

MAC GROUP EXERCISE – October 2 - October 8

|                                          | MONDAY 2                                                                                                                                                                                                                                                                                                                                     | TUESDAY 3                                                                                                                                                                                                                                                   | WEDNES. 4                                                                                                                                                                                                                                                                                  | THURSDAY 5                                                                                                                                                                             | FRIDAY 6                                                                                                                                                                                                                             | SATURDAY 7                                                                                                                                            | SUNDAY 8                                                                                                                                                                                             |
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| A<br>Q<br>U<br>A                         | 8:45a P<br>WATERinMOTION®<br>Sarah S.<br><br>6:00p P<br>AQUAZUMBA<br>Tracey                                                                                                                                                                                                                                                                  | 8:30a P<br>DEEP H <sub>2</sub> O<br>Nellie<br><br>9:45a P<br>H <sub>2</sub> O GENTLE<br>Nellie                                                                                                                                                              | 8:30a P<br>H <sub>2</sub> O AEROBICS<br>Patricia<br><br>6:00p P<br>WATERinMOTION®<br>Megan                                                                                                                                                                                                 | 8:30a P<br>DEEP H <sub>2</sub> O<br>Bonnie                                                                                                                                             | 9:00a P<br>H <sub>2</sub> O AEROBICS<br>Bonnie                                                                                                                                                                                       | 9:30a P<br>AQUAZUMBA<br>Tracey                                                                                                                        | 9:30a SS<br>CYCLE BOOTCAMP<br>Wear gym shoes<br>Sarah P.<br><br><br>2:00p GX1<br>BODYFLOW™<br>FAMILY FRIENDLY<br>Megan<br><br>3:00p GX1<br>MAC BARRE<br>Cindy<br><br>4:00p M/B<br>GENTLE YOGA<br>Leo |
| S<br>P<br>I<br>N                         | 9:30a SS<br>SPINNING®<br>Michelle<br><br>6:30p SS<br>SPINNING®<br>Melissa                                                                                                                                                                                                                                                                    | 5:45a SS<br>SPINNING®<br>Sarah P.<br><br>9:30a SS<br>SPINNING®<br>Megan<br><br>6:00p SS<br>RPM™<br>Eliza                                                                                                                                                    | 9:30a SS<br>SPINNING®<br>Jen<br><br>6:30p SS<br>SPINNING®<br>Patricia                                                                                                                                                                                                                      | 5:45a SS<br>SPINNING®<br>Jen<br><br>9:30a SS<br>SPINNING®<br>Melissa                                                                                                                   | 9:30a SS<br>SPINNING®<br>Patricia                                                                                                                                                                                                    | 8:30a SS<br>SPINNING® 60<br>Megan                                                                                                                     |                                                                                                                                                                                                      |
