





February 2018 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	5:15-6:15AM B *Studio Cycle (NEW) Jayne	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 Diane	8:00-9:15AM B Yoga Ruth	9:15-10:30AM A Yoga Ruth	9:30-10:30AM B Kickboxing Ray/Jayne & Friends	 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	<p align="center">Saturday Alternate Instructors</p> <table border="1"> <thead> <tr> <th>Date</th> <th>Cycle</th> <th>Zumba</th> </tr> </thead> <tbody> <tr> <td>2/3</td> <td>Jayne</td> <td>Rene</td> </tr> <tr> <td>2/10</td> <td>Dani</td> <td>Diane</td> </tr> <tr> <td>2/17</td> <td>Jayne</td> <td>Alisha</td> </tr> <tr> <td>2/24</td> <td>Sue</td> <td>Steph</td> </tr> </tbody> </table> <p align="center">New Class!!! Studio Cycle Fridays 5:15-6:15am with Jayne</p> <p align="center">Visit www.getmacfit.com for more details and to view and print our current class schedule!</p>		Date	Cycle	Zumba	2/3	Jayne	Rene	2/10	Dani	Diane	2/17	Jayne	Alisha	2/24	Sue	Steph
Date	Cycle	Zumba																			
2/3	Jayne	Rene																			
2/10	Dani	Diane																			
2/17	Jayne	Alisha																			
2/24	Sue	Steph																			
10:45-11:45AM A SilverSneakers Circuit Ruth 	10:30-11:20AM A Zumba Gold Toning Cass	10:45-11:45AM A SilverSneakers Circuit Ruth 	10:30-11:15AM A SilverSneakers Classic Chrissy 																		
	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																		
4:30-5:40PM B Pump it Up Karin	4:30-5:30PM A Yoga Ruth	4:20-5:20PM A PiYo Cody	4:30-5:40PM B Pump it Up Karin																		
6:00-7:00PM B Yoga Linda (Feb 5,12,19,26)	6:00-7:00PM B H.I.I.T. Ray	5:30-6:15PM B *Studio Cycle Dani/Jayne	6:00-7:00PM B Yoga Ruth																		
6:30-7:30PM A Zumba Cindy																					