

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 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 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
SPIN	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 6:30p SS SPINNING® Patricia	5:45a SS SPINNING® Jen 9:30a SS SPINNING® Megan	9:30a SS SPINNING® Patricia	8:30a SS SPINNING® 60 Stephanie M.	
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 FAMILY FRIENDLY 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 Patricia 5:30p M/B VINYASA Jayne	10:00a M/B YOGA Stephanie M.	
LAND	6:00a GX1 BODYPUMP™ Jen & Eliza 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™ Patricia 5:30p GX1 BODYCOMBAT™ Sarah P. 6:30p GX1 ARMS & ABS MONTHLY MIX-UP Amber	9:30a GX1 MAC BARRE Serrah 10:35a GX1 CXWORX™ Jen 11:05a GX1 BODYSTEP™ Mika HAPPY HALLOWEEN!  5:30p GX1 BUTTS, GUTS & MORE Amber 5:45p GYM ZUMBA Tracey 6:30p GX1 ATHLETIC INTERVALS Amber	6:00a GX1 BODYPUMP™ Tracey 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 & Amber	8:30a GX1 TBS Michelle 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 & Patricia	8:15a GYM BODYATTACK™ Cameron 9:00a GX1 CXWORX™ Amy 9:30a GX1 BODYPUMP™ Eliza 10:35a GX1 ZUMBA Tracey	

MAC GROUP EXERCISE – November 6-November 12

	MONDAY 6	TUESDAY 7	WEDNES. 8	THURSDAY 9	FRIDAY 10	SATURDAY 11	SUNDAY 12
A Q U A	8:45a P WATERinMOTION® Patricia	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 AQUAZUMBA Tracey	9:30a SS CYCLE BOOTCAMP Wear gym shoes Sarah P.
	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® Casey	9:30a SS SPINNING® Patricia	9:30a SS SPINNING® Kristine	9:30a SS SPINNING® Megan	9:30a SS SPINNING® Melissa	8:30a SS SPINNING® 60 Megan	
	6:30p SS SPINNING® Patricia	6:00p SS RPM™ Eliza	6:00p SS SPINNING® Patricia				
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 Patricia	10:00a M/B YOGA Allison	2:00p GX1 BODYFLOW™ Megan 3:00p GX1 MAC BARRE Lauren 4:00p M/B GENTLE YOGA Pat
	4:30p M/B GENTLE YOGA Jayne		5:00p M/B YIN YOGA Debbie	9:15a M/B CHAIR YOGA Shannon			
	6:30p M/B FITNESS YOGA Allison		6:30p M/B YOGA Maura	10:35a GX1 BODYFLOW™ Cameron	5:30p M/B VINYASA Jayne		
L A N D	6:00a GX1 BODYPUMP™ Jen	9:30a GX1 MAC BARRE Serrah	6:00a GX1 BODYPUMP™ Tracey	8:30a GX1 TBS Amber	5:45am GX1 BODYCOMBAT™ Sarah P.	8:15a GYM BODYATTACK™ Cameron	
	8:55a GX1 CXWORX™ FAMILY FRIENDLY Casey	10:35a GX1 CXWORX™ Amy & Mika	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 Kristine		10:35a GYM CXWORX™ Melissa	9:30a GX1 BODYPUMP™ Eliza	
	10:35a GX1 BODYPUMP™ Amy		11:30a GX1 STRNGTH4SRS Sarah S.		10:35a GX1 BODYPUMP™ Lisa	10:35a GX1 ZUMBA Tracey	
	11:35a GX1 LIA GENTLE Sandy				11:35a GX1 LIA GENTLE Sandy		
	4:30p GX1 BODYPUMP™ Lisa	5:30p GX1 BUTTS, GUTS & MORE Megan	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			
6:30p GX1 ARMS & ABS MONTHLY MIX-UP Amber	6:30p GX1 ATHLETIC INTERVALS Heather	6:15p GX1 BODYPUMP™ Amy	6:30p GYM MAC BOOTCAMP Tina	4:30p GX1 BODYPUMP™ Amber			

