

MAC 2009 FALL GROUP FITNESS SCHEDULE

Week of November 16 - 22

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	1:Workout w/ Weight <i>Leslie (55)</i>		1:Workout w/ Weight <i>Irma (55)</i>	1: Core & More <i>Matt (55)</i>	1:Workout w/ Weight <i>Irma (55)</i>		
8:00 AM						1: Cardio Bullet <i>Matt (30)</i>	
8:15 AM		1: SeniorFit <i>Tina (55)</i>		1: SeniorFit <i>Julie (55)</i>			
		2: Mat Pilates <i>Kerry (45)</i>		2: Mat Pilates <i>Kerry (45)</i>			
8:30 AM						1: Core & More <i>Matt (45)</i>	
	2: Cardio Variety <i>Amie (60)</i>		2:Cardio/Str. Int. <i>Amie (60)</i>			2:Cardio/Str. Int. <i>Tara (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						1: STEP & Sculpt <i>Kelsey (55)</i>	1: ZUMBA <i>Stephanie (60)</i>
			2: Mat Pilates <i>Hillary (45)</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>Deb (45)</i>				1: Nia <i>Winalee (60)</i>	1: Stretch <i>Deb (45)</i>	1: Low Impact <i>Jeanne (55)</i>
					2: Stretch <i>Tina (55)</i>	2: Barre Workout <i>Hillary (60)</i>	
10:45 AM							2: Level 1 Yoga <i>Sandy (60)</i>
11:30 AM			1: Gentle Yoga <i>Deb (60)</i>				
4:30 PM		1: Senior Fit <i>Jeanne (40)</i>			2: Cardio Bullet <i>Irma (45)</i>		
5:15 PM		1: ZUMBA <i>Jeanne (45)</i>					
		2: Mat Pilates <i>Hillary (40)</i>		2: Barre Workout <i>Hillary (60)</i>			
5:30 PM	1:Cardio Bullet-Low <i>Deb (40)</i>		1: Kick Booty Bt. Cmp <i>Kelly (55)</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: Basic Zumba <i>Heather (70)</i>		
5:45 PM			2: ZUMBA <i>Stephanie (60)</i>				
6:00 PM		1:Workout w/ Weight <i>Irma (60)</i>		1:Workout w/ Weight <i>Irma (60)</i>			1: Nia <i>Winalee (60)</i>
		2: Kick Fit <i>Carolyn (70)</i>					
6:15 PM	1: Muscle S&C <i>Deb (45)</i>			2: ZUMBA <i>Heather (60)</i>			
6:30 PM	2: Mat Pilates <i>Barb (45)</i>						
6:45 PM			2: Core & More <i>Scott (60)</i>		Red indicates substitute instructor		