

Monday	Tuesday	Wednesday	Thursday	Friday
5:15 AM Spin Debbie C	6:00 AM Spin Jeff	5:15 AM Spin Becky	6:00 AM Spin Bill	6:00 AM OUTDOOR HIIT Debbie C
6:00 AM OUTDOOR HIIT Debbie C	6:00 AM Vinyasa Yoga Amy C	6:00 AM OUTDOOR HIIT Debbie C	6:00 AM Vinyasa Yoga Amy C	7:30 AM Muscle Blast Betsy
7:30 AM Hatha (90) Deb S	7:00 AM ULTRA S & C Felipe	7:30 AM Pumped Up Strength Armin (45)	7:00 AM ULTRA S & C Felipe	8:30 AM Total Body Strength Betsy
7:30 AM Super Step Leanne	8:00 AM ULTRA S & C Felipe	8:15 AM Super Step Leanne	8:00 AM ULTRA S & C Felipe	8:30 AM Pilates Mat Sue
8:30 AM Pilates Mat Morven	8:30 AM Barre Strength Ashlee	8:30 AM Muscle Blast Ashlee	8:30 AM Barre Fusion Leanne	9:30 AM Spin Betsy
8:30 AM Barbell Betti	8:30 AM Spin Carolina	9:15 AM Core & More Leanne	8:30 AM Spin Carolina	9:30 AM Muscle Blast Armin
9:30 AM HIGH Fitness Ashley	9:00 AM Booty Blast Sarah Holloway	9:30 AM Yoga Fusion Edie	9:00 AM Stretch & Strength Betsy	9:30 AM HIGH Fitness Ashlee
9:30 AM Spin Alice	9:30 AM Ashtanga Susan	9:30 AM Spin Felipe	9:30 AM Ashtanga Yoga Susan	10:30 AM Core Express (30) Ashlee
9:30 AM Core Express (30) Amy C	9:30 AM Core & Rolling Carolina	10:00 AM HIGH Fitness Ashlee	9:30 AM Core & Rolling Carolina	10:30 AM Zumba Heek
10:00 AM Power Yoga Amy C	10:00 AM Zumba Maria	10:30 AM Mat Pilates Sue	10:00 AM HIGH Fitness Roo	11:00 AM Bend & Balance Jasmine (45)
10:30 AM TRX HIIT Sue	10:30 AM Osteo Pilates Catherine	11:00 AM Yoga Lab MaryRo	10:30 AM Osteo Pilates Morven	11:30 AM Yoga Basics MaryRo
11:00 AM Bend & Balance Jasmine (45)	11:00 AM Yoga Basics MaryRo	11:30 AM Hatha Yoga (90) Linda	11:00 AM Restorative Yoga Linda	12:00 PM Ultra S & C Felipe
11:30 AM Hatha (90) Marta	11:30 AM Restorative Yoga Linda	12:00 PM ULTRA S & C Felipe	11:30 AM Hatha Yoga (90) Marta	1:00 PM Goodlife Chair Sandra
12:00 PM Weight Room Circuit Carrie	12:30 PM Goodlife Cardio Carrie	1:00 PM Goodlife Chair Carrie	12:15 PM Goodlife Muscle Carrie	<p>Note: Classes are 55 Minutes Unless Indicated (30), (45), or (90)</p> <p>Some Classes are Co-Ed @ MAC for Women</p> <p>See App for most Updated Schedule & Subs</p>
12:00 PM ULTRA S & C Kyla	12:30 PM Weight Room Circuit Sue	2:00 PM Goodlife Chair Joe	12:30 PM Weight Room Circuit Sue	
1:00 PM Goodlife Chair Carrie	1:00 PM Goodlife Bodywell Joann	4:30 PM Barbell Donna	1:00 PM Zumba Gold (45) Carrie	
2:00 PM Goodlife Chair Yoga Joe	2:15 PM Line Dancing Linda	4:30 PM HIGH Fitness Ashley	3:30 PM Tai Chi Sandra	
3:00 PM ULTRA Fight Michelle	4:30 PM Zumba Kevin	5:30 PM Muscle Blast Betti	4:30 PM ULTRA Fight Michelle	
3:30 PM Tai Chi Sandra	5:00 PM Booty Blast Kathi	5:30 PM Barre Fusion (Co-Ed) Amy C	5:00 PM ULTRA S & C Felipe	
4:30 PM Muscle Blast Allison	5:30 PM Cardio Kickboxing Pam	6:30 PM Hatha Yoga (90) Deb S. (Co-Ed)	5:00 PM Simply Strength Devin	
5:30 PM Pumped Up Strength Pam	6:00 PM Mat Pilates Johnsy	6:30 PM TRX HIIT (45) MODEL	6:00 PM Vinyasa Yoga Guille	
5:30 PM Vinyasa (Co-Ed) Guille	6:00 PM Weight Room (45) Armin	7:15 PM TOTAL BODY STRENGTH (45) MODEL	6:00 PM Mat Pilates (Co-Ed) Catherine	
6:30 PM Zumba Patricia	6:30 PM Vinyasa Yoga Guille			
6:30 PM Pumped Up Strength Armin (Co-Ed)	6:30 PM Spin Becky			

Saturday
8:00 AM Vinyasa Yoga Amy C
8:00 AM Pumped Up Strength Michelle
8:30 AM Pilates Mat Johnsy
9:00 AM Yoga II Amy C
9:30 AM Balletone (45) Edie
10:00 AM Spin Rotation
10:15 AM Barbell Rotation
10:30 AM Zumba (45) Julia
11:30 AM Stretch & Release Rotation
11:30 AM Restorative Yoga Linda

Sunday
8:15 AM Vinyasa Yoga Guille
9:30 AM Total Body Strength Edie
10:30 AM Zumba Edie
11:30 AM Restorative Yoga Guille



Have Questions?

Group Fitness Director

Michelle: groupx@fitmac.com

Pilates Director

Sue: suedonahoeperce@gmail.com

Member Engagement Director

Carrie: goodlifecarrie@gmail.com

Key

MAC Studio A
MAC for Women
MAC Studio B
Racquetball Court
MAC Outdoor Court