 8	TUESDAY 9	WEDNES. 10	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
AQUA	8:45a P WATERinMOTION® Sarah S. 6:00p P AQUAZUMBA Tracey	8:30a P DEEP H2O Nellie 9:45a P H2O GENTLE Nellie	8:30a P H2OAEROBICS Patricia 6:00p P H2O INTERVALS Megan	8:30a P H2O INTERVALS 30 minutes Bonnie 9:00a P DEEP H2O 30 minutes Bonnie	9:00a P H2O FREESTYLE Sarah S.	9:30a P AQUAZUMBA Tracey	9:30a SS CYCLE BOOTCAMP Sarah P. 11:15a GX1 *MAC BURN 45 Emily 2:00p GX1 BODYFLOW™ Megan 3:00p GX1 MAC BARRE Heather 4:00p M/B GENTLE YOGA Leo
SPIN	5:30a SS *SPRINT™/RIDE 30 Jen 9:30a SS SPINNING® Megan 6:30p SS SPINNING® Melissa	5:45a SS SPINNING® Sarah P. 9:30a SS SPINNING® Patricia 6:00p SS RPM™ Eliza	 9:30a SS SPINNING® Kristine 5:30p SS *SPRINT™/RIDE 30 Jen	5:45a SS SPINNING® Jen 9:30a SS SPINNING® Megan 6:00p SS SPINNING® Patricia	 9:30a SS SPINNING® Melissa	8:45a SS SPRINT™ Jen	
MIND BODY	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Denise 6:30p M/B FITNESS YOGA Allison	9:15a M/B CHAIR YOGA Shannon	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Dan 6:30p M/B YOGA Leo	6:00a GX1 BODYFLOW™ Eliza 9:15a M/B CHAIR YOGA Shannon	8:30a GX1 **PILATES Patricia 10:35a GX1 YOGA SCULPT Advanced Melissa 5:30p M/B VINYASA Jayne	10:00a M/B YOGA Pat	
LAND	6:05a GX1 BODYPUMP™ Jen 8:55a GX1 CXWORX™ Megan 9:30a GX1 LOW IMPACT AEROBICS Sandy 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LOW IMPACT AEROBICS GENTLE Sandy 4:45p GX1 *MAC BURN 45 Melissa 5:30p GX1 BODYCOMBAT™ Sarah P. 5:55p GYM CXWORX™ Melissa	9:30a GX1 MAC BARRE Serrah 10:35a GX1 CXWORX™ Jen 11:05a GX1 BODYSTEP™ Mika 5:30p GX1 POUND Heather 5:45p GYM ZUMBA Tracey 6:30p GX1 ATHLETIC INTERVALS Heather	6:00a GX1 BODYPUMP™ Tracey 9:30a GX1 LOW IMPACT AEROBICS Megan 10:35a GX1 *MAC BURN 45 Melissa & Jen 11:30a GX1 STRNGTH4SRS Sarah S. 4:45p GYM BODYATTACK™45 Angela 5:30p GX1 CXWORX™ Angela 6:15p GX1 BODYPUMP™ 45 Jen	8:30a GX1 TBS Amber 9:30a GX1 BODYCOMBAT™ Mika 10:35a GX1 BODYPUMP™45 Patricia 5:30p GYM ZUMBA FAMILY FRIENDLY Tracey 6:00p GX1 MAC BARRE Lauren 6:30p GYM *BURN BOOTCAMP Tina	5:45am GX1 BODYCOMBAT™45 Sarah P. 9:30a GX1 LOW IMPACT AEROBICS Sandy 10:35a GYM CXWORX™ Cameron 11:35a GX1 LOW IMPACT AEROBICS GENTLE Sandy LAUNCH KICK-OFF FRIDAY NIGHT FIGHT NIGHT & SOCIAL 5:30p GYM BODYATTACK™45 6:15p GYM BODYCOMBAT™45 7:00p CAFÉ SOCIAL	LAUNCH SUPER SATURDAY 	

