

MAC GROUP EXERCISE – February 29-March 6

	MONDAY 29	TUESDAY 1	WEDNES. 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
AQUA	8:30a P WATERinMOTION® Sarah S. 9:45a P H ₂ O AEROBICS Nellie 6:00p P AQUAZUMBA Tracey	8:30a P DEEP H ₂ O Nellie 9:45a P H ₂ O GENTLE Nellie	8:30a P AQUAZUMBA Tracey 6:30p P WATERinMOTION® Genevelyn	8:30a P DEEP H ₂ O Bonnie 9:45a P H ₂ O GENTLE Bonnie	9:30a P WATERinMOTION® Jen	9:30a P AQUAZUMBA Tracey	9:30a SS CYCLE BOOTCAMP Wear gym shoes Sarah P. 2:00p P WATERinMOTION® Jen 2:00p GX1 BODYFLOW™ Heather Mu. 3:00p GX1 MAC BARRE Lauren 4:00p GX1 GENTLE YOGA Leo
SPIN	 9:30a SS SPINNING® Jen 6:30p SS SPINNING® Patricia	5:45a SS SPINNING® Jen 9:30a SS SPINNING® Sarah P. 6:00p SS CYCLE BOOTCAMP Wear gym shoes Heather Mu.	8:30a SS SPINNING® 45 Patricia 12:15p SS SPINNING® 45 Jen 6:30p SS SPINNING® Sarah P.	 9:30a SS SPINNING® Sarah P. 6:00p SS SPINNING® 45/60 Lauren	5:45a SS SPINNING® Tracey 9:30a SS SPINNING® Melissa	8:30a SS SPINNING® 60 Jen	
MIND BODY	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Denise 5:30p M/B PILATES Casey 7:00p M/B HATHA YOGA Debbie	9:15a M/B CHAIR YOGA Shannon 12 NOON GX1 TAI CHI Jenny 6:15p M/B BODYFLOW™ Eliza	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Debbie 6:15p M/B YOGA 75 Sandi	6:00a GX1 BODYFLOW™ Casey 9:15a M/B CHAIR YOGA Shannon 10:35a GX1 BODYFLOW™ Melissa 6:30p M/B YOGA Leo	8:30a GX1 PILATES Casey 5:30p M/B VINYASA Jayne	8:30a M/B YOGA Shannon 10:00a M/B YOGA Marian	
LAND	6:00a GX1 BODYPUMP™ Tracey 8:55a GX1 CXWORX™ Melissa 9:30a GX1 LIA Sandy 9:45a GYM BODYCOMBAT™45 Mika 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Jen 5:30p GX1 BODYCOMBAT™ Amy 6:30p GX1 GRIT™ Casey 7:00p GX1 DANCE & BARRE Casey	9:15a GX1 MAC BARRE Serrah 10:30a GX1 BODYSTEP™ 45 Mika 10:35a GYM CXWORX™ Sarah P. 5:30p GX1 BUTTS, GUTS & MORE Casey 5:45p GYM ZUMBA Tracey 6:30p GX1 30/20/10 Melissa 6:45p GYM CXWORX™ Tracey	6:00a GX1 BODYPUMP™ Casey 9:30a GX1 30/20/10 Casey 10:35am GX1 PILOXING COMBO- KNOCKOUT 30 BARRE 30 Sarah S. 11:35a GX1 STRNGTH4SRS Casey 4:45p GYM BODYATTACK™ Angela 5:45p GX1 CXWORX™ Angela 6:30p GX1 BODYPUMP™ Patricia	8:30a GX1 TBS Melissa 9:30a GX1 BODYCOMBAT™ Mika 12:15p GX1 BODYPUMP™ 45 Jen 5:30p GYM ZUMBA Tracey 5:30 GX1 MAC BARRE Heather Mu. 6:30 GX1 BODYSTEP™ Sarah P. 6:30p GYM BOOT(y)CAMP Casey	6:00a GX1 GRIT™ Casey 9:30a GX1 LIA Sandy 10:35a GYM CXWORX™ Melissa 10:35a GX1 BODYPUMP™ Casey 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ CXWORX™ 60 min. total Angela	8:15a GX1 BODYATTACK™ Amy 9:00a GX1 CXWORX™ Amy 9:30a GX1 BODYPUMP™ Sarah P. 10:35a GX1 ZUMBA Tracey	

