

MAC 2009 SUMMER GROUP FITNESS SCHEDULE

Week of June 29 - July 5

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	1:Workout w/ Weight Leslie (55)		1:Workout w/ Weight Irma (55)	1: Core & More Matt (55)	1:Workout w/ Weight Irma (55)	Happy 4th of July Club Hours: 7a-4p	
8:00 AM						1: Cardio Bullet Matt (30)	
8:15 AM		1: SeniorFit Tina (55)		1: SeniorFit Tina (55)			
		2: Mat Pilates Kerry (45)		2: Mat Pilates Hillary (45)			
					Begins June 12!		
8:30 AM					2: Cardio Bullet Irma B. (40)	1: Core & More Matt (45)	
	2: Cardio Variety Kelly (60)		2: Cardio/Str. Int. Deb (60)			2: Cardio/Str. Int. Lara (60)	
9:00 AM		2: ZUMBA Denise (55)		2: STEP & Sculpt Denise (55)		No class 7/4	
9:15 AM	1: Cardio Sculpt Leslie (60)	1: Cardio Bullet Kelsey (40)	1: H.I.T. Jenn A. (60)	1: Cardio Bullet Leslie (40)	1: STOMP Kelly (60)		
					2: Barre Workout Hillary (60)		
9:30 AM						1: STEP & Sculpt Kelsey (55)	1: ZUMBA Stephanie (60)
			2: Mat Pilates Hillary (45)			2: Hi/Lo Cardio Leslie (60)	
10:00 AM		1: Muscle S&C Deb (60)		1: Muscle S&C Hillary (60)			
		2: Total Fit Denise (45)		2: ZUMBA Denise (55)			
10:30 AM	1: Stretch Deb (45)					1: Stretch Tina (45)	1: Low Impact Jeanne (55)
					2: Stretch Tina (55)		
10:45 AM							2: Level 1 Yoga Sandy (60)
11:30 AM			1: Gentle Yoga Deb (60)				
5:00 PM							
5:15 PM		1: ZUMBA Jeanne (45)					
		2: Mat Pilates Hillary (40)					
5:30 PM	1: Cardio Bullet-Low Deb (40)			1: Core & More Jen R. (30)	1: Level 1 Yoga Steve (60)		
	2: Adv. STEP Kelly (55)		2: Kick Booty Bt. Cmp Kelly (55)	2: Barre Workout Hillary (40)	2: Kick Fit Heather (70)		
5:45 PM			1: Core & More Scott (45)				
6:00 PM		1:Workout w/ Weight Irma (60)		1:Workout w/ Weight Irma (60)			
		2: Kick Fit Eric (70)					
6:15 PM	1: Muscle S&C Deb (45)			2: ZUMBA Heather (60)			
6:30 PM	2: Core & More Scott (55)		2: Mat Pilates 2 Barb (60)			Red indicates substitute instructor	