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

MAC GROUP EXERCISE – January 15-January 21

	MONDAY 15	TUESDAY 16	WEDNES. 17	THURSDAY 18	FRIDAY 19	SATURDAY 20	SUNDAY 21
AQUA	8:45a 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 H ₂ O INTERVALS FAMILY FRIENDLY Megan	8:30a P H ₂ O INTERVALS 30 minutes Bonnie 9:00a P DEEP H ₂ O 30 minutes Bonnie	9:00a P H ₂ O FREESTYLE Sarah S.	9:30a P AQUAZUMBA Tracey	9:30a SS CYCLE BOOTCAMP Heather 11:15a GX1 *MAC BURN 45 Emily 2:00p GX1 BODYFLOW™ Megan 3:00p GX1 MAC BARRE Lauren 4:00p M/B GENTLE YOGA Arthur
SPIN	5:30a SS *HRT/SPRINT™ Jen 9:30a SS SPINNING® Michelle 6:30p SS SPINNING® Megan	5:45a SS SPINNING® Sarah P. 9:30a SS SPINNING® Patricia 6:00p SS RPM™ Eliza	9:30a SS SPINNING® Kristine 5:30p SS *HRT RIDE 30 Jen	5:45a SS SPINNING® Jen 9:30a SS SPINNING® Megan 6:00p SS SPINNING® Patricia	9:30a SS SPINNING® Jen	8:45a SS SPINNING® 45 *HR RIDE Jen 9:35a SS INTRO to SPIN® 30 Jen	
MIND BODY	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Jayne 6:30p M/B FITNESS YOGA Allison	9:15a M/B CHAIR YOGA Shannon	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Pat 6:30p M/B YOGA Leo	6:00a GX1 BODYFLOW™ Eliza 9:15a M/B CHAIR YOGA Shannon	8:30a GX1 **PILATES Patricia 10:35a GX1 YOGA SCULPT Advanced Maura 5:30p M/B VINYASA Denise	10:00a M/B YOGA Stephanie	
LAND	6:05a GX1 BODYPUMP™ Jen 8:55a GX1 CXWORX™ Michelle 9:30a GX1 LOW IMPACT AEROBICS Sandy 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LOW IMPACT AEROBICS GENTLE Sandy 4:45p GX1 *MAC BURN 45 Melissa 5:30p GX1 BODYCOMBAT™ Sarah P. 5:55p GYM CXWORX™ Megan	9:30a GX1 MAC BARRE Serrah 10:35a GX1 CXWORX™ Jen 11:05a GX1 BODYSTEP™ Mika 5:30p GX1 POUND Heather 5:45p GYM ZUMBA Tracey 6:30p GX1 ATHLETIC INTERVALS Heather	6:00a GX1 BODYPUMP™ Tracey 9:30a GX1 LOW IMPACT AEROBICS Megan 10:35a GX1 *MAC BURN 45 Jen 11:30a GX1 STRNGTH4SRS Sarah S. 4:45p GYM BODYATTACK™45 Angela 5:30p GX1 CXWORX™ Angela 6:15p GX1 BODYPUMP™ 45 Jen	8:30a GX1 TBS Megan 9:30a GX1 BODYCOMBAT™ Mika 10:35a GX1 BODYPUMP™45 Patricia 5:30p GYM ZUMBA Tracey 6:00p GX1 MAC BARRE Lauren 6:30p GYM *BURN BOOTCAMP Tina	5:45am GX1 BODYCOMBAT™45 Sarah P. 9:30a GX1 LOW IMPACT AEROBICS Sandy 10:35a GYM CXWORX™ Cameron 11:35a GX1 LOW IMPACT AEROBICS GENTLE Sandy 4:30p GX1 BODYPUMP™ Amber	8:15a GYM BODYATTACK™ Cameron 9:00a GX1 CXWORX™ Amy 9:30a GX1 BODYPUMP™ Eliza 10:35a GX1 ZUMBA Tracey	