MAC GROUP EXERCISE – November 13-November 19

	MONDAY 13	TUESDAY 14	WEDNES. 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
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 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
	6:00p P AQUAZUMBA Tracey	9:45a P H ₂ O GENTLE Nellie	6:00p P WATERinMOTION® Megan				
SPIN	9:30a SS SPINNING® Michelle	9:30a SS SPINNING® Patricia	9:30a SS SPINNING® Jen	9:30a SS SPINNING® Megan	9:30a SS SPINNING® Melissa	8:30a SS RPM™ Eliza	
	6:30p SS SPINNING® Melissa	6:00p SS RPM™ Eliza	6:00p SS SPINNING® Patricia				
MIND BODY	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 Denise	2:00p GX1 BODYFLOW™ Megan 3:00p GX1 MAC BARRE Heather 4:00p M/B GENTLE YOGA Leo
	4:30p M/B GENTLE YOGA Jayne		5:00p M/B YIN YOGA Debbie	9:15a M/B CHAIR YOGA Shannon			
	6:30p M/B FITNESS YOGA Allison		6:30p M/B YOGA Stephanie M.	10:35a GX1 BODYFLOW™ Cameron	5:30p M/B VINYASA Denise		
LAND	6:00a GX1 BODYPUMP™ Jen	9:30a GX1 MAC BARRE Serrah	6:00a GX1 BODYPUMP™ Tracey	8:30a GX1 TBS Megan	5:45am GX1 BODYCOMBAT™ Eliza	8:15a GYM 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 STRNGTH4SRS Sarah S.		10:35a GX1 BODYPUMP™ Jen	10:35a GX1 ZUMBA Tracey	
	11:35a GX1 LIA GENTLE Sandy				11:35a GX1 LIA GENTLE Sandy		
	4:30p GX1 BODYPUMP™ Patricia	5:30p GX1 BUTTS, GUTS & MORE Megan	4:45p GYM BODYATTACK™45 FAMILY FRIENDLY 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			
6:30p GX1 ARMS & ABS MONTHLY MIX-UP Amber	6:30p GX1 ATHLETIC INTERVALS Heather	6:15p GX1 BODYPUMP™ Amy	6:30p GYM MAC BOOTCAMP Tina	4:30p GX1 BODYPUMP™ Amber			

MAC GROUP EXERCISE – November 20-November 26

	MONDAY 20	TUESDAY 21	WEDNES. 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
A Q U A	8:45a P WATERinMOTION® 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	HAPPY THANKSGIVING 	9:00a P WATERinMOTION® Sarah S.	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® 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	9:00a SS SPINNING® TBD	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 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	10:00a M/B GRATITUDE YOGA FAMILY FRIENDLY Maura	8:30a GX1 PILATES Patricia 10:30a M/B VINYASA Jayne	10:00a M/B YOGA Melissa	
L A N D	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™ Patricia 5:30p GX1 BODYCOMBAT™ Sarah P. 6:30p GX1 ARMS & ABS MONTHLY MIX-UP Amber	9:30a GX1 MAC BARRE Serrah 10:35a GX1 CXWORX™ Jen 11:05a GX1 BODYSTEP™ Mika 5:30p GX1 BUTTS, GUTS & MORE Heather 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 STRNGTH4SRS Sarah S. 4:45p GYM BODYATTACK™45 Angela 5:30p GX1 CXWORX™ Angela	6:00a GYM MAC TURKEY BURNER BOOTCAMP Jen & Sarah P. 8:00a GX1 BODYPUMP™ Angela 9:00a GX1 BODYCOMBAT™ Angela	9:30a GX1 LIA Sandy 10:35a GYM CXWORX™ Melissa	8:15a GYM BODYATTACK™ Angela 9:00a GX1 CXWORX™ Amy 9:30a GX1 BODYPUMP™ Eliza 10:35a GX1 ZUMBA Tracey	

MAC GROUP EXERCISE – November 27-December 3

	MONDAY 27	TUESDAY 28	WEDNES. 29	THURSDAY 30	FRIDAY 1	SATURDAY 2	SUNDAY 3
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 WATERinMOTION® Megan	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 Sarah P. 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® 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 Kristine	
MIND BODY	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Denise 6:30p M/B FITNESS YOGA Pat	9:15a M/B CHAIR YOGA Arthur	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Debbie 6:30p M/B YOGA Dan	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 Melissa	
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™ Patricia 5:30p GX1 BODYCOMBAT™ Sarah P. 6:30p GX1 ARMS & ABS MONTHLY MIX-UP Amber	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 Heather	6:00a GX1 BODYPUMP™ Tracey 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™ 45 Jen	8:30a GX1 TBS Patricia 9:30a GX1 BODYCOMBAT™ Mika 5:30p GYM ZUMBA Tracey 6:00p GX1 MAC BARRE FAMILY FRIENDLY Lauren 6:30p GYM MAC BOOTCAMP Tina	5:45am GX1 BODYCOMBAT™ Sarah P. 9:30a GX1 LIA Sandy 10:35a GYM CXWORX™ Melissa 10:35a GX1 BODYPUMP™ Lisa 11:35a GX1 LIA 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	

