

August 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 Wendy	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 NEW!	10:45-11:45AM A Senior Cardio Ruth	<h2>Saturday Alternate Instructors</h2> <table border="1"> <thead> <tr> <th>Date</th> <th>Cycle</th> <th>Zumba</th> </tr> </thead> <tbody> <tr> <td>8/5</td> <td>Sue</td> <td>Rene</td> </tr> <tr> <td>8/12</td> <td>Dani</td> <td>Alisha</td> </tr> <tr> <td>8/19</td> <td>Jayne</td> <td>Cindy</td> </tr> <tr> <td>8/26</td> <td>Christine</td> <td>Steph</td> </tr> </tbody> </table> <p>Strong by Zumba – New Class! Thursdays 9:30-10:30am This class combines body weight, muscle conditioning, cardio and plyometric training synced to original music that has been specifically designed to match every single move. All fitness levels are welcome!</p> <p>Visit www.getmacfit.com for more details and to view and print our current class schedule!</p>		Date	Cycle	Zumba	8/5	Sue	Rene	8/12	Dani	Alisha	8/19	Jayne	Cindy	8/26	Christine	Steph
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8/5	Sue	Rene																			
8/12	Dani	Alisha																			
8/19	Jayne	Cindy																			
8/26	Christine	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 																		
12:00-12:45PM 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 A Yoga Ruth	4:20-5:20PM A PiYo Cody																			
6:00-7:00PM B Yoga Linda (Aug 7, 21, & 28)	6:00-7:00PM B H.I.I.T. Ray/Christine	5:30-6:30PM A Zumba Toning Cass	5:15-6:15PM B Pump it Up Karin (New day/time Aug)																		
		5:30-6:15PM B *Studio Cycle Christine																			