

MAC GROUP EXERCISE – December 4-December 10

	MONDAY 4	TUESDAY 5	WEDNES. 6	THURSDAY 7	FRIDAY 8	SATURDAY 9	SUNDAY 10
A Q U A	8:45a P H ₂ O AEROBICS Patricia 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	Water Classes Canceled Due to Pool Improvements 	Water Classes Canceled Due to Pool Improvements 	Water Classes Canceled Due to Pool Improvements 	
S P I N	9:30a SS SPINNING® Megan 6:30p SS SPINNING® Melissa	5:45a SS SPINNING® Allison 9:30a SS SPINNING® Patricia 6:00p SS RPM™ Lauren	9:30a SS SPINNING® Jen 6:00p SS SPINNING® Patricia	5:45a SS SPINNING® Jen 9:30a SS SPINNING® Megan	9:30a SS SPINNING® Melissa	8:30a SS SPINNING® 60 Allison	9:30a SS CYCLE BOOTCAMP Wear gym shoes Lauren
M I N D B O D Y	10:30a M/B FITNESS YOGA Pat 4:30p M/B GENTLE YOGA Denise 6:30p M/B FITNESS YOGA Allison	9:15a M/B CHAIR YOGA Pat	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Debbie 6:30p M/B YOGA Pat	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 Patricia 5:30p M/B VINYASA Denise	10:00a M/B YOGA Denise	2:00p GX1 BODYFLOW™ Megan 3:00p GX1 MAC BARRE Lauren 4:00p M/B GENTLE YOGA Dan
L A N D	6:00a GX1 BODYPUMP™ Eliza 8:55a GX1 CXWORX™ Megan 9:30a GX1 LIA Sandy 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LIA GENTLE Sandy	9:30a GX1 MAC BARRE Serrah 10:35a GX1 CXWORX™ Mika 11:05a GX1 BODYSTEP™ Mika 5:30p GX1 BUTTS, GUTS & MORE FAMILY FRIENDLY Megan 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 Jen 11:30a GX1 STRNGTH4SR5 Sarah S. 4:45p GYM BODYATTACK™45 Angela 5:30p GX1 CXWORX™ Angela 6:15p GX1 BODYPUMP™ Amber	8:30a GX1 TBS Amber 9:30a GX1 BODYCOMBAT™ Mika 5:30p GYM ZUMBA Tracey 6:00p GX1 MAC BARRE Lauren 6:30p GYM BOOTCAMP Tina	5:45am GX1 BODYCOMBAT™ Eliza 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™ Amy 9:30a GX1 BODYPUMP™ Amy 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 – December 11-December 17

	MONDAY 11	TUESDAY 12	WEDNES. 13	THURSDAY 14	FRIDAY 15	SATURDAY 16	SUNDAY 17
A Q U A	<i>Water Classes Canceled Due to Pool Improvements</i> 	<i>Water Classes Canceled Due to Pool Improvements</i> 	<i>Water Classes Canceled Due to Pool Improvements</i> 	8:30a P DEEP H ₂ O Bonnie	9:00a P WATERinMOTION® Sarah S.	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
S P I N	9:30a SS SPINNING® Michelle 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® Jen 6:00p SS SPINNING® Patricia	5:45a SS SPINNING® Jen 9:30a SS SPINNING® Megan	9:30a SS SPINNING® Melissa	8:30a SS SPINNING® 60 Jen	
M I N D B O D Y	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 Debbie 6:30p M/B YOGA Pat	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 Patricia 5:30p M/B VINYASA Jayne	10:00a M/B YOGA Jayne	
L A N D	6:00a GX1 BODYPUMP™ Jen 8:45a GX1 ZUMBA GOLD POP-UP Tara 8:55a MB CXWORX™ Michelle 9:30a GX1 LIA Sandy 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Patricia 5:30p GX1 BODYCOMBAT™ Sarah P.	9:30a GX1 MAC BARRE Serrah 10:35a GX1 CXWORX™ Jen 11:05a GX1 BODYSTEP™ Mika 5:30p GX1 BUTTS, GUTS & MORE Megan 5:45p GYM ZUMBA Tracey 6:30p GX1 ATHLETIC INTERVALS Megan	6:00a GX1 BODYPUMP™ Tracey 8:30a GX1 SENIORS Patricia 9:30a GX1 CARDIO+SCULPT Melissa 10:35a GX1 BUTTS & GUTS Jen 11:30a GX1 STRNGTH4SRS Sarah S. 4:45p GYM BODYATTACK™45 Angela 5:30p GX1 CXWORX™ Angela 6:15p GX1 BODYPUMP™ Jen	8:30a GX1 TBS Megan 9:30a GX1 BODYCOMBAT™ Mika 5:30p GYM ZUMBA Tracey 6:00p GX1 MAC BARRE Lauren 6:30p GYM BOOTCAMP Tina	5:45am GX1 BODYCOMBAT™ Sarah P. 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 GX MEMBER HOLIDAY HAPPY HOUR 5:00-7:00pm Café Food & Drink Specials, Door Prizes, & Fun!	8:15a GX1 BODYATTACK™ Cameron 9:00a GX1 CXWORX™ Amy 9:30a GX1 BODYPUMP™ Eliza 10:35a GX1 ZUMBA FAMILY FRIENDLY Tracey	

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MAC GROUP EXERCISE – December 18-December 24