MAC GROUP EXERCISE – March 7- March 13

	MONDAY 7	TUESDAY 8	WEDNES. 9	THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
AQUA	8:30a P WATERinMOTION® Sarah S. 9:45a P H ₂ O AEROBICS Nellie 6:00p P AQUAZUMBA Tracey	8:30a P DEEP H ₂ O Nellie 9:45a P H ₂ O GENTLE Nellie	8:30a P AQUAZUMBA Tracey 6:30p P WATERinMOTION® Genevelyn	8:30a P DEEP H ₂ O Bonnie 9:45a P H ₂ O GENTLE Bonnie	9:30a P WATERinMOTION® Jen	9:30a P AQUAZUMBA Tracey	9:30a SS CYCLE BOOTCAMP Wear gym shoes Lauren
SPIN	 9:30a SS SPINNING® Michelle 6:30p SS SPINNING® Patricia	5:45a SS SPINNING® Sarah P. 9:30a SS SPINNING® Jen 6:00p SS CYCLE BOOTCAMP Wear gym shoes Heather Mu.	8:30a SS SPINNING® 45 Patricia 12:15p SS SPINNING® 45 Jen 6:30p SS SPINNING® Sarah P.	 9:30a SS SPINNING® Jen 6:00p SS SPINNING® 45/60 Lauren	5:45a SS SPINNING® Tracey 9:30a SS SPINNING® Heather Mu.	8:30a SS SPINNING® 60 Michelle	
MIND BODY	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Jayne 5:30p M/B PILATES Casey 7:00p M/B HATHA YOGA Debbie	9:15a M/B CHAIR YOGA Shannon 12 NOON GX1 TAI CHI Jenny 6:15p M/B BODYFLOW™ *FAMILY FRIENDLY* Marian	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Debbie 6:15p M/B YOGA 75 Sandi	6:00a GX1 BODYFLOW™ Casey 9:15a M/B CHAIR YOGA Shannon 10:35a GX1 BODYFLOW™ Heather Mu. 6:30p M/B YOGA Leo	8:30a GX1 PILATES Patricia 5:30p M/B VINYASA Arthur	8:30a M/B YOGA Jayne 10:00a M/B YOGA Marian	
LAND	6:00a GX1 BODYPUMP™ Tracey 8:55a GX1 CXWORX™ Michelle 9:30a GX1 LIA Sandy 9:45a GYM BODYCOMBAT™45 Mika 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Jen 5:30p GX1 BODYCOMBAT™ Angela 6:30p GX1 GRIT™ Casey 7:00p GX1 DANCE & BARRE Casey	9:15a GX1 MAC BARRE Serrah 10:30a GX1 BODYSTEP™ Mika 10:35a GYM CXWORX™ Jen 5:30p GX1 BUTTS, GUTS & MORE Casey 5:45p GYM ZUMBA Tracey 6:30p GX1 30/20/10 Casey 6:45p GYM CXWORX™ Tracey	6:00a GX1 BODYPUMP™ Casey 9:30a GX1 30/20/10 Casey 10:35am GX1 PILOXING COMBO- KNOCKOUT 30 BARRE 30 Sarah S. 11:35a GX1 STRNGTH4SRS Casey 4:45p GYM BODYATTACK™ Angela 5:45p GX1 CXWORX™ Angela 6:30p GX1 BODYPUMP™ Patricia	8:30a GX1 TBS Stephanie 9:30a GX1 BODYCOMBAT™ Mika 12:15p GX1 BODYPUMP™ 45 Sarah P. 5:30p GYM ZUMBA Tracey 5:30 GX1 MAC BARRE Heather Mu. 6:30 GX1 BODYSTEP™ Sarah P. 6:30p GYM BOOT(y)CAMP Casey	6:00a GX1 GRIT™ Casey 9:30a GX1 LIA Sandy 10:35a GYM Ab Blast 30 Heather Mu. 10:35a GX1 BODYPUMP™ Jen 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ CXWORX™ 60 min. total Angela	8:15a GX1 BODYATTACK™ Amy 9:00a GX1 CXWORX™ Amy 9:30a GX1 BODYPUMP™ Eliza 10:35a GX1 ZUMBA Tracey	

