

MAC GROUP EXERCISE – September 26-October 2

	MONDAY 26	TUESDAY 27	WEDNES. 28	THURSDAY 29	FRIDAY 30	SATURDAY 1	SUNDAY 2
AQUA	8:30a P WATERinMOTION® <i>Sarah S.</i> 9:45a P H ₂ O AEROBICS <i>Megan</i> 6:00p P AQUAZUMBA <i>Tracey</i>	8:30a P DEEP H ₂ O <i>Bonnie</i> 9:45a P H ₂ O GENTLE <i>Bonnie</i>	8:30a P H ₂ O AEROBICS <i>Patricia</i> 6:00p P WATERinMOTION® <i>Genevelyn</i>	8:30a P DEEP H ₂ O <i>Bonnie</i> 9:45a P H ₂ O GENTLE <i>Bonnie</i>	8:30a P WATERinMOTION® <i>Megan</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>Melissa</i>
SPIN	 9:30a SS SPINNING® <i>Michelle</i> 6:30p SS SPINNING® <i>Patricia</i>	5:45a SS SPINNING® <i>Jen</i> 9:30a SS SPINNING® <i>Megan</i> 6:00p SS CYCLE & CORE Wear gym shoes <i>Lauren</i>	 9:30a SS CYCLE 45 & CORE <i>Jen</i> 6:30p SS SPINNING® <i>Lauren</i>	 9:30a SS SPINNING® <i>Patricia</i> 6:00p SS SPINNING® 45/60 <i>Megan</i>	5:45a SS SPINNING® <i>Kara</i> 9:30a SS SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 60 <i>Michelle</i>	
MIND BODY	10:30a M/B FITNESS YOGA <i>Maura</i> 4:30p M/B GENTLE YOGA <i>Denise</i> 7:00p M/B HATHA YOGA <i>Debbie</i>	9:15a M/B CHAIR YOGA <i>Dan</i> 10:30a M/B YOGA <i>Dan</i> 12 NOON GX1 TAI CHI <i>Jenny</i>	10:30a M/B FITNESS YOGA <i>Maura</i> 5:00p M/B YIN YOGA <i>Debbie</i> 6:15p M/B YOGA 75 <i>Sandi</i>	6:05a GX1 BODYFLOW™ <i>Casey</i> 9:15a M/B CHAIR YOGA <i>Arthur</i> 10:35a GX1 BODYFLOW™ <i>Megan</i> 6:30p M/B YOGA <i>Dan</i>	8:30a GX1 PILATES <i>Patricia</i> 5:30p M/B VINYASA <i>Heather</i>	10:00a M/B YOGA <i>Kathleen</i>	
LAND	6:00a GX1 BODYPUMP™ <i>Tracey</i> 8:55a GX1 CXWORX™ <i>Michelle</i> 9:30a GX1 LIA <i>Sandy</i> 9:45a GYM BODYATTACK™45 <i>Cameron</i> 10:35a GX1 BODYPUMP™ <i>Mika</i> 11:35a GX1 LIA GENTLE <i>Sandy</i> 4:30p GX1 BODYPUMP™ <i>Casey</i> 5:30p GX1 BODYCOMBAT™ <i>Sarah P.</i> 6:00p M/B FLOOR BARRE 45 <i>Casey</i> 6:45p GX1 GRIT™ <i>Casey</i>	9:15a GX1 MAC BARRE <i>Serrah</i> 10:30 GX1 BODYSTEP™ <i>Mika</i> 10:35a GX2 CXWORX™ <i>Jen</i> 5:30p GX1 BUTTS, GUTS & MORE <i>Melissa</i> 5:45p GYM ZUMBA <i>Tracey</i> 6:30p GX1 30/20/10 <i>Kevin</i> <i>*Trainer takeover</i>	6:00a GX1 BODYPUMP™ <i>Tracey</i> 9:30a GX1 30/20/10 <i>Melissa</i> 10:35a GX1 ZUMBA <i>Tara</i> 11:35a GX1 STRNGTH4SRS <i>Sandy</i> 4:45p GYM BODYATTACK™ 45 <i>Angela</i> 5:30p GX1 BODYSTEP™ 45 <i>Sarah P.</i> 5:35p GYM CXWORX™ <i>Angela</i> 6:15p GX1 BODYPUMP™ <i>Patricia</i>	5:35am GX1 GRIT™ <i>Casey</i> 8:30a GX1 TBS <i>Patricia</i> 9:30a GX1 BODYCOMBAT™ <i>Mika</i> 12:15p GX1 BODYPUMP™ 45 <i>Casey</i> 5:30p GYM ZUMBA <i>Tracey</i> 5:30 GX1 MAC BARRE <i>Casey</i> 6:30p GYM BOOT(y)CAMP <i>Casey</i>	9:30a GX1 LIA <i>Sandy</i> 10:35a GYM CXWORX™ <i>Melissa</i> 10:35a GX1 BODYPUMP™ <i>Jen</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>Sarah P.</i> 9:30a GX1 BODYPUMP™ <i>Sarah P.</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