| M<br>I<br>N<br>D<br><br>B<br>O<br>D<br>Y | 10:30a M/B<br>FITNESS YOGA<br>Maura<br><br>4:30p M/B<br>GENTLE YOGA<br>Denise<br><br>6:30p M/B<br>FITNESS YOGA<br>Allison                                                                                                                                                                                                                    | 9:15a M/B<br>CHAIR YOGA<br>Arthur                                                                                                                                                                                                                           | 10:30a M/B<br>FITNESS YOGA<br>Maura<br><br>5:00p M/B<br>YIN YOGA<br>Dan<br><br>6:30p M/B<br>YOGA<br>Dan                                                                                                                                                                                    | 6:00a GX1<br>BODYFLOW™<br>Eliza<br><br>9:15a M/B<br>CHAIR YOGA<br>Shannon<br><br>10:35a GX1<br>BODYFLOW™<br>Cameron<br><br>6:30p M/B<br>FITNESS YOGA<br>Leo                            | 8:30a GX1<br>PILATES<br>Patricia<br><br><br><br>5:30p M/B<br>VINYASA<br>Jayne                                                                                                                                                        | 10:00a M/B<br>YOGA<br>Allison                                                                                                                         |                                                                                                                                                                                                      |
| L<br>A<br>N<br>D                         | 6:00a GX1<br>BODYPUMP™<br>Eliza<br><br>8:55a GX1<br>CXWORX™<br>Michelle<br><br>9:30a GX1<br>LIA<br>Sandy<br><br>10:35a GX1<br>BODYPUMP™<br>Mika<br><br>11:35a GX1<br>LIA GENTLE<br>Sandy<br><br><br>4:30p GX1<br>BODYPUMP™<br>Patricia<br><br>5:30p GX1<br>BODYCOMBAT™<br>Sarah P.<br><br>6:30p GX1<br>ARMS & ABS<br>MONTHLY MIX-UP<br>Amber | 9:30a GX1<br>MAC BARRE<br>Serrah<br><br>10:30a GX1<br>BODYSTEP™<br>Mika<br><br>10:35a GYM<br>CXWORX™<br>Jen<br><br><br>5:30p GX1<br>BUTTS, GUTS &<br>MORE<br>Megan<br><br>5:45p GYM<br>ZUMBA<br>Tracey<br><br>6:30p GX1<br>ATHLETIC<br>INTERVALS<br>Heather | 6:00a GX1<br>BODYPUMP™<br>Tracey<br><br>9:30a GX1<br>CARDIO+SCULPT<br>Melissa<br><br>10:35a GX1<br>BUTTS & GUTS<br>Jen<br><br>11:30a GX1<br>STRNGTH4SRS<br>Sarah S.<br><br>4:45p GYM<br>BODYATTACK™45<br>Angela<br><br>5:30p GX1<br>CXWORX™<br>Angela<br><br>6:15p GX1<br>BODYPUMP™<br>Jen | 8:30a GX1<br>TBS<br>Amber<br><br>9:30a GX1<br>BODYCOMBAT™<br>Mika<br><br><br>5:30p GYM<br>ZUMBA<br>Tracey<br><br>6:00p GX1<br>MAC BARRE<br>Lauren<br><br>6:30p GYM<br>BOOTCAMP<br>Tina | 5:45am GX1<br>BODYCOMBAT™<br>Sarah P.<br><br>9:30a GX1<br>LIA<br>Sandy<br><br>10:35a GYM<br>CXWORX™<br>Cameron<br><br>10:35a GX1<br>BODYPUMP™<br>Jen<br><br>11:35a GX1<br>LIA GENTLE<br>Sandy<br><br>4:30p GX1<br>BODYPUMP™<br>Amber | 8:15a GX1<br>BODYATTACK™<br>Cameron<br><br>9:00a GX1<br>CXWORX™<br>Angela<br><br>9:30a GX1<br>BODYPUMP™<br>Eliza<br><br>10:35a GX1<br>ZUMBA<br>Tracey |                                                                                                                                                                                                      |

MAC GROUP EXERCISE – October 9 - October 15

|                                          | MONDAY 9                                                                                                                                                                                                                                                                                                                                                                                                  | TUESDAY 10                                                                                                                                                                                                                                                                                            | WEDNES. 11                                                                                                                                                                                                                                                                                                                               | THURSDAY 12                                                                                                                                                                                                                                            | FRIDAY 13                                                                                                                                                                                                                                                                      | SATURDAY 14                                                                                                                                                                   | SUNDAY 15                                                                                                                                                                                                        |