MAC GROUP EXERCISE – March 14-March 20

	MONDAY 14	TUESDAY 15	WEDNES. 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
AQUA	8:30a P WATERinMOTION® Sarah S. 9:45a P H ₂ O AEROBICS Nellie 6:00p P AQUAZUMBA Tracey	8:30a P DEEP H ₂ O Nellie 9:45a P H ₂ O GENTLE Nellie	8:30a P AQUAZUMBA Tracey 6:30p P WATERinMOTION® Genevelyn	8:30a P DEEP H ₂ O Bonnie 9:45a P H ₂ O GENTLE Bonnie	9:30a P WATERinMOTION® Jen	9:30a P AQUAZUMBA Tracey	9:30a SS CYCLE BOOTCAMP Wear gym shoes Sarah P. 2:00p GX1 BODYFLOW™ Heather Mu. 3:00p GX1 MAC BARRE Lauren 4:00p GX1 GENTLE YOGA Leo (Yoga teacher training in M/B)
SPIN	 9:30a SS SPINNING® Michelle 6:30p SS SPINNING® Patricia	5:45a SS SPINNING® Jen 9:30a SS SPINNING® Sarah P. 6:00p SS CYCLE BOOTCAMP Wear gym shoes Heather Mu.	8:30a SS SPINNING® 45 Heather Mu. 12:15p SS SPINNING® 45 Jen 6:30p SS SPINNING® Sarah P.	 9:30a SS SPINNING® Sarah P. 6:00p SS SPINNING® 45/60 Lauren	5:45a SS SPINNING® Tracey 9:30a SS SPINNING® Jen	8:30a SS SPINNING® 60 Jen	
MIND BODY	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Jayne 5:30p M/B PILATES Casey 7:00p M/B HATHA YOGA Debbie	9:15a M/B CHAIR YOGA Shannon 12 NOON GX1 TAI CHI Jenny 6:15p M/B BODYFLOW™ Eliza	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Debbie 6:15p M/B YOGA 75 Sandi	6:00a GX1 BODYFLOW™ Eliza 9:15a M/B CHAIR YOGA Shannon 10:35a GX1 VINYASA Heather D. 6:30p M/B YOGA Leo	8:30a GX1 PILATES Patricia 5:30p GX1 VINYASA Arthur (Yoga teacher training in M/B)	8:30a GX2 YOGA Arthur 10:00a GX2 YOGA Marian (Yoga teacher training in M/B)	
LAND	6:00a GX1 BODYPUMP™ Jen 8:55a GX1 CXWORX™ Michelle 9:30a GX1 LIA Sandy 9:45a GYM BODYCOMBAT™45 Mika 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Jen 5:30p GX1 BODYCOMBAT™ Angela 6:30p GX1 GRIT™ Casey 7:00p GX1 DANCE & BARRE Casey	9:15a GX1 MAC BARRE Serrah 10:30a GX1 BODYSTEP™ 45 Mika 10:35a GYM CXWORX™ Jen 5:30p GX1 BUTTS, GUTS & MORE Jen 5:45p GYM ZUMBA Tracey 6:30p GX1 30/20/10 Melissa 6:45p GYM CXWORX™ Tracey	6:00a GX1 BODYPUMP™ Eliza 9:30a GX1 30/20/10 Heather Mu. 10:35am GX1 PILOXING COMBO- KNOCKOUT 30 BARRE 30 Sarah S. 11:35a GX1 STRNGTH4SRS Cindy 4:45p GYM BODYATTACK™ Angela 5:45p GX1 CXWORX™ Angela 6:30p GX1 BODYPUMP™ Patricia	8:30a GX1 TBS Melissa 9:30a GX1 BODYCOMBAT™ Mika 12:15p GX1 BODYPUMP™ 45 Jen 5:30p GYM ZUMBA Tracey 5:30 GX1 MAC BARRE Heather Mu. 6:30 GX1 BODYSTEP™ Sarah P. 6:30p GYM BOOT(y)CAMP Casey	6:00a GX1 GRIT™ Casey 9:30a GX1 LIA Sandy 10:35a GYM CXWORX™ Jen 10:35a GX1 BODYPUMP™ Casey 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ CXWORX™ 60 min. total Sarah P.	8:15a GX1 BODYATTACK™ Amy 9:00a GX1 CXWORX™ Amy 9:30a GX1 BODYPUMP™ Sarah P. 10:35a GX1 ZUMBA Tracey	

GX1, Group Exercise Studio 1 GYM, basketball court P, pool SS, spin studio *class not meeting attendance policy