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

MAC GROUP EXERCISE – January 22-January 28

	MONDAY 22	TUESDAY 23	WEDNES. 24	THURSDAY 25	FRIDAY 26	SATURDAY 27	SUNDAY 28
AQUA	8:45a P WATERinMOTION® Sarah S.	8:30a P DEEP H ₂ O Nellie	8:30a P H ₂ O AEROBICS Patricia	8:30a P H ₂ O INTERVALS 30 minutes Bonnie	9:00a P H ₂ O FREESTYLE Sarah S.	9:30a P AQUAZUMBA Tracey	9:30a SS CYCLE BOOTCAMP Heather
	6:00p P AQUAZUMBA Tracey	9:45a P H ₂ O GENTLE Nellie	6:00p P H ₂ O INTERVALS Megan	9:00a P DEEP H ₂ O 30 minutes Bonnie			
SPIN	5:30a SS *HRT/SPRINT™ Jen	5:45a SS SPINNING® Allison		5:45a SS SPINNING® Jen		8:45a SS SPINNING® 45 *HR RIDE Jen	
	9:30a SS SPINNING® Michelle	9:30a SS SPINNING® Patricia	9:30a SS SPINNING® Kristine	9:30a SS SPINNING® Melissa	9:30a SS SPINNING® Melissa	9:35a SS INTRO to SPIN® 30 Jen	
MIND BODY	6:30p SS SPINNING® Megan	6:00p SS RPM™ Eliza	5:30p SS *HRT RIDE 30 Jen	6:00p SS SPINNING® Patricia			
	10:30a M/B FITNESS YOGA Maura	9:15a M/B CHAIR YOGA Shannon	10:30a M/B FITNESS YOGA Maura	6:00a GX1 BODYFLOW™ Eliza	8:30a GX1 **PILATES Patricia	10:00a M/B YOGA Allison	2:00p GX1 BODYFLOW™ Megan
LAND	4:30p M/B GENTLE YOGA Jayne		5:00p M/B YIN YOGA Dan	9:15a M/B CHAIR YOGA Shannon	10:35a GX1 YOGA SCULPT Advanced Melissa		3:00p GX1 MAC BARRE FAMILY FRIENDLY Lauren
	6:30p M/B FITNESS YOGA Allison		6:30p M/B YOGA Leo		5:30p M/B VINYASA Denise		4:00p M/B GENTLE YOGA Leo
	6:05a GX1 BODYPUMP™ Jen	9:30a GX1 MAC BARRE Serrah	6:00a GX1 BODYPUMP™ Tracey	8:30a GX1 TBS Patricia	10:35a GX1 CXWORX™ & More (45 min) Jen	8:15a GYM BODYATTACK™ Cameron	
	8:55a GX1 CXWORX™ Michelle	10:35a GX1 CXWORX™ Jen	9:30a GX1 LOW IMPACT AEROBICS Megan	9:30a GX1 BODYCOMBAT™ Mika	9:30a GX1 LOW IMPACT AEROBICS Sandy	9:00a GX1 CXWORX™ Amy	
	9:30a GX1 LOW IMPACT AEROBICS Sandy	11:05a GX1 BODYSTEP™ Mika	10:35a GX1 *MAC BURN 45 Melissa & Jen	10:35a GX1 BODYPUMP™45 Jen	10:35a GYM CXWORX™ Cameron	9:30a GX1 BODYPUMP™ Amy	
	10:35a GX1 BODYPUMP™ Mika		11:30a GX1 STRNGTH4SRS Sandy		11:35a GX1 LOW IMPACT AEROBICS GENTLE Sandy	10:35a GX1 ZUMBA Tracey	
	11:35a GX1 LOW IMPACT AEROBICS GENTLE Sandy						
	4:45p GX1 *MAC BURN 45 Melissa	5:30p GX1 POUND Heather	4:45p GYM BODYATTACK™45 Angela	5:30p GYM ZUMBA Tracey			
	5:30p GX1 BODYCOMBAT™ Sarah P.	5:45p GYM ZUMBA Tracey	5:30p GX1 CXWORX™ Angela	6:00p GX1 MAC BARRE Lauren			
	5:55p GYM CXWORX™ Megan	6:30p GX1 ATHLETIC INTERVALS Heather	6:15p GX1 BODYPUMP™ 45 Jen	6:30p GYM *BURN BOOTCAMP Kristine	4:30p GX1 BODYPUMP™ Amber		