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| A<br>Q<br>U<br>A                         | 8:45a P<br>H <sub>2</sub> OAEROBICS<br><i>Patricia</i><br><br>6:00p P<br>AQUAZUMBA<br><i>Tracey</i>                                                                                                                                                                                                                                                                                                       | 8:30a P<br>DEEP H <sub>2</sub> O<br><i>Bonnie</i><br><br>9:45a P<br>H <sub>2</sub> O GENTLE<br><i>Bonnie</i>                                                                                                                                                                                          | 8:30a P<br>H <sub>2</sub> OAEROBICS<br><i>Patricia</i><br><br>6:00p P<br>WATERinMOTION®<br><i>Megan</i>                                                                                                                                                                                                                                  | 8:30a P<br>DEEP H <sub>2</sub> O<br><i>Bonnie</i>                                                                                                                                                                                                      | 9:00a P<br>WATERinMOTION®<br><i>Sarah S.</i>                                                                                                                                                                                                                                   | 9:30a P<br>AQUAZUMBA<br><i>Tracey</i>                                                                                                                                         | 9:30a SS<br>CYCLE BOOTCAMP<br>Wear gym shoes<br><i>Melissa</i><br><br><br>2:00p GX1<br>BODYFLOW™<br><i>Megan</i><br><br>3:00p GX1<br>MAC BARRE<br><i>Lauren</i><br><br>4:00p M/B<br>GENTLE YOGA<br><i>Arthur</i> |
| S<br>P<br>I<br>N                         | 9:30a SS<br>SPINNING®<br><i>Michelle</i><br><br>6:30p SS<br>SPINNING®<br><i>Melissa</i>                                                                                                                                                                                                                                                                                                                   | 5:45a SS<br>SPINNING®<br><i>Sarah P.</i><br><br>9:30a SS<br>SPINNING®<br><i>Megan</i><br><br>6:00p SS<br>RPM™<br><i>Eliza</i>                                                                                                                                                                         | 9:30a SS<br>SPINNING®<br><i>Jen</i><br><br>6:30p SS<br>SPINNING®<br><i>Patricia</i>                                                                                                                                                                                                                                                      | 5:45a SS<br>SPINNING®<br><i>Jen</i><br><br>9:30a SS<br>SPINNING®<br><i>Patricia</i>                                                                                                                                                                    | 9:30a SS<br>SPINNING®<br><i>Melissa</i>                                                                                                                                                                                                                                        | 8:30a SS<br>SPINNING® 60<br><i>Lauren</i>                                                                                                                                     |                                                                                                                                                                                                                  |
| M<br>I<br>N<br>D<br><br>B<br>O<br>D<br>Y | 10:30a M/B<br>FITNESS YOGA<br><i>Maura</i><br><br>4:30p M/B<br>GENTLE YOGA<br><i>Jayne</i><br><br>6:30p M/B<br>FITNESS YOGA<br><i>Allison</i>                                                                                                                                                                                                                                                             | 9:15a M/B<br>CHAIR YOGA<br><i>Shannon</i>                                                                                                                                                                                                                                                             | 10:30a M/B<br>FITNESS YOGA<br><i>Maura</i><br><br>5:00p M/B<br>YIN YOGA<br><i>Debbie</i><br><br>6:30p M/B<br>YOGA<br><i>Sandi</i>                                                                                                                                                                                                        | 6:00a GX1<br>BODYFLOW™<br><i>Eliza</i><br><br>9:15a M/B<br>CHAIR YOGA<br><i>Shannon</i><br><br>10:35a GX1<br>BODYFLOW™<br><i>Cameron</i><br><br>6:30p M/B<br>FITNESS YOGA<br><i>Leo</i>                                                                | 8:30a GX1<br>PILATES<br><i>Patricia</i><br><br>5:30p M/B<br>VINYASA<br><i>Jayne</i>                                                                                                                                                                                            | 10:00a M/B<br>YOGA<br><i>Jayne</i><br><br>4:00p M/B<br>YOGA CLASS<br>BENFITTING<br>NEW HOPE DOG<br>RESCUE<br><i>Jayne</i><br>***Donations<br>Accepted***                      |                                                                                                                                                                                                                  |