MAC GROUP EXERCISE – October 3-October 9

	MONDAY 3	TUESDAY 4	WEDNES. 5	THURSDAY 6	FRIDAY 7	SATURDAY 8	SUNDAY 9
A Q U A	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	8:30a P WATERinMOTION® Megan	9:30a P AQUAZUMBA Tracey	9:30a SS CYCLE BOOTCAMP Wear gym shoes Melissa 2:00p GX1 BODYFLOW™ Megan 3:00p GX1 MAC BARRE Lauren 4:00p M/B GENTLE YOGA Leo
S P I N	9:30a SS SPINNING® Michelle 6:30p SS SPINNING® Patricia	5:45a SS SPINNING® Kara 9:30a SS SPINNING® Megan	9:30a SS CYCLE 45 & CORE Jen 6:30p SS SPINNING® Sarah P.	9:30a SS SPINNING® Patricia	5:45a SS SPINNING® Jen 9:30a SS SPINNING® Melissa	8:30a SS SPINNING® 60 Megan	
M I N D B O D Y	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Jayne	9:15a M/B CHAIR YOGA Shannon/Dan	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Denise 6:15p M/B YOGA 75 Dan	6:05a GX1 BODYFLOW™ Eliza 9:15a M/B CHAIR YOGA Shannon/Dan 10:35a GX1 BODYFLOW™ Megan 6:30p M/B FITNESS YOGA Leo	8:30a GX1 PILATES Patricia 5:30p M/B VINYASA Jayne	10:00a M/B YOGA Dan	
L A N D	6:00a GX1 BODYPUMP™ Tracey 8:55a GX1 CXWORX™ Michelle 9:30a GX1 LIA Sandy 9:45a GYM BODYATTACK™45 Cameron 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Jen 5:30p GX1 BODYCOMBAT™ Sarah P. 6:45p GX1 HIIT not GRIT™ Amber	9:15a GX1 MAC BARRE Serrah 10:30 GX1 BODYSTEP™ Mika 10:35a GX2 CXWORX™ Jen 5:30p GX1 BUTTS, GUTS & MORE Melissa/Jen 5:45p GYM ZUMBA Tracey 6:30p GX1 ATHLETIC INTERVALS Kevin	6:00a GX1 BODYPUMP™ Jen 9:30a GX1 30/20/10 Melissa 10:35a GX1 ZUMBA Sarah S. 11:35a GX1 STRNGTH4SRS Sarah S. 4:45p GX1 BODYATTACK™ Angela 5:30p GX1 BODYSTEP™ 45 Sarah P. 5:45p GX1 CXWORX™ Angela 6:15p GX1 BODYPUMP™ Patricia	5:35am GX1 HIIT not GRIT™ Jen 8:30a GX1 TBS Patricia 9:30a GX1 BODYCOMBAT™ Mika 5:30p GYM ZUMBA Tracey 5:30 GX1 MAC BARRE Cindy 6:30p GYM BOOT(y)CAMP Jen	9:30a GX1 LIA Sandy 10:35a GYM CXWORX™ Melissa 10:35a GX1 BODYPUMP™ Jen 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Amber	8:15a GX1 BODYATTACK™ Cameron 9:00a GX1 CXWORX™ Angela 9:30a GX1 BODYPUMP™ Angela 10:35a GX1 ZUMBA Tracey	