	MONDAY 18	TUESDAY 19	WEDNES. 20	THURSDAY 21	FRIDAY 22	SATURDAY 23	SUNDAY 24
A Q U A	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 DEEP H ₂ O Bonnie	9:00a P WATERinMOTION® Sarah S.	9:30a P H ₂ O AEROBICS Kim	 CLUB HOURS 8am-2pm KIDS CLUB HOURS 11am-2pm 9:30a SS CYCLE BOOTCAMP Wear gym shoes Sarah P. 11:00a M/B GENTLE YOGA Jayne 12:00p GX1 BODYFLOW™ Megan 1:00p GX1 MAC BARRE Lauren
	6:00p P AQUAZUMBA Tracey	9:45a P H ₂ O GENTLE Nellie	6:00p P WATERinMOTION® Megan				
S P I N	9:30a SS SPINNING® Michelle	5:45a SS SPINNING® Sarah P.	9:30a SS SPINNING® Jen	5:45a SS SPINNING® Jen	9:30a SS SPINNING® Melissa	8:30a SS SPINNING® 60 Lauren	
	6:30p SS SPINNING® Melissa	9:30a SS SPINNING® Patricia	6:00p SS RPM™ Eliza	9:30a SS SPINNING® Megan			
M I N D B O D Y	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 FAMILY FRIENDLY Patricia	10:00a M/B YOGA Shannon	
	4:30p M/B GENTLE YOGA Denise		5:00p M/B YIN YOGA Debbie	9:15a M/B CHAIR YOGA Shannon			
L A N D	6:30p M/B FITNESS YOGA Allison		6:30p M/B YOGA Dan	10:35a GX1 BODYFLOW™ Cameron	5:30p M/B VINYASA Jayne		
	6:00a GX1 BODYPUMP™ Jen	9:30a GX1 MAC BARRE Heather	6:00a GX1 BODYPUMP™ Tracey	8:30a GX1 TBS Patricia	5:45am GX1 CXWORX™ & More (45 min) Jen	8:15a GX1 BODYATTACK™ Cameron	
	8:55a GX1 CXWORX™ Michelle	10:35a GX1 CXWORX™ Jen	9:30a GX1 CARDIO+SCULPT Melissa	9:30a GX1 BODYCOMBAT™ Mika	9:30a GX1 LIA Sandy	9:00a GX1 CXWORX™ Amy	
	9:30a GX1 LIA Sandy	11:05a GX1 BODYSTEP™ Mika	10:35a GX1 BUTTS & GUTS Jen		10:35a GYM CXWORX™ Melissa	9:30a GX1 BODYPUMP™ Eliza	
	10:35a GX1 BODYPUMP™ Mika		11:30a GX1 STRNGTH4SR5 Sarah S.		10:35a GX1 BODYPUMP™ Jen	10:35a GX1 ZUMBA Canceled	
	11:35a GX1 LIA GENTLE Sandy				11:35a GX1 LIA GENTLE Sandy		
		5:30p GX1 BUTTS, GUTS & MORE Megan	4:45p GYM BODYATTACK™45 FAMILY FRIENDLY Angela	5:30p GYM ZUMBA Tara			
	4:30p GX1 BODYPUMP™ Patricia	5:45p GYM ZUMBA Tara	5:30p GX1 CXWORX™ Angela	6:00p GX1 MAC BARRE Lauren			
	5:30p GX1 BODYCOMBAT™ Sarah P.	6:30p GX1 ATHLETIC INTERVALS Heather	6:15p GX1 BODYPUMP™ Jen	6:30p GYM BOOTCAMP Tina	4:30p GX1 BODYPUMP™ Patricia		

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MAC GROUP EXERCISE – December 25-December 31

	MONDAY 25	TUESDAY 26	WEDNES. 27	THURSDAY 28	FRIDAY 29	SATURDAY 30	SUNDAY 31
A Q U A		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 WATERinMOTION® <i>Sarah S.</i>	9:30a P AQUAZUMBA <i>Tracey</i>	 CLUB HOURS 8am-2pm KIDS CLUB HOURS 11am-2pm 9:30a SS CYCLE BOOTCAMP Wear gym shoes <i>Sarah P.</i> 11:00a M/B GENTLE YOGA <i>Leo</i> 12:00p GX1 BODYFLOW™ <i>Megan</i> 1:00p GX1 MAC BARRE <i>Lauren</i>
S P I N		5:45a SS SPINNING® <i>Jen</i> 9:30a SS SPINNING® <i>Patricia</i> 6:00p SS RPM™ <i>Eliza</i>	9:30a SS SPINNING® <i>Jen</i> 6:00p SS SPINNING® <i>Patricia</i>	5:45a SS SPINNING® <i>Jen</i> 9:30a SS SPINNING® <i>Megan</i>	9:30a SS SPINNING® <i>Melissa</i>	8:30a SS SPINNING® 60 <i>Jen</i>	
M I N D B O D Y		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>Dan</i>	6:00a GX1 BODYFLOW™ <i>Eliza</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>Jayne</i>	
L A N D		9:30a GX1 MAC BARRE <i>Sarah S.</i> 10:35a GX1 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 FAMILY FRIENDLY <i>Jen</i> 11:30a GX1 STRNGTH4SR5 <i>Sarah S.</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>Amber</i> 9:30a GX1 BODYCOMBAT™ FAMILY FRIENDLY <i>Mika</i> 5:30p GYM ZUMBA <i>Tracey</i> 6:00p GX1 MAC BARRE <i>Lauren</i> 6:30p GYM BOOTCAMP <i>Tina</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>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>Amy</i> 9:30a GX1 BODYPUMP™ <i>Eliza</i> 10:35a GX1 ZUMBA <i>Tracey</i>	

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