| L<br>A<br>N<br>D                         | 6:00a GX1<br>BODYPUMP™<br><i>Jen</i><br><br>8:55a GX1<br>CXWORX™<br><i>Michelle</i><br><br>9:30a GX1<br>LIA<br><i>Sandy</i><br><br>10:35a GX1<br>BODYPUMP™<br><i>Mika</i><br><br>11:35a GX1<br>LIA GENTLE<br><i>Sandy</i><br><br><br>4:30p GX1<br>BODYPUMP™<br><i>Patricia</i><br><br>5:30p GX1<br>BODYCOMBAT™<br><i>Sarah P.</i><br><br>6:30p GX1<br>ARMS & ABS<br><i>MONTHLY MIX-UP</i><br><i>Amber</i> | 9:30a GX1<br>MAC BARRE<br><i>Serrah</i><br><br>10:30a GX1<br>BODYSTEP™<br><i>Mika</i><br><br>10:35a GYM<br>CXWORX™<br><i>Jen</i><br><br><br>5:30p GX1<br>BUTTS, GUTS &<br>MORE<br><i>Megan</i><br><br>5:45p GYM<br>ZUMBA<br><i>Tracey</i><br><br>6:30p GX1<br>ATHLETIC<br>INTERVALS<br><i>Heather</i> | 6:00a GX1<br>BODYPUMP™<br><i>Tracey</i><br><br>9:30a GX1<br>CARDIO+SCULPT<br><i>Melissa</i><br><br>10:35a GX1<br>BUTTS & GUTS<br><i>Jen</i><br><br>11:30a GX1<br>STRNGTH4SRS<br><i>Sandy</i><br><br>4:45p GYM<br>BODYATTACK™45<br><i>Angela</i><br><br>5:30p GX1<br>CXWORX™<br><i>Angela</i><br><br>6:15p GX1<br>BODYPUMP™<br><i>Jen</i> | 8:30a GX1<br>TBS<br><i>Michelle</i><br><br>9:30a GX1<br>BODYCOMBAT™<br><i>Mika</i><br><br><br>5:30p GYM<br>ZUMBA<br><i>Tracey</i><br><br>6:00p GX1<br>MAC BARRE<br><i>FAMILY FRIENDLY</i><br><i>Lauren</i><br><br>6:30p GYM<br>BOOTCAMP<br><i>Tina</i> | 5:45am GX1<br>BODYCOMBAT™<br><i>Sarah P.</i><br><br>9:30a GX1<br>LIA<br><i>Sandy</i><br><br>10:35a GYM<br>CXWORX™<br><i>Melissa</i><br><br>10:35a GX1<br>BODYPUMP™<br><i>Jen</i><br><br>11:35a GX1<br>LIA GENTLE<br><i>Sandy</i><br><br>4:30p GX1<br>BODYPUMP™<br><i>Amber</i> | 8:15a GX1<br>BODYATTACK™<br><i>Cameron</i><br><br>9:00a GX1<br>CXWORX™<br><i>Amy</i><br><br>9:30a GX1<br>BODYPUMP™<br><i>Lisa</i><br><br>10:35a GX1<br>ZUMBA<br><i>Tracey</i> |                                                                                                                                                                                                                  |

MAC GROUP EXERCISE – October 16 – October 22

|           | MONDAY 16                                                                                                                                                                                                                                                                                                                                      | TUESDAY 17                                                                                                                                                                                                                                                      | WEDNES. 18                                                                                                                                                                                                                                                                                  | THURSDAY 19                                                                                                                                                                                   | FRIDAY 20                                                                                                                                                                                                                             | SATURDAY 21                                                                                                                                        | SUNDAY 22                                                                                                                                                                          |
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| AQUA      | 8:45a P<br>WATERinMOTION®<br>Sarah S.<br><br>6:00p P<br>AQUAZUMBA<br>FAMILY FRIENDLY<br>Tracey                                                                                                                                                                                                                                                 | 8:30a P<br>DEEP H2O<br>Bonnie<br><br>9:45a P<br>H2O GENTLE<br>Bonnie                                                                                                                                                                                            | 8:30a P<br>H2OAEROBICS<br>Patricia<br><br>6:00p P<br>WATERinMOTION®<br>Megan                                                                                                                                                                                                                | 8:30a P<br>DEEP H2O<br>Bonnie                                                                                                                                                                 | 9:00a P<br>WATERinMOTION®<br>Genevelyn                                                                                                                                                                                                | 9:30a P<br>AQUAZUMBA<br>Tracey                                                                                                                     | 9:30a SS<br>CYCLE BOOTCAMP<br>Wear gym shoes<br>Sarah P.<br><br><br>2:00p GX1<br>BODYFLOW™<br>Megan<br><br>3:00p GX1<br>MAC BARRE<br>Lauren<br><br>4:00p M/B<br>GENTLE YOGA<br>Leo |
| SPIN      | 9:30a SS<br>SPINNING®<br>Michelle<br><br>6:30p SS<br>SPINNING®<br>Melissa                                                                                                                                                                                                                                                                      | 5:45a SS<br>SPINNING®<br>Allison<br><br>9:30a SS<br>SPINNING®<br>Megan<br><br>6:00p SS<br>RPM™<br>Eliza                                                                                                                                                         | 9:30a SS<br>SPINNING®<br>Jen<br><br>6:30p SS<br>SPINNING®<br>Patricia                                                                                                                                                                                                                       | 5:45a SS<br>SPINNING®<br>Jen<br><br>9:30a SS<br>SPINNING®<br>Patricia                                                                                                                         | 9:30a SS<br>SPINNING®<br>Jen                                                                                                                                                                                                          | 8:30a SS<br>SPINNING® 60<br>Allison                                                                                                                |                                                                                                                                                                                    |