MAC GROUP EXERCISE – October 10-October 16

	MONDAY 10	TUESDAY 11	WEDNES. 12	THURSDAY 13	FRIDAY 14	SATURDAY 15	SUNDAY 16
A Q U A	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	8:30a P WATERinMOTION® Megan	9:30a P AQUAZUMBA Tracey	9:30a SS CYCLE BOOTCAMP Wear gym shoes Sarah P. 2:00p GX1 BODYFLOW™ Megan 3:00p GX1 MAC BARRE Lauren 4:00p M/B GENTLE YOGA Leo
S P I N	9:30a SS SPINNING® Michelle 6:30p SS SPINNING® Patricia	5:45a SS SPINNING® Sarah P. 9:30a SS SPINNING® Megan	9:30a SS CYCLE 45 & CORE Jen 6:30p SS SPINNING® Sarah P.	9:30a SS SPINNING® Patricia	5:45a SS SPINNING® Jen 9:30a SS SPINNING® Melissa	8:30a SS SPINNING® 60 Lauren	
M I N D B O D Y	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Denise	9:15a M/B CHAIR YOGA Dan	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Debbie 6:15p M/B YOGA 75 Sandi	6:05a GX1 BODYFLOW™ Casey 9:15a M/B CHAIR YOGA Casey 10:35a GX1 BODYFLOW™ Megan 6:30p M/B FITNESS YOGA Leo	8:30a GX1 PILATES Patricia 5:30p M/B VINYASA Jayne	10:00a M/B YOGA Melissa	
L A N D	6:00a GX1 BODYPUMP™ Tracey 8:55a GX1 CXWORX™ Michelle 9:30a GX1 LIA Sandy 9:45a GYM BODYATTACK™45 Amber 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Casey 5:30p GX1 BODYCOMBAT™ Sarah P. 6:45p GX1 GRIT™ Casey	9:15a GX1 MAC BARRE Serrah 10:30 GX1 BODYSTEP™ Mika 10:35a GX2 CXWORX™ Jen 5:30p GX1 BUTTS, GUTS & MORE Jen 5:45p GYM ZUMBA Tracey 6:30p GX1 ATHLETIC INTERVALS Kevin	6:00a GX1 BODYPUMP™ Jen 9:30a GX1 30/20/10 Sandy 10:35a GX1 ZUMBA Sarah S. 11:35a GX1 STRNGTH4SRS Sarah S. 4:45p GX1 BODYATTACK™ Angela 5:30p GX1 BODYSTEP™ 45 Sarah P. 5:45p GX1 CXWORX™ Angela 6:15p GX1 BODYPUMP™ Patricia	5:35am GX1 GRIT™ Casey 8:30a GX1 TBS Patricia 9:30a GX1 BODYCOMBAT™ Mika 5:30p GYM ZUMBA Tracey 5:30 GX1 MAC BARRE Casey 6:30p GYM BOOT(y)CAMP Casey	9:30a GX1 LIA Sandy 10:35a GYM CXWORX™ Melissa 10:35a GX1 BODYPUMP™ Jen 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Amber	8:15a GX1 BODYATTACK™ Cameron 9:00a GX1 CXWORX™ Sarah P. 9:30a GX1 BODYPUMP™ Sarah P. 10:35a GX1 ZUMBA Tracey	

