





December 2017 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																		
	5:15-6:15AM B R.A.G.E. David		5:15-6:15AM B R.A.G.E. David		8:00-9:00AM A Pilates Ruth	<u>Class Location</u> A – Aerobic Room B – Kick/Spin Rm.																		
7:00-7:45AM A Low/Mod Intensity Ruth	7:00-7:55AM A Pilates Ruth	7:00-7:45AM A Low/Mod Intensity Ruth	6:30-6:55AM A Foam Roller Ruth	7:45-8:45AM B Super Seniors Ruth	8:15-9:00AM B *Studio Cycle Alt Instructors	* -Reservation required: Reservations cannot be made more than 24 hours in advance. Stop by the front desk or call 363-2212.																		
7:45-8:45AM B Super Seniors Ruth		7:45-8:45AM B Super Seniors Ruth	7:00-7:55AM A Pilates Ruth	8:00-9:00AM A Cardio Sculpt Chrissy	9:15-10:15AM A Zumba Alt Instructors																			
8:00-9:00AM A Zumba Stephanie	8:00-9:00AM B Yoga Ruth	8:00-9:00AM A Zumba Rene	8:00-9:15AM B Yoga Ruth	9:15-10:30AM A Yoga Ruth		 Silver Sneakers Program Class																		
9:15-10:30AM A Body Sculpt Chrissy	8:30-9:30AM A Zumba Debbie & Friends		8:30-9:30AM A Zumba Rene & Friends	9:30-10:15AM B *Studio Cycle Sue D		Classes are subject to change or cancellation, due to attendance																		
9:30-10:15AM B *Studio Cycle Sue D	9:30-10:30AM B Kickboxing Sue D	9:20-10:30AM A Body Sculpt Sue	9:30-10:30AM B Strong by Zumba Steph	10:45-11:45AM A Senior Cardio Ruth	Saturday Alternate Instructors <table border="1"> <thead> <tr> <th>Date</th> <th>Cycle</th> <th>Zumba</th> </tr> </thead> <tbody> <tr> <td>12/2</td> <td>Christine</td> <td>Genelle</td> </tr> <tr> <td>12/9</td> <td>Christine</td> <td>Alisha</td> </tr> <tr> <td>12/16</td> <td>Sue</td> <td>Rene</td> </tr> <tr> <td>12/23</td> <td>Dani</td> <td>Cindy</td> </tr> <tr> <td>12/30</td> <td>Jayne</td> <td>Steph</td> </tr> </tbody> </table> Christmas Eve & Day Club Closed New Years Eve Club Open 7am-Noon Christmas is a time for family and many instructors will be out of town. Cancellations we know ahead of time are listed on the schedule. Please stay tuned to the front desk for any other classes cancelled the week after Christmas. Visit www.getmacfit.com for more details and to view and print our current class schedule!		Date	Cycle	Zumba	12/2	Christine	Genelle	12/9	Christine	Alisha	12/16	Sue	Rene	12/23	Dani	Cindy	12/30	Jayne	Steph
Date	Cycle	Zumba																						
12/2	Christine	Genelle																						
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12/23	Dani	Cindy																						
12/30	Jayne	Steph																						
10:45-11:45AM A SilverSneakers Circuit Ruth 	10:30-11:20AM A Zumba Gold Toning CaSS (No Class 12/26)	10:45-11:45AM A SilverSneakers Circuit Ruth 	10:30-11:15AM A SilverSneakers Classic Chrissy 																					
12:00-12:45PM A H.I.I.T. Alisha	12:00-1:00PM A Zumba Alisha	12:00-12:45PM A H.I.I.T. Alisha	12:00-1:00PM A Body Sculpt Sue	12:00-1:00PM A Zumba Alisha																				
4:30-5:30PM B Pump it Up Karin	4:30-5:30PM A Yoga Ruth	4:20-5:20PM A PiYo Cody (No Class 12/27)	4:30-5:30PM B Pump it Up Karin																					
6:00-7:00PM B Yoga Linda (Dec 4,11,18)	6:00-7:00PM B H.I.I.T. Ray	5:30-6:15PM B *Studio Cycle Christine	6:00-7:00PM B Yoga Ruth																					
6:30-7:30PM A Zumba Cindy																								