| MIND BODY | 10:30a M/B<br>FITNESS YOGA<br>Maura<br><br>4:30p M/B<br>GENTLE YOGA<br>Denise<br><br>6:30p M/B<br>FITNESS YOGA<br>Allison                                                                                                                                                                                                                      | 9:15a M/B<br>CHAIR YOGA<br>Shannon                                                                                                                                                                                                                              | 10:30a M/B<br>FITNESS YOGA<br>Maura<br><br>5:00p M/B<br>YIN YOGA<br>Debbie<br><br>6:30p M/B<br>YOGA<br>Sandi                                                                                                                                                                                | 6:00a GX1<br>BODYFLOW™<br>Eliza<br><br>9:15a M/B<br>CHAIR YOGA<br>Shannon<br><br>10:35a GX1<br>BODYFLOW™<br>Cameron<br><br>6:30p M/B<br>FITNESS YOGA<br>Leo                                   | 8:30a GX1<br>PILATES<br>Patricia<br><br><br><br>5:30p M/B<br>VINYASA<br>Stephanie M.                                                                                                                                                  | 10:00a M/B<br>YOGA<br>Sandi                                                                                                                        |                                                                                                                                                                                    |
| LAND      | 6:00a GX1<br>BODYPUMP™<br>Jen<br><br>8:55a GX1<br>CXWORX™<br>Michelle<br><br>9:30a GX1<br>LIA<br>Sandy<br><br>10:35a GX1<br>BODYPUMP™<br>Mika<br><br>11:35a GX1<br>LIA GENTLE<br>Sandy<br><br><br><br>4:30p GX1<br>BODYPUMP™<br>Patricia<br><br>5:30p GX1<br>BODYCOMBAT™<br>Sarah P.<br><br>6:30p GX1<br>ARMS & ABS<br>MONTHLY MIX-UP<br>Amber | 9:30a GX1<br>MAC BARRE<br>Serrah<br><br>10:30a GX1<br>BODYSTEP™<br>Mika<br><br>10:35a GYM<br>CXWORX™<br>Jen<br><br><br><br>5:30p GX1<br>BUTTS, GUTS &<br>MORE<br>Megan<br><br>5:45p GYM<br>ZUMBA<br>Tracey<br><br>6:30p GX1<br>ATHLETIC<br>INTERVALS<br>Heather | 6:00a GX1<br>BODYPUMP™<br>Tracey<br><br>9:30a GX1<br>CARDIO+SCULPT<br>Melissa<br><br>10:35a GX1<br>BUTTS & GUTS<br>Jen<br><br>11:30a GX1<br>STRNGTH4SRS<br>Cindy<br><br><br>4:45p GYM<br>BODYATTACK™45<br>Angela<br><br>5:30p GX1<br>CXWORX™<br>Angela<br><br>6:15p GX1<br>BODYPUMP™<br>Jen | 8:30a GX1<br>TBS<br>Patricia<br><br>9:30a GX1<br>BODYCOMBAT™<br>Mika<br><br><br><br>5:30p GYM<br>ZUMBA<br>Tracey<br><br>6:00p GX1<br>MAC BARRE<br>Lauren<br><br>6:30p GYM<br>BOOTCAMP<br>Tina | 5:45am GX1<br>BODYCOMBAT™<br>Sarah P.<br><br>9:30a GX1<br>LIA<br>Sandy<br><br>10:35a GYM<br>CXWORX™<br>Jen<br><br>10:35a GX1<br>BODYPUMP™<br>Lisa<br><br>11:35a GX1<br>LIA GENTLE<br>Sandy<br><br><br>4:30p GX1<br>BODYPUMP™<br>Amber | 8:15a GX1<br>BODYATTACK™<br>Cameron<br><br>9:00a GX1<br>CXWORX™<br>Amy<br><br>9:30a GX1<br>BODYPUMP™<br>Eliza<br><br>10:35a GX1<br>ZUMBA<br>Tracey |                                                                                                                                                                                    |

MAC GROUP EXERCISE – October 23 – October 29

|           | MONDAY 23                                                                                                                                                                                                                                                                                                                                                                                                                   | TUESDAY 24                                                                                                                                                                                                                                                                                                | WEDNES. 25                                                                                                                                                                                                                                                                                                                                                       | THURSDAY 26                                                                                                                                                                                                                  | FRIDAY 27                                                                                                                                                                                                                                                                      | SATURDAY 28                                                                                                                                                                  | SUNDAY 29                                                                                                                                                                                                               |
