

MAC 2009 SUMMER GROUP FITNESS SCHEDULE

Week of July 6 - 12

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	1:Workout w/ Weight <i>Jenn A. (55)</i>		1:Workout w/ Weight <i>Irma B. (55)</i>	1: Core & More <i>Matt (55)</i>	1:Workout w/ Weight <i>Irma B. (55)</i>		
8:00 AM						1: Cardio Bullet <i>Matt (30)</i>	
8:15 AM		1: SeniorFit <i>Tina (55)</i>		1: SeniorFit <i>Tina (55)</i>			
		2: Mat Pilates <i>Hillary (45)</i>		2: Mat Pilates <i>Hillary (45)</i>	 Begins June 12!		
8:30 AM	2: Cardio Variety <i>Tricia (60)</i>		2:Cardio/Str. Int. <i>Deb (60)</i>		2: Cardio Bullet <i>Irma B. (40)</i>	1: Core & More <i>Matt (45)</i>	
						2:Cardio/Str. Int. <i>Jeanne (60)</i>	
9:00 AM		2: ZUMBA <i>Denise (55)</i>		2: STEP & Sculpt <i>Denise (55)</i>			
9:15 AM	1: Cardio Sculpt <i>Jenn A. (60)</i>	1: Cardio Bullet <i>Kelsey (40)</i>	1: H.I.T. <i>Jenn A. (60)</i>	1: Cardio Bullet <i>Leslie (40)</i>	1: STOMP <i>Kelly (60)</i>		
					2: Barre Workout <i>Hillary (60)</i>		
9:30 AM			2: Mat Pilates <i>Hillary (45)</i>			1: STEP & Sculpt <i>Kelsey (55)</i>	1: ZUMBA <i>Stephanie (60)</i>
						2: Hi/Lo Cardio <i>Leslie (60)</i>	
10:00 AM		1: Muscle S&C <i>Deb (60)</i>		1: Muscle S&C <i>Deb (60)</i>			
		2: Total Fit <i>Denise (45)</i>		2: ZUMBA <i>Denise (55)</i>			
10:30 AM	1: Stretch <i>Tina (45)</i>					1: Stretch <i>Deb (45)</i>	1: Low Impact <i>Jeanne (55)</i>
					2: Stretch <i>Tina (55)</i>		
10:45 AM							2: Level 1 Yoga <i>Sandy (60)</i>
11:30 AM			1: Gentle Yoga <i>Deb (60)</i>				
5:00 PM							
5:15 PM		1: ZUMBA <i>Jeanne (45)</i>					
		2: Mat Pilates <i>Hillary (40)</i>					
5:30 PM	1:Cardio Bullet-Low <i>Tara (40)</i>			1: Core & More <i>Jen R. (30)</i>	1: Level 1 Yoga <i>Steve (60)</i>		
	2: Adv. STEP <i>Kelly (55)</i>		2: Kick Booty Bt. Cmp <i>Kelly (55)</i>	2: Barre Workout <i>Hillary (40)</i>	2: Kick Fit <i>Heather (70)</i>		
5:45 PM			1: Core & More <i>Scott (45)</i>				
6:00 PM		1:Workout w/ Weight <i>Carolyn (60)</i>		1:Workout w/ Weight <i>Carolyn (60)</i>			
		2: Kick Fit <i>Eric (70)</i>					
6:15 PM	1: Muscle S&C <i>Vickey (45)</i>			2: ZUMBA <i>Heather (60)</i>			
6:30 PM	2: Core & More <i>Scott (55)</i>		2: Mat Pilates 2 <i>Barb (60)</i>		Red indicates substitute instructor		