

MAC MANCHESTER ATHLETIC CLUB

**Group Fitness Schedule Effective
September 18, 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM MAC Attack Sue (Sport Court) 45 min	6:30 AM Power Yoga Erin (Yoga Loft)	6:00 AM Cycle Lisa (Cycle Studio) 50 min	6:00 AM Power Yoga Johnna (Yoga Loft)	6:45 AM Bootcamp Tommy (Studio A)		
7:00 AM Rise & Shine Yoga Maida (Yoga Loft)	6:30 AM Cycle Marianne (Cycle Studio)	7:00 AM Strength & Cond. Tobin (Fitness Floor) 55 min	7:00 AM Sculpt Express Tommy (Studio A)	7:30 AM Express Barre Lynnee (Studio B)	7:30 AM MAC Attack Sue (Sport Court) 60 min	
7:00 AM Power Hour Sue (Studio A)		7:30 AM Kickbox Nathan (Sport Court) 55 min	7:45 AM Cycle Tommy (Cycle Studio)			
8:15 AM TRX Nikki (Studio B) 45m	8:00 AM Pilates Inferno Wendy (Studio A) 45 min	8:00 AM Yoga Sculpt Mary (Yoga Loft)	8:00 AM Pilates Inferno Wendy (Studio A) 45 min	8:05 AM Plyojam Lynnee (Sport Court)	8:15 AM Stiff Guy YoStretch Alexa (Yoga Loft)	
8:30 AM Aquatics Tommy (Pool)	8:30 AM Aquatics Klara (Pool)	8:30 AM Ab & Booty Camp Nikki (Sport Court)	8:30 AM MAC HIIT 30 Kara (Sport Court) 30 min	8:30 AM Ab & Booty Camp Nikki (Sport Court)	8:30 AM Power Hour Sue (Studio A) 60 min	
8:30 AM Sculpt Express Heather (Studio A) 30 min	8:30 AM MAC HIIT 30 Kara (Sport Court) 30 min	8:30 AM Aquatics Violet (Pool)	8:30 AM Aquatics Heather (Pool)	9:00 AM Power Vinyasa Alyssa (Yoga Loft)		9:00 AM Power Vinyasa Mary (Yoga Loft) 55 min
9:05 AM Step & Sculpt Haley (Studio A) 55 min	9:05 AM Barre Susan (Studio B)	9:10 AM Cycle Annie (Cycle Studio)	9:05 AM Barre Lindsay (Studio B)	9:05 AM Barre Fusion Lindsay (Studio A)	9:00 AM Cycle Haley (Cycle Studio) 50 min	9:00 AM Cycle Lisa (Cycle Studio) 50 min
9:05 AM Barre Heather (Studio B)	9:10 AM Cycle Kara (Cycle Studio)	9:15 AM TRXTRA Nikki (Studio B)	9:05 AM Vinyasa Susan H (Yoga Loft)	9:05 AM Aqua Bootcamp Tommy (Pool)	9:05 AM Zumba Christina (Sport Court)	
9:05 AM Vinyasa Hillary (Yoga Loft) 75 min	9:15 AM Zumba Lindsay (Studio A)	9:15 AM Step and Sculpt Kathy (Studio A) 45 min	9:10 AM Cycle Kara (Cycle Studio)	9:10 AM Cycle Nikki (Cycle Studio) 50 min		
9:10 AM Cycle Nikki (Cycle Studio)	9:10 AM Chisel Nikki (Sport Court) 45 min	9:15 AM PyloJam Lindsay (Sport Court) 45 min	9:15 AM Chisel Nikki (Sport Court) 45min	9:15 AM Weightless Kathy (Sport Court) 45 min		
		9:15 AM Aqua Zumba James (Pool)	9:15 AM Zumba James (Studio A)			
10:05 AM Mat Pilates Lindsay (Studio A)	10:05 AM Slow Flow Yoga Susan (Yoga Loft)	10:05 AM Barre Heather (Studio B)	10:05 AM Mat Pilates Lindsay (Studio A) 55 min	10:05 AM Stretch It Kathy (Studio A) 30 min	10:00 AM Essential Pilates Carol F (Studio A)	
	10:15 AM Essential Pilates Carol F (Studio A)	10:05 AM Stretch It Kathy (Studio A) 30 min	10:05 AM Kickbox Nathan (Sport Court)	10:45 AM Fit At Any Age Kathy (Sport Court) 45 min	10:00 AM Barre Haley (Studio B)	
4:30 PM Cycle Susan (Cycle Studio)	4:30 PM Step HIIT Carol P (Studio A) 30 min	10:45 AM Fit At Any Age Carol F (Sport Court) 55 min				
5:30 PM TRX Susan (Studio B)	5:00 PM Ab & Booty Camp Carol P (Studio A)	4:30 PM Cycle Tommy (Cycle Studio)				
5:30 PM Aquatics Amy (Pool) 45 min	5:30 PM Cycle Express Wendy H (Cycle Studio) 30 min	5:00 PM Kettlebells Nathan (Sport Court)	5:00 PM Zumba Joanna (Studio A) 50 min			
6:00 PM Power Yoga Johnna (Yoga Loft) 55 min	6:00 PM Vinyasa Hillary (Yoga Loft)	5:30 PM Aquatics Tommy (Pool)	6:00 PM Cycle Steve (Cycle Studio)			
6:00 PM Strength & Cond Jackie (Sport Court)	6:00 PM Power Hour Sue (Studio A)	6:15 PM Restorative Yoga Karen (Yoga Loft) 55 min	6:00 PM Power Hour Sue (Studio A)			
	6:05 PM Barre Wendy H (Studio B)					
					<p>Classes are subject to change</p> <p>Check the MAC App for updated class schedules</p> <p>Sign up is required for all classes</p> <p>you can sign up for classes through the MAC App up to 6 days in Advance</p> <p>Contact Nikki Parisi with any questions nparisi@macathletics.com</p> <p>978-526-8900</p>	
					Pool	
					Sport Court	
					Studio A	
					Studio B	
					Cycle Studio	
					Yoga Loft	