


NOVEMBER 20 - DECEMBER 3

Join the MAC Group X Facebook Page and stay informed with the latest schedule updates!



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

Sunday 11/20	Monday 11/21	Tuesday 11/22	Wednesday 11/23	Thursday 11/24	Friday 11/25	Saturday 11/26
9:00 SStudio Sprint™ am 30 min NORELL	8:30 GX1 TabataBootcamp am 45 min DONNA	6:00 SStudio Sprint™ am 30 min CAMERON	9:30 GX1 BARRE am 55 min ALLISON	6:00 SStudio Sprint™ am 30 min MELISSA R	6:15 GX1 Bodybalance™ am 45 min CANCELLED	8:30 I POOL H ₂ O Freestyle am 45 min KIM
9:00 GX1 SHINE™ am 55 min JACLYN	9:30 SStudio Spinning® am 45 min ALLISON	6:30 GX1 Les Mills Core™ am 30 min CAMERON	9:30 SStudio Spinning® am 45 min MICHELLE	6:45 GX1 Bodypump™ am 45 min NORELL	8:30 I POOL H ₂ O Freestyle am 45 min ANNE	8:30 GX1 Bodyattack™ am 45 min ANGELA
10:00 GX1 Bodybalance™ am 45 min DENISE	9:30 GX1 Aeromix am 55 min SANDY	8:30 I POOL H ₂ O Freestyle am 45 min PATRICIA	10:30 M/B YOGA am 60 min ALLISON	8:30 I POOL H ₂ O Freestyle am 45 min PATRICIA	8:30 GX1 Bodycombat™ am 45 min MIKA	9:00 SStudio Spinning® am 45 min SARAH
11:00 GX1 BARRE am 55 min DENISE	10:30 GX1 30 Minute Core am 30 min SANDY	8:30 GX1 Solid Strength am 45min TINA	10:30 GX1 Bodypump™ am 45 min PATRICIA	8:30 GX1 Solid Strength am 45 min TINA	9:30 SStudio Spinning® am 45 min MELISSA O	9:30 GX1 Les Mills Core™ am 30 min ANGELA
	10:30 M/B YOGA am 60 min CARI	9:30 SStudio Spinning® am 45 min PATRICIA	11:30 GX1 Active Renewal am 55 min SANDY		9:30 GX1 Aeromix am 55 min SANDY	10:00 M/B YOGA am 60 min CARI
	5:45 GX1 Bodycombat™ pm 45 min JANE	9:30 M/B Chair Yoga am 45 min CARI	6:00 I POOL Aqua Zumba pm 45 min TRACEY		10:30 GX1 30 Minute Core am 30 min SANDY	
	6:00 I POOL H ₂ O Freestyle pm 45 min KIM	10:30 GX1 Pilates Fusion am 45 min PATRICIA	6:00 SStudio Sprint™ pm 30 min MELISSA R	 GYM HOURS 5:00am - 2:00pm	10:30 M/B Bodybalance™ am 60 min MELISSA O	
	6:00 SStudio Spinning® pm 45 min MICHELLE	5:45 GX1 Zumba pm 45 min DONNA	6:30 GX1 Bodyattack™ pm 45 min DENISE			
	6:00 M/B All Levels Yoga pm 60 min CANCELLED	6:30 GX1 TabataBootcamp pm 45 min DONNA				

Sunday 11/27	Monday 11/28	Tuesday 11/29	Wednesday 11/30	Thursday 12/1	Friday 12/2	Saturday 12/3
9:00 SStudio Sprint™ am 30 min NORELL	8:30 GX1 Bodypump™ am 45 min MIKA	6:00 SStudio Sprint™ am 30 min CAMERON	9:30 GX1 BARRE am 55 min ALLISON	6:00 SStudio Sprint™ am 30 min MELISSA R	6:15 GX1 Bodybalance™ am 45 min CAMERON	8:30 I POOL H ₂ O Freestyle am 45 min ANNE
9:00 GX1 SHINE™ am 55 min JACLYN	9:30 SStudio Spinning® am 45 min ALLISON	6:30 GX1 Les Mills Core™ am 30 min CAMERON	9:30 SStudio Spinning® am 45 min MICHELLE	6:30 GX1 Les Mills Core™ am 30 min CAMERON	8:30 I POOL H ₂ O Freestyle am 45 min ANNE	8:30 GX1 Bodyattack™ am 45 min ANGELA
10:00 GX1 Bodybalance™ am 45 min DENISE	9:30 GX1 Aeromix am 55 min SANDY	8:30 I POOL H ₂ O Freestyle am 45 min PATRICIA	10:30 M/B YOGA am 60 min ALLISON	8:30 I POOL H ₂ O Freestyle am 45 min PATRICIA	8:30 GX1 Bodycombat™ am 45 min MIKA	9:00 SStudio Spinning® am 45 min ALLISON
11:00 GX1 BARRE am 55 min DENISE	10:30 GX1 Les Mills Core™ am 30 min MIKA	8:30 GX1 Solid Strength am 45min TINA	10:30 GX1 Bodypump™ am 45 min PATRICIA	8:30 GX1 Solid Strength am 45 min SANDY	9:30 SStudio Spinning® am 45 min MELISSA O	9:30 GX1 Les Mills Core™ am 30 min CAMERON
	10:30 M/B YOGA am 60 min CARI	9:30 SStudio Spinning® am 45 min PATRICIA	11:30 GX1 Active Renewal am 55 min SANDY	9:30 SStudio Spinning® am 45 min ALLISON	9:30 GX1 Aeromix am 55 min SANDY	10:00 M/B YOGA am 60 min ALLISON
	5:45 GX1 Bodycombat™ pm 45 min ANGELA	9:30 M/B Chair Yoga am 45 min CARI	6:00 I POOL Aqua Zumba pm 45 min TRACEY	9:30 M/B Chair Yoga am 45 min PATRICIA	10:30 GX1 30 Minute Core am 30 min SANDY	
	6:00 I POOL H ₂ O Freestyle pm 45 min KIM	10:30 GX1 Pilates Fusion am 45 min PATRICIA	6:00 SStudio Sprint™ pm 30 min MELISSA R	5:45 GX1 Bodycombat™ pm 45 min JANE	10:30 M/B Bodybalance™ am 60 min MELISSA O	
	6:00 SStudio Spinning® pm 45 min MICHELLE	5:45 GX1 Zumba pm 45 min DONNA	6:30 GX1 Bodyattack™ pm 45 min DENISE	6:00 M/B All Levels Yoga pm 60 min LEO		
	6:00 M/B All Levels Yoga pm 60 min MEGAN	6:30 GX1 TabataBootcamp pm 45 min DONNA		6:30 GX1 Bodypump™ pm 45 min 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.