GX1, Group Exercise Studio 1

GYM, basketball court

P, pool

SS, spin studio

*My Zone friendly

**class not meeting attendance policy

MAC GROUP EXERCISE – January 29-February 4

	MONDAY 29	TUESDAY 30	WEDNES. 31	THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
AQUA	8:45a 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 H ₂ O INTERVALS Megan	8:30a P H ₂ O INTERVALS 30 minutes Bonnie 9:00a P DEEP H ₂ O 30 minutes Bonnie	9:00a P H ₂ O FREESTYLE Sarah S.	9:30a P AQUAZUMBA Tracey	
SPIN	5:30a SS *HRT/SPRINT™ Jen 9:30a SS SPINNING® Megan 6:30p SS SPINNING® Melissa	5:45a SS SPINNING® Sarah P. 9:30a SS SPINNING® Patricia 6:00p SS RPM™ Eliza		5:45a SS SPINNING® Jen 9:30a SS SPINNING® Megan 6:00p SS SPINNING® Patricia		8:45a SS SPINNING® 45 *HR RIDE Jen 9:35a SS INTRO to SPIN® 30 Jen	9:30a SS CYCLE BOOTCAMP Sarah P. 11:15a GX1 *MAC BURN 45 Emily
MIND BODY	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Denise 6:30p M/B FITNESS YOGA Allison	9:15a M/B CHAIR YOGA Shannon	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Dan 6:30p M/B YOGA Leo	6:00a GX1 BODYFLOW™ Eliza 9:15a M/B CHAIR YOGA Shannon	8:30a GX1 **PILATES Patricia 10:35a GX1 YOGA SCULPT Advanced Melissa 5:30p M/B VINYASA Jayne	10:00a M/B YOGA Stephanie	2:00p GX1 BODYFLOW™ Megan 3:00p GX1 MAC BARRE Lauren 4:00p M/B GENTLE YOGA Arthur
LAND	6:05a GX1 BODYPUMP™ Jen 8:55a GX1 CXWORX™ Megan 9:30a GX1 LOW IMPACT AEROBICS Sandy 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LOW IMPACT AEROBICS GENTLE Sandy 4:45p GX1 *MAC BURN 45 Melissa 5:30p GX1 BODYCOMBAT™ Sarah P. 5:55p GYM CXWORX™ Melissa	9:30a GX1 MAC BARRE Serrah 10:35a GX1 CXWORX™ Jen 11:05a GX1 BODYSTEP™ Mika 5:30p GX1 POUND Heather 5:45p GYM ZUMBA Tracey 6:30p GX1 ATHLETIC INTERVALS Heather	6:00a GX1 BODYPUMP™ Tracey 9:30a GX1 LOW IMPACT AEROBICS Megan 10:35a GX1 *MAC BURN 45 Melissa & Jen 11:30a GX1 STRNGTH4SRS Sarah S. 4:45p GYM BODYATTACK™45 Angela 5:30p GX1 CXWORX™ Angela 6:15p GX1 BODYPUMP™ 45 Jen	8:30a GX1 TBS Megan 9:30a GX1 BODYCOMBAT™ Mika 10:35a GX1 BODYPUMP™45 Patricia 5:30p GYM ZUMBA Tracey 6:00p GX1 MAC BARRE Lauren 6:30p GYM *BURN BOOTCAMP Tina	5:45am GX1 BODYCOMBAT™45 Sarah P. 9:30a GX1 LOW IMPACT AEROBICS Sandy 10:35a GYM CXWORX™ Cameron 11:35a GX1 LOW IMPACT AEROBICS GENTLE Sandy 4:30p GX1 BODYPUMP™ Amber	8:15a GYM BODYATTACK™ Cameron 9:00a GX1 CXWORX™ Amy 9:30a GX1 BODYPUMP™ Eliza 10:35a GX1 ZUMBA FAMILY FRIENDLY Tracey	

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

