

October 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	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>10/7</td> <td>Christine</td> <td>Alisha</td> </tr> <tr> <td>10/14</td> <td>Dani</td> <td>Cindy</td> </tr> <tr> <td>10/21</td> <td>Jayne</td> <td>Rene</td> </tr> <tr> <td>10/28</td> <td>Sue</td> <td>Steph</td> </tr> </tbody> </table> <p>MAC Membership Referral Program Members receive a free month of membership for each new member they refer to the club! See Sales for details!</p> <p>Visit www.getmacfit.com for more details and to view and print our current class schedule!</p>		Date	Cycle	Zumba	10/7	Christine	Alisha	10/14	Dani	Cindy	10/21	Jayne	Rene	10/28	Sue	Steph
Date	Cycle	Zumba																			
10/7	Christine	Alisha																			
10/14	Dani	Cindy																			
10/21	Jayne	Rene																			
10/28	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 																		
12:00-12:45PM 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 (Oct. 9,16,23,30)	6:00-7:00PM B H.I.I.T. Ray	5:30-6:15PM B *Studio Cycle Christine	5:15-6:15PM B Pump it Up Karin																		
6:30-7:30PM A Zumba Cindy																					