

MAC 2009 FALL GROUP FITNESS SCHEDULE

Week of November 9 - 15

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)		
8:00 AM						1: Cardio Bullet Matt (30)	
8:15 AM		1: SeniorFit Tina (55)		1: SeniorFit Julie (55)			
		2: Mat Pilates Kerry (45)		2: Mat Pilates Kerry (45)			
8:30 AM						1: Core & More Matt (45)	
	2: Cardio Variety Tricia (60)		2:Cardio/Str. Int. Amie (60)			2:Cardio/Str. Int. Tara (60)	
9:00 AM		2: ZUMBA Denise (55)		2: STEP & Sculpt Denise (55)			
9:15 AM	1: Cardio Sculpt Jenn A. (60)	1: Cardio Bullet Kelsey (40)	1: H.I.T. Jenn A. (60)	1: Cardio Bullet Leslie (40)	1: STOMP Amie (60)		
					2: Barre Workout Hillary (60)		
9:30 AM						1: STEP & Sculpt Tricia (55)	1: ZUMBA Jeanne (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 Deb (60)		Cancelled 11/14	
		2: Total Fit Denise (45)		2: ZUMBA Denise (55)	Cancelled 11/13		
10:30 AM	1: Stretch Deb (45)				1: Nia Winalee (60)	1: Stretch Deb (45)	1: Low Impact Jeanne (55)
					2: Stretch Tina (55)	2: Barre Workout Hillary (60)	
10:45 AM						Cancelled 11/14	2: Level 1 Yoga Sandy (60)
11:30 AM			1: Gentle Yoga Deb (60)				in Yoga Studio 11/15
4:30 PM		1: Senior Fit Jeanne (40)			2: Cardio Bullet Deb (45)		
5:15 PM		1: ZUMBA Jeanne (45)					
		2: Mat Pilates Hillary (40)		2: Barre Workout Hillary (60)			
5:30 PM	1:Cardio Bullet-Low Tara (40)		1: Kick Booty Bt. Cmp Kelly (55)	1: Core & More Jen R. (30)	1: Level 1 Yoga Deb (60)		
	2: Adv. STEP Kelly (55)				2: Basic Zumba Heather (70)		
5:45 PM			2: ZUMBA Stephanie (60)				
6:00 PM		1:Workout w/ Weight Irma (60)		1:Workout w/ Weight Irma (60)			1: Nia Winalee (60)
		2: Kick Fit TBA (70)					
6:15 PM	1: Muscle S&C Carolyn (45)			2: ZUMBA Heather (60)			
6:30 PM	2: Mat Pilates Barb (45)						
6:45 PM			2: Core & More Scott (60)		Red indicates substitute instructor		