



**MAC** GROUP FITNESS

# MEMORIAL DAY 2018

## GROUP FITNESS SCHEDULE

The club will be **OPEN** from 8:00 AM - 8:00 PM  
Monday, May 28, 2017

ALL EARLY MORNING + EVENING CLASSES CANCELLED

### Classes held:

8:00 AM	<i>Barre</i>	10:00 AM	<i>Body Pump</i>
8:00 AM	<i>Nia</i>	10:00 AM	<i>Mat Pilates</i>
8:30 AM	<i>Aquatics</i>	10:15 AM	<i>TRX XTRA</i>
8:30 AM	<i>Guts &amp; Butts</i>	11:00 AM	<i>Gentle Yoga</i>
9:00 AM	<i>Interval Ride</i>		
9:00 AM	<i>Step Interval</i>		
9:00 AM	<i>Body Combat</i>		

**THANK YOU!**

We hope you enjoy the weekend!

**MAC** | MANCHESTER  
ATHLETIC CLUB

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Find us on     
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[www.macathletics.com](http://www.macathletics.com)