MAC GROUP EXERCISE – March 21-March 27

	MONDAY 21	TUESDAY 22	WEDNES. 23	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27
AQUA	8:30a P WATERinMOTION® Sarah S. 9:45a P H ₂ O AEROBICS Nellie 6:00p P AQUAZUMBA Tracey	8:30a P DEEP H ₂ O Nellie 9:45a P H ₂ O GENTLE Nellie	8:30a P AQUAZUMBA Tracey 6:30p P WATERinMOTION® Genevelyn	8:30a P DEEP H ₂ O Bonnie 9:45a P H ₂ O GENTLE Bonnie	9:30a P WATERinMOTION® Jen	9:30a P AQUAZUMBA Tracey	HAPPY EASTER! GYM HOURS 7am-2pm No GX Classes No Kids Club 
SPIN	 9:30a SS SPINNING® Michelle 6:30p SS SPINNING® Patricia	5:45a SS SPINNING® Sarah P. 9:30a SS SPINNING® Jen 6:00p SS CYCLE BOOTCAMP Wear gym shoes Heather Mu.	8:30a SS SPINNING® 45 Melissa 12:15p SS SPINNING® 45 Jen 6:30p SS SPINNING® Sarah P.	 9:30a SS SPINNING® Sarah P. 6:00p SS SPINNING® 45/60 Lauren	5:45a SS SPINNING® Tracey 9:30a SS SPINNING® Melissa	8:30a SS SPINNING® 60 Sarah P.	
MIND BODY	10:30a M/B FITNESS YOGA Maura 4:30p M/B GENTLE YOGA Denise 5:30p M/B PILATES Jen 7:00p M/B HATHA YOGA Heather D.	9:15a M/B CHAIR YOGA Shannon 12 NOON GX1 TAI CHI Jenny 6:15p M/B BODYFLOW™ Marian	10:30a M/B FITNESS YOGA Maura 5:00p M/B YIN YOGA Debbie 6:15p M/B YOGA 75 Sandi	6:00a GX1 BODYFLOW™ Casey 9:15a M/B CHAIR YOGA Shannon 10:35a GX1 BODYFLOW™ Melissa 6:30p M/B YOGA Leo	8:30a GX1 PILATES Patricia 5:30p M/B VINYASA Jayne	8:30a M/B YOGA Melissa 10:00a M/B YOGA Marian	
LAND	6:00a GX1 BODYPUMP™ Tracey 8:55a GX1 CXWORX™ Michelle 9:30a GX1 LIA Sandy 9:45a GYM BODYCOMBAT™45 Mika 10:35a GX1 BODYPUMP™ Mika 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ Jen 5:30p GX1 BODYCOMBAT™ Amy 6:30p GX1 GRIT™ Jen 7:00p GX1 DANCE & BARRE Eliza	9:15a GX1 MAC BARRE Serrah 10:30a GX1 BODYSTEP™ 45 Mika 10:35a GYM CXWORX™ Jen 5:30p GX1 BUTTS, GUTS & MORE Casey 5:45p GYM ZUMBA Tracey 6:30p GX1 30/20/10 Melissa 6:45p GYM CXWORX™ Tracey	6:00a GX1 BODYPUMP™ Casey 9:30a GX1 30/20/10 Melissa 10:35am GX1 PILOXING COMBO- KNOCKOUT 30 BARRE 30 Sarah S. 11:35a GX1 STRNGTH4SRS Casey 4:45p GYM BODYATTACK™ Angela 5:45p GX1 CXWORX™ Angela 6:30p GX1 BODYPUMP™ Patricia	8:30a GX1 TBS Melissa 9:30a GX1 BODYCOMBAT™ Mika 12:15p GX1 BODYPUMP™ 45 Jen 5:30p GYM ZUMBA Tracey 5:30 GX1 MAC BARRE Heather Mu. 6:30 GX1 BODYSTEP™ Sarah P. 6:30p GYM BOOT(y)CAMP *FAMILY FRIENDLY* Jen	6:00a GX1 GRIT™ Casey 9:30a GX1 LIA Sandy 10:35a GYM CXWORX™ Melissa 10:35a GX1 BODYPUMP™ Jen 11:35a GX1 LIA GENTLE Sandy 4:30p GX1 BODYPUMP™ CXWORX™ 60 min. total Sarah P.	8:15a GX1 BODYATTACK™ Amy 9:00a GX1 CXWORX™ Amy 9:30a GX1 BODYPUMP™ Sarah P. 10:35a GX1 ZUMBA Tracey	