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

MAC GROUP EXERCISE – October 17-October 23

	MONDAY 17	TUESDAY 18	WEDNES. 19	THURSDAY 20	FRIDAY 21	SATURDAY 22	SUNDAY 23
A Q U A	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	8:30a P WATERinMOTION® Megan	9:30a P AQUAZUMBA Tracey	9:30a SS CYCLE BOOTCAMP Wear gym shoes Sarah P. 2:00p GX1 BODYFLOW™ Megan 3:00p GX1 MAC BARRE Lauren 4:00p M/B GENTLE YOGA Arthur
S P I N	9:30a SS SPINNING® Michelle 6:30p SS SPINNING® Patricia	5:45a SS SPINNING® Sarah P. 9:30a SS SPINNING® Megan	9:30a SS CYCLE 45 & CORE Jen 6:30p SS SPINNING® Sarah P.	9:30a SS SPINNING® Patricia	5:45a SS SPINNING® Jen 9:30a SS SPINNING® Melissa	8:30a SS SPINNING® 60 Megan	
M I N D B O D Y	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Denise	9:15a M/B CHAIR YOGA Dan	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Debbie 6:15p M/B YOGA 75 Sandi	6:05a GX1 BODYFLOW™ Casey 9:15a M/B CHAIR YOGA Casey 10:35a GX1 BODYFLOW™ Megan 6:30p M/B FITNESS YOGA Leo	8:30a GX1 PILATES Patricia 5:30p M/B VINYASA Jayne	10:00a M/B YOGA Sandi 4:00p M/B YOGA *Dog Food Drive Donation Class to support New Hope Rescue* Jayne	
L A N D	6:00a GX1 BODYPUMP™ Tracey 8:55a GX1 CXWORX™ Michelle 9:30a GX1 LIA Sandy 9:45a GYM BODYATTACK™45 Cameron 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Casey 5:30p GX1 BODYCOMBAT™ Sarah P. 6:45p GX1 GRIT™ Casey	9:15a GX1 MAC BARRE Serrah 10:30 GX1 BODYSTEP™ Mika 10:35a GX2 CXWORX™ Jen 5:30p GX1 BUTTS, GUTS & MORE Melissa/Jen 5:45p GYM ZUMBA Tracey 6:30p GX1 ATHLETIC INTERVALS Kevin	6:00a GX1 BODYPUMP™ Jen 9:30a GX1 30/20/10 Melissa 10:35a GX1 ZUMBA Tara 11:35a GX1 STRNGTH4SRS Cindy 4:45p GX1 BODYATTACK™ Angela 5:30p GX1 BODYSTEP™ 45 Sarah P. 5:45p GX1 CXWORX™ Angela 6:15p GX1 BODYPUMP™ Patricia	5:35am GX1 GRIT™ Casey 8:30a GX1 TBS Patricia 9:30a GX1 BODYCOMBAT™ Mika 5:30p GYM ZUMBA Tracey 5:30 GX1 MAC BARRE Casey 6:30p GYM BOOT(y)CAMP Casey	9:30a GX1 LIA Sandy 10:35a GYM CXWORX™ Melissa 10:35a GX1 BODYPUMP™ Jen 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Amber	8:15a GX1 BODYATTACK™ Cameron 9:00a GX1 CXWORX™ Sarah P. 9:30a GX1 BODYPUMP™ Sarah P. 10:35a GX1 ZUMBA Tracey	

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

MAC GROUP EXERCISE – October 24-October 30

	MONDAY 24	TUESDAY 25	WEDNES. 26	THURSDAY 27	FRIDAY 28	SATURDAY 29	SUNDAY 30
A Q U A	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	8:30a P WATERinMOTION® Megan	9:30a P AQUAZUMBA Tracey	9:30a SS CYCLE BOOTCAMP Wear gym shoes Sarah P. 2:00p GX1 BODYFLOW™ Megan 3:00p GX1 MAC BARRE Cindy 4:00p M/B GENTLE YOGA Leo
S P I N	9:30a SS SPINNING® Michelle 6:30p SS SPINNING® Patricia	5:45a SS SPINNING® Kara 9:30a SS SPINNING® Megan	9:30a SS CYCLE 45 & CORE Jen 6:30p SS SPINNING® Sarah P.	9:30a SS SPINNING® Patricia	5:45a SS SPINNING® Jen 9:30a SS SPINNING® Melissa	8:30a SS SPINNING® 60 Melissa	
M I N D B O D Y	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Jayne	9:15a M/B CHAIR YOGA Shannon	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Debbie 6:15p M/B YOGA 75 Sandi	6:05a GX1 BODYFLOW™ Casey 9:15a M/B CHAIR YOGA Shannon 10:35a GX1 BODYFLOW™ Megan 6:30p M/B FITNESS YOGA Dan	8:30a GX1 PILATES Patricia 5:30p M/B VINYASA Jayne	10:00a M/B YOGA Shannon	
L A N D	6:00a GX1 BODYPUMP™ Tracey 8:55a GX1 CXWORX™ Michelle 9:30a GX1 LIA Sandy 9:45a GYM BODYATTACK™45 Cameron 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Casey 5:30p GX1 BODYCOMBAT™ Sarah P. 6:45p GX1 GRIT™ Casey	9:15a GX1 MAC BARRE Serrah 10:30 GX1 BODYSTEP™ Mika 10:35a GX2 CXWORX™ Jen 5:30p GX1 BUTTS, GUTS & MORE Melissa/Jen 5:45p GYM ZUMBA Tracey 6:30p GX1 ATHLETIC INTERVALS Kevin	6:00a GX1 BODYPUMP™ Jen 9:30a GX1 30/20/10 Melissa 10:35a GX1 ZUMBA Sarah S. 11:35a GX1 STRNGTH4SRS Sarah S. 4:45p GX1 BODYATTACK™ Angela 5:30p GX1 BODYSTEP™ 45 Sarah P. 5:45p GX1 CXWORX™ Angela 6:15p GX1 BODYPUMP™ Patricia	5:35am GX1 GRIT™ Casey 8:30a GX1 TBS Patricia 9:30a GX1 BODYCOMBAT™ Mika 5:30p GYM ZUMBA Tracey 5:30 GX1 MAC BARRE Casey 6:30p GYM BOOT(y)CAMP Casey	9:30a GX1 LIA Sandy 10:35a GYM CXWORX™ Melissa 10:35a GX1 BODYPUMP™ Jen 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Amber	8:15a GX1 BODYATTACK™ Cameron 9:00a GX1 CXWORX™ Sarah P. 9:30a GX1 BODYPUMP™ Sarah P. 10:35a GX1 ZUMBA Tracey	

