



MEMORIAL ATHLETIC CLUB  
AND AQUATIC CENTER

## MAC Outdoor Group X Class Options September 28th—October 4th

### Monday

**6am Outdoor HIIT Camp** with Debbie C at St John Vianney, in the grassy area on the east side of the church alongside Nottingham Oaks Trail under the oak trees.

**7:30am Outdoor Hatha Yoga** with Debbie S - at St John Vianney off Nottingham Oaks Trail, in the back parking area behind the church. Please bring a mat and a beach towel for under their mat, any yoga props you wish to use, and water.

**5:45pm Outdoor Vinyasa Yoga** with Guillermina - at the gazebo in Terry Hershey Park 15342 Memorial Dr.

### Tuesday

\*\*\*\* **NEW TIME** \*\*\* **6:00pm Family Bootcamp** with Armin at St John Vianney, in the grassy area on the east side of the church alongside Nottingham Oaks Trail under the oak trees.

### Wednesday

**6am Outdoor HIIT Camp** with Debbie C at St John Vianney, in the grassy area on the east side of the church alongside Nottingham Oaks Trail under the oak trees.

**7:30am Outdoor 30 min HIIT Express & 30 min Muscle Exp** with Armin -at the gazebo in Terry Hershey Park 15342 Memorial Dr.

### Friday

**6am Outdoor HIIT Camp** with Debbie C at St John Vianney, in the grassy area on the east side of the church alongside Nottingham Oaks Trail under the oak trees.

**7:30am Outdoor 30 min HIIT Express & 30 min Muscle Exp** with Betsy - at the gazebo in Terry Hershey Park 15342 Memorial Dr.

### Sunday

**8am Outdoor Vinyasa Yoga** with Guillermina - at the gazebo in Terry Hershey Park 15342 Memorial Dr.

Please make sure to bring a water bottle, towel, mat and any weights or resistance bands you have. Make sure to spread out. Contact Carrie at [groupx@fitmac.com](mailto:groupx@fitmac.com) for any questions.