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| AQUA      | 8:45a P<br>H2OAEROBICS<br><i>Patricia</i><br><br>6:00p P<br>AQUAZUMBA<br><i>Tracey</i>                                                                                                                                                                                                                                                                                                                                      | 8:30a P<br>DEEP H2O<br><i>Nellie</i><br><br>9:45a P<br>H2O GENTLE<br><i>Nellie</i>                                                                                                                                                                                                                        | 8:30a P<br>H2OAEROBICS<br><i>Patricia</i><br><br>6:00p P<br>WATERinMOTION®<br><i>Genevelyn</i>                                                                                                                                                                                                                                                                   | 8:30a P<br>DEEP H2O<br><i>Bonnie</i>                                                                                                                                                                                         | 9:00a P<br>WATERinMOTION®<br><i>Jen</i>                                                                                                                                                                                                                                        | 9:30a P<br>AQUAZUMBA<br><i>Tracey</i>                                                                                                                                        | 9:30a SS<br>CYCLE BOOTCAMP<br>Wear gym shoes<br><i>Sarah P.</i><br><br><br>2:00p GX1<br>BODYFLOW™<br><i>Megan</i><br><br>3:00p GX1<br>MAC BARRE<br><i>Lauren</i><br><br>4:00p M/B<br>GENTLE YOGA<br><i>Stephanie M.</i> |
| SPIN      | 9:30a SS<br>SPINNING®<br><i>Michelle</i><br><br>6:30p SS<br>SPINNING®<br><i>Melissa</i>                                                                                                                                                                                                                                                                                                                                     | 5:45a SS<br>SPINNING®<br><i>Sarah P.</i><br><br>9:30a SS<br>SPINNING®<br><i>Megan</i><br><br>6:00p SS<br>RPM™<br><i>Eliza</i>                                                                                                                                                                             | 9:30a SS<br>SPINNING®<br><i>Jen</i><br><br>6:30p SS<br>SPINNING®<br><i>Patricia</i>                                                                                                                                                                                                                                                                              | 5:45a SS<br>SPINNING®<br><i>Jen</i><br><br>9:30a SS<br>SPINNING®<br><i>Patricia</i>                                                                                                                                          | 9:30a SS<br>SPINNING®<br><i>Melissa</i>                                                                                                                                                                                                                                        | 8:30a SS<br>RPM LAUNCH                                                                                                                                                       |                                                                                                                                                                                                                         |
| MIND BODY | 10:30a M/B<br>FITNESS YOGA<br><i>Maura</i><br><br>4:30p M/B<br>GENTLE YOGA<br><i>Jayne</i><br><br>6:30p M/B<br>FITNESS YOGA<br><i>Allison</i>                                                                                                                                                                                                                                                                               | 9:15a M/B<br>CHAIR YOGA<br><i>Shannon</i>                                                                                                                                                                                                                                                                 | 10:30a M/B<br>FITNESS YOGA<br><i>Maura</i><br><br>5:00p M/B<br>YIN YOGA<br><i>Debbie</i><br><br>6:30p M/B<br>YOGA<br><i>Denise</i>                                                                                                                                                                                                                               | 6:00a GX1<br>BODYFLOW™<br><i>Eliza</i><br><br>9:15a M/B<br>CHAIR YOGA<br><i>Shannon</i><br><br>10:35a GX1<br>BODYFLOW™<br><i>Cameron</i><br><br>6:30p M/B<br>FITNESS YOGA<br><i>Leo</i>                                      | 8:30a GX1<br>PILATES<br><i>Patricia</i><br><br>5:30p M/B<br>VINYASA<br><i>Denise</i>                                                                                                                                                                                           | 10:00a M/B<br>YOGA<br><i>Denise</i>                                                                                                                                          |                                                                                                                                                                                                                         |
