



Group Fitness Schedule

EFFECTIVE DATE: January 2, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday	
D A Y	5:45 AM	LES MILLS BODYFLOW w/ Kathy & Carrie								
	7:00 AM									
	9:00AM	<i>Total Body</i> w/ Mary	<i>Total Body</i> w/ Mary	ZUMBA w/Madelyn		<i>Total Body</i> w/ Mary				
	10:00AM	ZUMBA w/ Lisa	LES MILLS BODYPUMP w/Sabrina	Silver Sneakers Cardio Circuit	LES MILLS BODYATTACK w/ Jenn	ZUMBA Madelyn				
	11:00AM	Silver Sneakers MS ROM		Silver Sneakers Yoga/Stretch		Silver Sneakers 11:30 MS ROM				
	12:00 PM						MAC Fitness Plaza Hours Mon Thur 5 AM - 12 M Sat & Sun 7 AM - 7 PM			
	3:30 PM			LES MILLS BODYATTACK w/Jenn	ZUMBA w/ Willis		MAC Fitness Club Hours Monday - Thursday 5:00AM - 10:00PM Friday 5:00 AM - 9:00PM Saturday & Sunday 8:00AM - 7:00PM Kid's Club Hours Mon - Fri 9:00 AM - 12:00 PM & 4:00 PM - 7:30 PM Sat 8:00 AM - 1:00 PM & Sun 9:00AM - 12:00PM Women Strength Training Clinic Tues 10:10 AM - 11:10AM with Mary Tuma *Guest fees apply for all Zumba classes			
E V E N I N G	4:30PM	LES MILLS BODYCOMBAT w/ Kathy	ZUMBA w/ Cat	LES MILLS BODYFLOW w/ Kathy	Will Power&Grace w/ Che	LES MILLS BODYSTEP w/Jenn				
	5:35PM	LES MILLS BODYPUMP w/ Steve	LES MILLS BODYSTEP w/Jenn & Kathy	LES MILLS SH'BAM w/ Donna & Kathy	LES MILLS BODYCOMBAT w/ Donna	ZUMBA w/ Lisa				
	6:40PM	ZUMBA w/ Jamie	LES MILLS CXWORX ** w/ Carrie & Candi	LES MILLS BODYPUMP w/ Donna	LES MILLS BODYPUMP w/ Steve	*Member* *\$5 Drop in Fee				
	*** Please note: Any Group Class is subject to change at any time ***									

CXWORX and friday night Zumba classes are not included with club membership.

** CXWORX classes can be purchased with a 10 class card for \$50 or drop in fee of \$10/class

Indoor Cycling schedule is listed separately. Please see front desk or our Website.



MAC Fitness - www.macfitness.net

9W (845) 338-2887 / Plaza (845) 853-7377