MAC GROUP EXERCISE – March 28-April 3

	MONDAY 28	TUESDAY 29	WEDNES. 30	THURSDAY 31	FRIDAY 1	SATURDAY 2	SUNDAY 3
AQUA	8:30a P WATERinMOTION® Sarah S.	8:30a P DEEP H ₂ O Nellie	8:30a P AQUAZUMBA Tracey	8:30a P DEEP H ₂ O Bonnie	9:30a P WATERinMOTION® Genevelyn	9:30a P AQUAZUMBA Tracey	9:30a SS CYCLE BOOTCAMP Wear gym shoes Sarah P.
	9:45a P H ₂ O AEROBICS Nellie	9:45a P H ₂ O GENTLE Nellie		9:45a P H ₂ O GENTLE Bonnie			
	6:00p P AQUAZUMBA Tracey		6:30p P WATERinMOTION® Genevelyn				
SPIN		5:45a SS SPINNING® Sarah P.	8:30a SS SPINNING® 45 Melissa		5:45a SS SPINNING® Tracey	8:30a SS SPINNING® 60 Patricia	2:00p GX1 BODYFLOW™ Heather Mu. 3:00p GX1 MAC BARRE Heather Mu. 4:00p GX1 GENTLE YOGA Leo
	9:30a SS SPINNING® Heather Mu.	9:30a SS SPINNING® Melissa	12:15p SS SPINNING® 45 Sarah P.	9:30a SS SPINNING® Sarah P.	9:30a SS SPINNING® Melissa		
	6:30p SS SPINNING® Patricia	6:00p SS CYCLE BOOTCAMP Wear gym shoes Heather Mu.	6:30p SS SPINNING® Sarah P.	6:00p SS SPINNING® 45/60 Lauren			
MIND BODY	10:30a M/B FITNESS YOGA *FAMILY FRIENDLY* Maura	9:15a M/B CHAIR YOGA Shannon	10:30a M/B FITNESS YOGA Maura	6:00a GX1 BODYFLOW™ Casey	8:30a GX1 PILATES Patricia	8:30a M/B YOGA Melissa	
	4:30p M/B GENTLE YOGA Jayne	12 NOON GX1 TAI CHI Jenny		9:15a M/B CHAIR YOGA Shannon		10:00a M/B YOGA Marian	
	5:30p M/B PILATES Casey		5:00p M/B YIN YOGA Debbie	10:35a GX1 BODYFLOW™ Melissa			
	7:00p M/B HATHA YOGA Leo	6:15p M/B BODYFLOW™ Eliza	6:15p M/B YOGA 75 Sandi	6:30p M/B YOGA Leo	5:30p M/B VINYASA Jayne		
LAND	6:00a GX1 BODYPUMP™ Tracey	9:15a GX1 MAC BARRE Serrah	6:00a GX1 BODYPUMP™ Casey	8:30a GX1 TBS Melissa	6:00a GX1 GRIT™ Casey	8:15a GX1 BODYATTACK™ Amy	
	8:55a GX1 AB BLAST Heather Mu.	10:30a GX1 BODYPUMP™ 45 Mika	9:30a GX1 30/20/10 Melissa	9:30a GX1 BODYCOMBAT™ Mika	9:30a GX1 LIA Casey	9:00a GX1 CXWORX™ Amy	
	9:30a GX1 LIA Melissa	10:35a GYM CXWORX™ Casey	10:35am GX1 PILOXING COMBO- KNOCKOUT 30 BARRE 30 *FAMILY FRIENDLY* Sarah S.		10:35a GYM CXWORX™ Melissa	9:30a GX1 BODYPUMP™ Sarah P.	
	9:45a GYM BODYCOMBAT™45 Mika		11:35a GX1 STRNGTH4SRS Casey	12:15p GX1 BODYPUMP™ 45 Sarah P.	10:35a GX1 BODYPUMP™ Casey	10:35a GX1 ZUMBA Tracey	
	10:35a GX1 BODYPUMP™ Mika				11:35a GX1 LIA GENTLE Melissa		
	11:35a GX1 LIA GENTLE Melissa						
	4:30p GX1 BODYPUMP™ Casey	5:30p GX1 BUTTS, GUTS & MORE Casey		5:30p GYM ZUMBA Tracey			
	5:30p GX1 BODYCOMBAT™ Amy	5:45p GYM ZUMBA Tracey	4:45p GYM BODYATTACK™ Angela	5:30 GX1 MAC BARRE Heather Mu.			
	6:30p GX1 GRIT™ Casey	6:30p GX1 30/20/10 Melissa	5:45p GX1 CXWORX™ Angela	6:30 GX1 BODYPUMP™ Sarah P.			
7:00p GX1 DANCE & BARRE Casey	6:45p GYM CXWORX™ Tracey	6:30p GX1 BODYPUMP™ Patricia	6:30p GYM BOOT(y)CAMP Casey	4:30p GX1 BODYPUMP™ CXWORX™ 60 min. total Angela			

