



AUGUST 15 - AUGUST 28

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 8/15	Tuesday 8/16	Wednesday 8/17	Thursday 8/18	Friday 8/19	Saturday 8/20	Sunday 8/21
8:30 am GX1 Bodypump™ 45 min MIKA	6:00 am SStudio Sprint™ 30 min CAMERON	9:30 am GX1 BARRE 55 min ALLISON	6:00 am SStudio Sprint™ 30 min MELISSA R	6:00 am GX1 Bodybalance™ 45 min CAMERON	8:30 am I POOL H ₂ O Freestyle 45 min KIM	9:00 am SStudio Spinning® 45 min ALLISON
9:30 am SStudio Spinning® 45 min ALLISON	6:30 am GX1 Les Mills Core™ 30 min CAMERON	9:30 am SStudio Spinning® 45 min MELISSA C	6:30 am GX1 Les Mills Core™ 30 min CAMERON	8:30 am GX1 Bodycombat™ 45 min MIKA	8:30 am SStudio Spinning® 45 min SARAH	9:00 am GX1 SHINE™ 55 min JACLYN
9:30 am GX1 Aeromix 55 min SANDY	8:30 am I POOL H ₂ O Freestyle 45 min PATRICIA	10:30 am M/B YOGA 60 min ALLISON	8:30 am I POOL H ₂ O Freestyle 45 min PATRICIA	9:30 am SStudio Spinning® 45 min SARAH	8:30 am GX1 Bodyattack™ 45 min ANGELA	10:00 am GX1 Bodybalance™ 45 min DENISE
10:30 am GX1 Les Mills Core™ 30 min MIKA	8:30 am GX1 Solid Strength 45min TINA	10:30 am GX1 Bodypump™ 45 min PATRICIA	8:30 am GX1 Solid Strength 45 min TINA	9:30 am GX1 Aeromix 55 min SANDY	9:30 am GX1 Les Mills Core™ 30 min ANGELA	11:00 am GX1 BARRE 55 min DENISE
10:30 am M/B YOGA 60 min CARI	9:30 am SStudio Spinning® 45 min PATRICIA	11:30 am GX1 Active Renewal 55 min SANDY	9:30 am SStudio Spinning® 45 min ALLISON	10:30 am GX1 30 Minute Core 30 min SANDY	10:00 am M/B YOGA 60 min ALLISON	
5:45 pm GX1 Bodycombat™ 45 min ANGELA	9:30 am M/B Chair Yoga 45 min CARI	6:00 pm I POOL Aqua Zumba 45 min TRACEY	9:30 am M/B Chair Yoga 45 min PATRICIA	10:30 am M/B YOGA 60 min JAYNE		
6:00 pm I POOL H ₂ O Freestyle 45 min KIM	10:30 am GX1 Pilates Fusion 45 min PATRICIA	6:00 pm SStudio Sprint™ 30 min MELISSA R	5:45 pm GX1 Low Impact Dance 45 min SANDY			
6:00 pm SStudio Sprint™ 30 min CAMERON	5:45 pm SStudio Spinning® 45 min MICHELLE	6:30 pm GX1 Bodyattack™ 45 min DENISE	6:00 pm M/B All Levels Yoga 60 min LEO			
6:00 pm M/B Power Flow Yoga 60 min EBONI	5:45 pm GX1 Low Impact Dance 45 min SANDY		6:30 pm GX1 Bodypump™ 45 min DENISE			
	6:30 pm GX1 Bodypump™ 45 min TBA					

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 8/22	Tuesday 8/23	Wednesday 8/24	Thursday 8/25	Friday 8/26	Saturday 8/27	Sunday 8/28
8:30 am GX1 Bodypump™ 45 min MIKA	6:00 am SStudio Sprint™ 30 min CAMERON	9:30 am GX1 BARRE 55 min ALLISON	6:00 am SStudio Sprint™ 30 min MELISSA R	6:00 am GX1 Bodybalance™ 45 min CAMERON	8:30 am I POOL H ₂ O Freestyle 45 min KIM	9:00 am SStudio Spinning® 45 min SARAH
9:30 am SStudio Spinning® 45 min ALLISON	6:30 am GX1 Les Mills Core™ 30 min CAMERON	9:30 am SStudio Spinning® 45 min MELISSA C	6:30 am GX1 Les Mills Core™ 30 min CAMERON	8:30 am GX1 Bodycombat™ 45 min MIKA	8:30 am SStudio Spinning® 45 min SARAH	9:00 am GX1 Walk it Off 55 min HEATHER
9:30 am GX1 Aeromix 55 min SANDY	8:30 am I POOL H ₂ O Freestyle 45 min PATRICIA	10:30 am M/B YOGA 60 min ALLISON	8:30 am I POOL H ₂ O Freestyle 45 min PATRICIA	9:30 am SStudio Spinning® 45 min SARAH	8:30 am GX1 Bodyattack™ 45 min ANGELA	10:00 am GX1 Bodybalance™ 45 min DENISE
10:30 am GX1 Les Mills Core™ 30 min MIKA	8:30 am GX1 Solid Strength 45min TINA	10:30 am GX1 Bodypump™ 45 min PATRICIA	8:30 am GX1 Solid Strength 45 min TINA	9:30 am GX1 Aeromix 55 min SANDY	9:30 am GX1 Les Mills Core™ 30 min ANGELA	11:00 am GX1 BARRE 55 min DENISE
10:30 am M/B YOGA 60 min ALLISON	9:30 am SStudio Spinning® 45 min PATRICIA	11:30 am GX1 Active Renewal 55 min SANDY	9:30 am SStudio Spinning® 45 min ALLISON	10:30 am GX1 30 Minute Core 30 min SANDY	10:00 am M/B YOGA 60 min ALLISON	
5:45 pm GX1 Bodycombat™ 45 min ANGELA	9:30 am M/B Chair Yoga 45 min MELISSA O	6:00 pm I POOL Aqua Zumba 45 min TRACEY	9:30 am M/B Chair Yoga 45 min PATRICIA	10:30 am M/B Bodybalance™ 60 min MELISSA O		
6:00 pm I POOL H ₂ O Freestyle 45 min KIM	10:30 am GX1 Pilates Fusion 45 min PATRICIA	6:00 pm SStudio Sprint™ 30 min MELISSA R	5:45 pm GX1 SHINE 45 min DONNA			
6:00 pm SStudio Sprint™ 30 min MELISSA O	5:45 pm SStudio Spinning® 45 min MELISSA O	6:30 pm GX1 Bodyattack™ 45 min DENISE	6:00 pm M/B All Levels Yoga 60 min MELISSA O			
6:00 pm M/B Power Flow Yoga 60 min EBONI	5:45 pm GX1 Zumba 45 min DONNA		6:30 pm GX1 Bodypump™ 45 min DENISE			
	6:30 pm GX1 Bodypump™ 45 min ELIZA					