



# SEPTEMBER 12 - SEPTEMBER 25

### 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 9/12	Tuesday 9/13	Wednesday 9/14	Thursday 9/15	Friday 9/16	Saturday 9/17	Sunday 9/18
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	6:15 am GX1 Bodybalance™ CAMERON	8:30 am I POOL H <sub>2</sub> 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 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 <sub>2</sub> O Freestyle PATRICIA	10:30 am M/B YOGA ALLISON	8:30 am I POOL H <sub>2</sub> O Freestyle PATRICIA	9:30 am SStudio Spinning® SARAH	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 MELISSA O	10:30 am GX1 Bodypump™ PATRICIA	8:30 am GX1 Solid Strength MELISSA O	9:30 am GX1 Aeromix SANDY	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	10:30 am GX1 30 Minute Core 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 M/B YOGA ALLISON		
6:00 pm I POOL H <sub>2</sub> O Freestyle KIM	10:30 am GX1 Pilates Fusion PATRICIA	6:00 pm SStudio Sprint™ MELISSA R	5:45 pm GX1 SHiNE DONNA			
6:00 pm SStudio Spinning® MICHELLE	5:45 pm GX1 Zumba DONNA	6:30 pm GX1 Bodyattack™ DENISE	6:00 pm M/B All Levels Yoga LEO			
6:00 pm M/B All Levels Yoga MEGAN	6:30 pm GX1 Bodypump™ ELIZA		6:30 pm GX1 Bodypump™ DENISE			

Monday 9/19	Tuesday 9/20	Wednesday 9/21	Thursday 9/22	Friday 9/23	Saturday 9/24	Sunday 9/25
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	6:15 am GX1 Bodybalance™ CAMERON	8:30 am I POOL H <sub>2</sub> O Freestyle KIM	9:00 am SStudio Spinning® SARAH
9:30 am SStudio Spinning® MELISSA O	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 <sub>2</sub> O Freestyle PATRICIA	10:30 am M/B YOGA ALLISON	8:30 am I POOL H <sub>2</sub> O Freestyle PATRICIA	9:30 am SStudio Spinning® SARAH	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 GX1 Aeromix SANDY	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	10:30 am GX1 30 Minute Core 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 M/B YOGA ALLISON		
6:00 pm I POOL H <sub>2</sub> O Freestyle KIM	10:30 am GX1 Pilates Fusion PATRICIA	6:00 pm SStudio Sprint™ MELISSA R	5:45 pm GX1 SHiNE DONNA			
6:00 pm SStudio Spinning® MICHELLE	5:45 pm GX1 Zumba DONNA	6:30 pm GX1 Bodyattack™ DENISE	6:00 pm M/B All Levels Yoga CARI			
6:00 pm M/B All Levels Yoga MEGAN	6:30 pm GX1 Bodypump™ ELIZA		6:30 pm GX1 Bodypump™ DENISE			

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.