| LAND      | 6:00a GX1<br>BODYPUMP™<br><i>Jen</i><br><br>8:55a GX1<br>CXWORX™<br><i>Michelle</i><br><br>9:30a GX1<br>LIA<br><i>Sandy</i><br><br>10:35a GX1<br>BODYPUMP™<br><i>Mika</i><br><br>11:35a GX1<br>LIA GENTLE<br><i>Sandy</i><br><br><br><br>4:30p GX1<br>BODYPUMP™<br><i>Patricia</i><br><br>5:30p GX1<br>BODYCOMBAT™<br><i>Sarah P.</i><br><br>6:30p GX1<br>ARMS & ABS<br><i>FAMILY FRIENDLY<br/>MONTHLY MIX-UP<br/>Amber</i> | 9:30a GX1<br>MAC BARRE<br><i>Serrah</i><br><br>10:30a GX1<br>BODYSTEP™<br><i>Mika</i><br><br>10:35a GYM<br>CXWORX™<br><i>Jen</i><br><br><br><br>5:30p GX1<br>BUTTS, GUTS &<br>MORE<br><i>Megan</i><br><br>5:45p GYM<br>ZUMBA<br><i>Tracey</i><br><br>6:30p GX1<br>ATHLETIC<br>INTERVALS<br><i>Heather</i> | 6:00a GX1<br>BODYPUMP™<br><i>Tracey</i><br><br>9:30a GX1<br>CARDIO+SCULPT<br><i>Melissa</i><br><br>10:35a GX1<br>BUTTS & GUTS<br><i>Jen</i><br><br>11:30a GX1<br>STRNGTH4SRS<br><i>Cindy</i><br><br><br><br>4:45p GX1<br>BODYATTACK™45<br><i>Amber &amp;<br/>Cameron</i><br><br>5:30p GX1<br>CXWORX™<br><i>Amber</i><br><br>6:15p GX1<br>BODYPUMP™<br><i>Jen</i> | 8:30a GX1<br>TBS<br><i>Amber</i><br><br>9:30a GX1<br>BODYCOMBAT™<br><i>Mika</i><br><br><br><br>5:30p GYM<br>ZUMBA<br><i>Tracey</i><br><br>6:00p GX1<br>MAC BARRE<br><i>Lauren</i><br><br>6:30p GYM<br>BOOTCAMP<br><i>Jen</i> | 5:45am GX1<br>BODYCOMBAT™<br><i>Sarah P.</i><br><br>9:30a GX1<br>LIA<br><i>Sandy</i><br><br>10:35a GYM<br>CXWORX™<br><i>Melissa</i><br><br>10:35a GX1<br>BODYPUMP™<br><i>Jen</i><br><br>11:35a GX1<br>LIA GENTLE<br><i>Sandy</i><br><br>4:30p GX1<br>BODYPUMP™<br><i>Amber</i> | HALLOWEEN<br>LES MILLS<br>LAUNCH<br>DAY<br><br>Stay tuned<br>for<br>schedule...<br><br> |                                                                                                                                                                                                                         |

MAC GROUP EXERCISE – October 30 – November 5

|           | MONDAY 30                                          | TUESDAY 31                                                                                              | WEDNES. 1                                          | THURSDAY 2                                 | FRIDAY 3                              | SATURDAY 4                               | SUNDAY 5                                                |                                  |
|-----------|----------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------|--------------------------------------------|---------------------------------------|------------------------------------------|---------------------------------------------------------|----------------------------------|
| AQUA      | 8:45a P<br>WATERinMOTION®<br>Sarah S.              | 8:30a P<br>DEEP H <sub>2</sub> O<br>Nellie                                                              | 8:30a P<br>H <sub>2</sub> O AEROBICS<br>Patricia   | 8:30a P<br>DEEP H <sub>2</sub> O<br>Bonnie | 9:00a P<br>WATERinMOTION®<br>Sarah S. | 9:30a P<br>AQUAZUMBA<br>Tracey           | 9:30a SS<br>CYCLE BOOTCAMP<br>Wear gym shoes<br>Heather |                                  |
|           | 6:00p P<br>AQUAZUMBA<br>Tracey                     | 9:45a P<br>H <sub>2</sub> O GENTLE<br>Nellie                                                            | 6:00p P<br>WATERinMOTION®<br>Megan                 |                                            |                                       |                                          |                                                         |                                  |
| SPIN      | 9:30a SS<br>SPINNING®<br>Michelle                  | 5:45a SS<br>SPINNING®<br>Sarah P.                                                                       | 9:30a SS<br>SPINNING®<br>Jen                       | 5:45a SS<br>SPINNING®<br>Jen               | 9:30a SS<br>SPINNING®<br>Melissa      | 8:30a SS<br>SPINNING® 60<br>Stephanie M. |                                                         |                                  |
|           | 6:30p SS<br>SPINNING®<br>Melissa                   | 9:30a SS<br>SPINNING®<br>Megan                                                                          | 9:30a SS<br>SPINNING®<br>Jen                       | 9:30a SS<br>SPINNING®<br>Patricia          |                                       |                                          |                                                         |                                  |
| MIND BODY | 10:30a M/B<br>FITNESS YOGA<br>Maura                | 9:15a M/B<br>CHAIR YOGA<br>Shannon                                                                      | 10:30a M/B<br>FITNESS YOGA<br>Maura                | 6:00a GX1<br>BODYFLOW™<br>Eliza            | 8:30a GX1<br>PILATES<br>Patricia      | 10:00a M/B<br>YOGA<br>Stephanie M.       | 2:00p GX1<br>BODYFLOW™<br>Megan                         |                                  |