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

MAC GROUP EXERCISE – October 31-November 6

	MONDAY 31	TUESDAY 1	WEDNES. 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
A Q U A	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	8:30a P WATERinMOTION® Megan	9:30a P AQUAZUMBA Tracey	9:30a SS CYCLE BOOTCAMP CLASS CANCELED *RPM TRAINING*
S P I N	9:30a SS SPINNING® Michelle 6:30p SS SPINNING® Patricia	5:45a SS SPINNING® Sarah P. 9:30a SS SPINNING® Megan	9:30a SS CYCLE 45 & CORE Jen 6:30p SS SPINNING® Sarah P.	9:30a SS SPINNING® Patricia	5:45a SS SPINNING® Jen 9:30a SS SPINNING® Melissa	8:30a SS SPINNING® 60 CLASS CANCELED *RPM Training*	
M I N D B O D Y	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Denise	9:15a M/B CHAIR YOGA Shannon	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Debbie 6:15p M/B YOGA 75 Sandi	6:05a GX1 BODYFLOW™ Casey 9:15a M/B CHAIR YOGA Shannon 10:35a GX1 BODYFLOW™ Megan 6:30p M/B FITNESS YOGA Dan	8:30a GX1 PILATES Patricia 5:30p M/B VINYASA Jayne	10:00a M/B YOGA Shannon	
L A N D	6:00a GX1 BODYPUMP™ Tracey 8:55a GX1 CXWORX™ Michelle 9:30a GX1 LIA Sandy 9:45a GYM BODYATTACK™45 Cameron 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LIA GENTLE Sandy *Please note change in classes due to Halloween* 4:30p GX1 BODYPUMP™ Amber 5:30p GX1 BODYATTACK™ 45 Amber	9:15a GX1 MAC BARRE Serrah 10:30 GX1 BODYSTEP™ Mika 10:35a GX2 CXWORX™ Jen 5:30p GX1 BUTTS, GUTS & MORE Melissa/Jen 5:45p GYM ZUMBA Tracey 6:30p GX1 ATHLETIC INTERVALS Kevin	6:00a GX1 BODYPUMP™ Jen 9:30a GX1 30/20/10 Melissa 10:35a GX1 ZUMBA Sarah S. 11:35a GX1 STRNGTH4SRS Sarah S. 4:45p GX1 BODYATTACK™ Angela 5:30p GX1 BODYSTEP™ 45 Mika 5:45p GX1 CXWORX™ Angela 6:15p GX1 BODYPUMP™ Patricia	5:35am GX1 GRIT™ Casey 8:30a GX1 TBS Patricia 9:30a GX1 BODYCOMBAT™ Mika 5:30p GYM ZUMBA Tracey 5:30 GX1 MAC BARRE Casey 6:30p GYM BOOT(y)CAMP Casey	9:30a GX1 LIA Sandy 10:35a GYM CXWORX™ Melissa 10:35a GX1 BODYPUMP™ Jen 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Amber	8:15a GX1 BODYATTACK™ Cameron 9:00a GX1 CXWORX™ Sarah P. 9:30a GX1 BODYPUMP™ Sarah P. 10:35a GX1 ZUMBA Tracey	

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