



AUGUST 1 - AUGUST 14

Check out what's new!

- Monday Bodypump™ is now at 8:30am.
- Les Mills Core™ has been added Mondays at 10:30am.
- Evening Bodypump™ is Tuesday and Thursday at 6:30pm!
- Bodyattack™ is on Wednesday nights now.
- Bodybalance™ replaces Yoga on Friday mornings at 10:30.

Class Location Key:

- SStudio = Spin Studio, court 6
- GX1 = Group Exercise Studio 1
- M/B = Mind / Body Studio, upstairs
- I POOL = Indoor Pool
- O POOL = Outdoor Pool

Monday 8/1	Tuesday 8/2	Wednesday 8/3	Thursday 8/4	Friday 8/5	Saturday 8/6	Sunday 8/7
8:30 am GX1 Bodypump™ MIKA	6:00 am SStudio Sprint™ CAMERON	9:30 am GX1 BARRE ALLISON	6:00 am SStudio Sprint™ MELISSA R	6:00 am GX1 Bodybalance™ CAMERON	8:30 am I POOL H ₂ O Freestyle CANCELLED	9:00 am SStudio Spinning® SARAH
9:30 am SStudio Spinning® ALLISON	6:30 am GX1 Les Mills Core™ CAMERON	9:30 am SStudio Spinning® MELISSA C	6:30 am GX1 Les Mills Core™ CAMERON	8:30 am GX1 Athletic Intervals MELISSA O	8:30 am SStudio Spinning® SARAH	9:00 am GX1 SHINE™ JACLYN
9:30 am GX1 Aeromix SANDY	8:30 am I POOL H ₂ O Freestyle PATRICIA	10:30 am M/B YOGA ALLISON	8:30 am I POOL H ₂ O Freestyle PATRICIA	8:30 am I POOL H ₂ O Freestyle KIM	8:30 am GX1 Bodyattack™ ANGELA	10:00 am GX1 Bodybalance™ CAMERON
10:30 am GX1 Les Mills Core™ MIKA	8:30 am GX1 Solid Strength TINA	10:30 am GX1 Bodypump™ PATRICIA	8:30 am GX1 Solid Strength TINA	9:30 am SStudio Spinning® SARAH	9:30 am GX1 Les Mills Core™ ANGELA	11:00 am GX1 BARRE HEATHER
10:30 am M/B YOGA CARI	9:30 am SStudio Spinning® PATRICIA	11:30 am GX1 Active Renewal SANDY	9:30 am SStudio Spinning® ALLISON	9:30 am GX1 Aeromix SANDY	10:00 am M/B YOGA MELISSA O	
5:45 pm GX1 Bodycombat™ ANGELA	9:30 am M/B Chair Yoga CARI	6:00 pm I POOL Aqua Zumba TRACEY	9:30 am M/B Chair Yoga PATRICIA	10:30 am GX1 30 Minute Core SANDY		
6:00 pm I POOL H ₂ O Freestyle CANCELLED	10:30 am GX1 Pilates Fusion PATRICIA	6:00 pm SStudio Sprint™ MELISSA R	5:45 pm GX1 SHINE DONNA	10:30 am M/B Bodybalance™ MELISSA O		
6:00 pm SStudio Sprint™ MELISSA O	5:45 pm SStudio Spinning® MICHELLE	6:30 pm GX1 Bodyattack™ DENISE	6:00 pm M/B All Levels Yoga LEO			
6:00 pm M/B Power Flow Yoga EBONI	5:45 pm GX1 Zumba DONNA		6:30 pm GX1 Bodypump™ ELIZA			
	6:30 pm GX1 Bodypump™ ELIZA					

TBA means "to be announced". It means that we don't currently have an instructor to teach the class, but we are trying to find a substitute instructor. Please join the MAC Group X Facebook page. We will post updates there.

Monday 8/8	Tuesday 8/9	Wednesday 8/10	Thursday 8/11	Friday 8/12	Saturday 8/13	Sunday 8/14
8:30 am GX1 Bodypump™ MIKA	6:00 am SStudio Sprint™ CAMERON	9:30 am GX1 BARRE ALLISON	6:00 am SStudio Sprint™ MELISSA R	6:00 am GX1 Bodybalance™ CAMERON	8:30 am I POOL H ₂ O Freestyle KIM	9:00 am SStudio Spinning® SARAH
9:30 am SStudio Spinning® ALLISON	6:30 am GX1 Les Mills Core™ CAMERON	9:30 am SStudio Spinning® MELISSA C	6:30 am GX1 Les Mills Core™ CAMERON	8:30 am GX1 Bodycombat™ MIKA	8:30 am SStudio Spinning® SARAH	9:00 am GX1 SHINE™ JACLYN
9:30 am GX1 Aeromix SANDY	8:30 am I POOL H ₂ O Freestyle PATRICIA	10:30 am M/B YOGA ALLISON	8:30 am I POOL H ₂ O Freestyle PATRICIA	8:30 am I POOL H ₂ O Freestyle KIM	8:30 am GX1 Bodyattack™ ANGELA	10:00 am GX1 Bodybalance™ DENISE
10:30 am GX1 Les Mills Core™ MIKA	8:30 am GX1 Solid Strength TINA	10:30 am GX1 Bodypump™ PATRICIA	8:30 am GX1 Solid Strength TINA	9:30 am SStudio Spinning® SARAH	9:30 am GX1 Les Mills Core™ ANGELA	11:00 am GX1 BARRE DENISE
10:30 am M/B YOGA CARI	9:30 am SStudio Spinning® PATRICIA	11:30 am GX1 Active Renewal SANDY	9:30 am SStudio Spinning® ALLISON	9:30 am GX1 Aeromix SANDY	10:00 am M/B YOGA ALLISON	
5:45 pm GX1 Bodycombat™ ANGELA	9:30 am M/B Chair Yoga CARI	6:00 pm I POOL Aqua Zumba TRACEY	9:30 am M/B Chair Yoga PATRICIA	10:30 am GX1 30 Minute Core SANDY		
6:00 pm I POOL H ₂ O Freestyle KIM	10:30 am GX1 Pilates Fusion PATRICIA	6:00 pm SStudio Sprint™ MELISSA R	5:45 pm GX1 SHINE DONNA	10:30 am M/B Bodybalance™ MELISSA O		
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6:00 pm M/B Power Flow Yoga EBONI	5:45 pm GX1 Zumba DONNA		6:30 pm GX1 Bodypump™ DENISE			
	6:30 pm GX1 Bodypump™ ELIZA					