|           | 4:30p M/B<br>GENTLE YOGA<br>Denise                 |                                                                                                         | 5:00p M/B<br>YIN YOGA<br>FAMILY FRIENDLY<br>Debbie | 9:15a M/B<br>CHAIR YOGA<br>Shannon         |                                       |                                          |                                                         | 3:00p GX1<br>MAC BARRE<br>Lauren |
|           | 6:30p M/B<br>FITNESS YOGA<br>Allison               |                                                                                                         | 6:30p M/B<br>YOGA<br>Sandi                         | 10:35a GX1<br>BODYFLOW™<br>Cameron         | 5:30p M/B<br>VINYASA<br>Jayne         |                                          | 4:00p M/B<br>GENTLE YOGA<br>Leo                         |                                  |
|           |                                                    |                                                                                                         |                                                    | 6:30p M/B<br>FITNESS YOGA<br>Leo           |                                       |                                          |                                                         |                                  |
| LAND      | 6:00a GX1<br>BODYPUMP™<br>Jen                      | 9:30a GX1<br>MAC BARRE<br>Serrah                                                                        | 6:00a GX1<br>BODYPUMP™<br>Tracey                   | 8:30a GX1<br>TBS<br>Michelle               | 5:45am GX1<br>BODYCOMBAT™<br>Sarah P. | 8:15a GX1<br>BODYATTACK™<br>Cameron      |                                                         |                                  |
|           | 8:55a GX1<br>CXWORX™<br>Michelle                   | 10:30a GX1<br>BODYSTEP™<br>Mika                                                                         | 9:30a GX1<br>CARDIO+SCULPT<br>Melissa              | 9:30a GX1<br>BODYCOMBAT™<br>Mika           | 9:30a GX1<br>LIA<br>Sandy             | 9:00a GX1<br>CXWORX™<br>Amy              |                                                         |                                  |
|           | 9:30a GX1<br>LIA<br>Sandy                          | 10:35a GYM<br>CXWORX™<br>Jen                                                                            | 10:35a GX1<br>BUTTS & GUTS<br>Jen                  |                                            | 10:35a GYM<br>CXWORX™<br>Melissa      | 9:30a GX1<br>BODYPUMP™<br>Eliza          |                                                         |                                  |
|           | 10:35a GX1<br>BODYPUMP™<br>Mika                    |                                                                                                         | 11:30a GX1<br>STRNGTH4SRS<br>Sarah S.              |                                            | 10:35a GX1<br>BODYPUMP™<br>Jen        | 10:35a GX1<br>ZUMBA<br>Tracey            |                                                         |                                  |
|           | 11:35a GX1<br>LIA GENTLE<br>Sandy                  | HAPPY HALLOWEEN!<br> |                                                    |                                            | 11:35a GX1<br>LIA GENTLE<br>Sandy     |                                          |                                                         |                                  |
|           |                                                    |                                                                                                         |                                                    |                                            |                                       |                                          |                                                         |                                  |
|           |                                                    |                                                                                                         |                                                    |                                            |                                       |                                          |                                                         |                                  |
|           | 4:30p GX1<br>BODYPUMP™<br>Patricia                 | 5:30p GX1<br>BUTTS, GUTS & MORE<br>Amber                                                                | 4:45p GYM<br>BODYATTACK™45<br>Angela               | 5:30p GYM<br>ZUMBA<br>Tracey               |                                       |                                          |                                                         |                                  |
|           | 5:30p GX1<br>BODYCOMBAT™<br>Sarah P.               | 5:45p GYM<br>ZUMBA<br>Tracey                                                                            | 5:30p GX1<br>CXWORX™<br>Angela                     | 6:00p GX1<br>MAC BARRE<br>Lauren           |                                       |                                          |                                                         |                                  |
|           | 6:30p GX1<br>ARMS & ABS<br>MONTHLY MIX-UP<br>Amber | 6:30p GX1<br>ATHLETIC INTERVALS<br>Amber                                                                | 6:15p GX1<br>BODYPUMP™<br>Jen                      | 6:30p GYM<br>BOOTCAMP<br>Tina              | 4:30p GX1<br>BODYPUMP™<br>Amber       |                                          |                                                         |                                  |

