




JULY 8 - JULY 21

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

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.

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



Monday 7/8	Tuesday 7/9	Wednesday 7/10	Thursday 7/11	Friday 7/12	Saturday 7/13	Sunday 7/14
8:45 am GX1 30 Min Core SANDY	6:00 am SStudio Sprint™ CAMERON	9:30 am GX1 BARRE ALLISON	6:00 am SStudio Sprint™ MELISSA R	5:30 am GX1 Solid Strength MELISSA O	8:30 am I POOL H₂O Freestyle KIM/ANNE	9:00 am GX1 SHiNE™ JACLYN
9:30 am SStudio Spinning® ALLISON	6:30 am GX1 Les Mills Core™ CAMERON	9:30 am SStudio Spinning® MICHELLE	6:30 am GX1 Les Mills Core™ CAMERON	6:15 am GX1 Bodybalance™ MELISSA O	8:45 am GX1 Les Mills Core™ ANGELA	10:00 am GX1 Bodybalance™ VIVIAN
9:30 am GX1 Aeromix SANDY	8:30 am I POOL Deep Water PATRICIA	10:30 am M/B YOGA ALLISON	8:30 am I POOL H₂O Freestyle PATRICIA	8:30 am I POOL H₂O Freestyle ANNE	9:30 am GX1 Bodycombat™ ANGELA	11:00 am GX1 Shapes™ VIVIAN
10:30 am GX1 Bodypump™ PATRICIA	8:30 am GX1 Solid Strength TINA	10:30 am GX1 Les Mills Core™ MICHELLE	8:30 am GX1 Solid Strength TINA	8:30 am GX1 Bodycombat™ JANE	9:30 am SStudio Spinning® ALLISON	
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 SStudio Spinning® MELISSA O	10:30 am M/B YOGA ALLISON	
5:45 pm GX1 Bodycombat™ ANGELA	9:30 am M/B Chair Yoga CARI	5:45 pm GX1 Bodycombat™ ROBYN	9:30 am M/B Chair Yoga PATRICIA	9:30 am GX1 Aeromix SANDY		
6:00 pm I POOL H₂O Freestyle KIM	10:30 am GX1 Pilates Fusion PATRICIA	6:00 pm I POOL Aqua Zumba TRACEY	5:30 pm GX1 Zumba TRACEY	10:30 am M/B Mobility&Stretch SANDY		
6:00 pm SStudio Spinning® MICHELLE	5:45 pm GX1 SHiNE KAREN	6:00 pm SStudio Sprint™ MELISSA R	6:00 pm M/B All Levels Yoga LEO	10:30 am GX1 Bodypump™ PATRICIA		
6:00 pm M/B Bodybalance™ VIVIAN	6:30 pm GX1 Bodypump™ ROBYN	6:30 pm GX1 Bodybalance™ ROBYN	6:30 pm GX1 Bodypump™ ROBYN			

Monday 7/15	Tuesday 7/16	Wednesday 7/17	Thursday 7/18	Friday 7/19	Saturday 7/20	Sunday 7/21
8:45 am GX1 Les Mills Core™ MIKA	6:00 am SStudio Sprint™ CAMERON	9:30 am GX1 BARRE ALLISON	6:00 am SStudio Sprint™ MELISSA R	5:30 am GX1 Solid Strength CAMERON	8:30 am I POOL H₂O Freestyle KIM/ANNE	9:00 am GX1 SHiNE™ JACLYN
9:30 am SStudio Spinning® ALLISON	6:30 am GX1 Les Mills Core™ CAMERON	9:30 am SStudio Spinning® MICHELLE	6:30 am GX1 Les Mills Core™ CAMERON	6:15 am GX1 Bodybalance™ CAMERON	8:45 am GX1 Les Mills Core™ ANGELA	10:00 am GX1 Bodybalance™ MELISSA O
9:30 am GX1 Aeromix SANDY	8:30 am I POOL Deep Water PATRICIA	10:30 am M/B YOGA ALLISON	8:30 am I POOL H₂O Freestyle PATRICIA	8:30 am I POOL H₂O Freestyle ANNE	9:30 am GX1 Bodycombat™ ANGELA	11:00 am GX1 Solid Strength MELISSA O
10:30 am GX1 Bodypump™ PATRICIA	8:30 am GX1 Solid Strength TINA	10:30 am GX1 Les Mills Core™ MICHELLE	8:30 am GX1 Solid Strength TBA	8:30 am GX1 Bodycombat™ MIKA	9:30 am SStudio Spinning® ALLISON	
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 SStudio Spinning® MELISSA O	10:30 am M/B YOGA ALLISON	
5:45 pm GX1 Bodycombat™ ANGELA	9:30 am M/B Chair Yoga CARI	5:45 pm GX1 Bodycombat™ ROBYN	9:30 am M/B Chair Yoga PATRICIA	9:30 am GX1 Aeromix SANDY		
6:00 pm I POOL H₂O Freestyle KIM	10:30 am GX1 Pilates Fusion PATRICIA	6:00 pm I POOL Aqua Zumba TRACEY	5:30 pm GX1 Zumba TRACEY	10:30 am M/B Mobility&Stretch SANDY		
6:00 pm SStudio Spinning® MICHELLE	5:45 pm GX1 SHiNE KAREN	6:00 pm SStudio Sprint™ MELISSA R	6:00 pm M/B All Levels Yoga LEO	10:30 am GX1 Bodypump™ PATRICIA		
6:00 pm M/B Bodybalance™ VIVIAN	6:30 pm GX1 Bodypump™ ROBYN	6:30 pm GX1 BARRE DENISE	6:30 pm GX1 Bodypump™ ROBYN			