

MACAC Group & Aqua Exercise

Interim III Schedule

Monday, September 18th - Sunday, October 1st

MONDAY 5:00 AM-10:00 PM	TUESDAY 5:00 AM-10:00 PM	WEDNESDAY 5:00 AM-10:00 PM	THURSDAY 5:00 AM-10:00 PM	FRIDAY 5:00 AM-10:00 PM
5:15 AM SPINNING Studio B/Bill	5:15 AM SPINNING Studio B/Jeff	5:15 AM SPINNING Studio B/Becky	5:15 AM SPINNING Studio B/Debbie C	5:15 AM SPINNING Studio B/Rotation
5:30 AM MASTERS SWIM Outdoor Pool	6:00 AM \$\$ TFW-Strength Parisi	5:30 AM MASTERS SWIM Outdoor Pool	6:00 AM \$\$ TFW-EC Parisi	5:30 AM MASTERS SWIM Outdoor Pool
5:45 AM P90X Remix Studio A/Debbie C	7:00 AM MUSCLE BLAST Studio A/Felipe	5:45 AM P90X Remix Studio A/Debbie C	7:00 AM MUSCLE BLAST Studio A/Felipe	6:00 AM \$\$ TFW-Strength Parisi
6:00 AM \$\$ TFW-Hurricane Parisi	8:00 AM MUSCLE BLAST Studio A/Felipe	6:00 AM \$\$ TFW-EC Parisi	8:00 AM STRENGTH CIRCUIT W/TRX Studio A/Felipe	7:30AM YOGA BASICS Studio-B/Heidi
7:30AM HATHA YOGA Studio-B/Debbie S	8:30AM SPINLATES Studio-B/Sue	9:00 AM STEP & STRENGTH INTERVALS Studio-A/Cathy	9:00 AM TABATA CARDIO EXP Studio-A/Betsy	9:00 AM STEP & STRENGTH INTERVALS Studio-A/Cathy
9:00 AM TABATA CARDIO EXP Studio A/Cathy	9:00 AM DRUMFIT Studio A/Beth	9:00 AM SPINNING Studio B/Felipe	9:30 AM MUSCLE WORKS EXP Studio-A/Betsy	9:15 AM SPINNING Studio B/Betsy
9:00 AM SPINNING Studio A/Heather	9:30 AM \$\$ TFW-Strength Parisi	9:30 AM \$\$ TFW-EC Parisi	9:30 AM \$\$ TFW-EC Parisi	9:30 AM \$\$ TFW—Strength Parisi
9:30 AM \$\$ TFW-Hurricane Parisi	9:30 AM AQUA AEROBICS Indoor Pool	9:30 AM AQUA AEROBICS Indoor Pool	9:30 AM AQUA AEROBICS Indoor Pool	9:30 AM AQUA AEROBICS Indoor Pool
9:30 AM BARBELL STRENGTH Studio-A/Cathy	10:00 AM YOGA BASICS Studio-A/Heidi	10:15 AM STRENGTH CIRCUIT w/TRX Studio A/Felipe	10:00 AM YOGA BASICS Studio-A/Heidi	10:00 AM VINYASA YOGA Studio-A/Susan
9:30 AM AQUA AEROBICS Indoor Pool	11:00 AM RESTORATIVE & RELAXATION YOGA Studio A/Heidi	11:30 AM GOODLIFE AQUA Indoor Pool	11:00 AM RESTORATIVE & RELAXATION YOGA Studio A/Heidi	11:30 AM GOODLIFE AQUA Indoor Pool
10:30 AM VINYASA YOGA Studio-A/Debbie C	11:45 AM \$\$ BOGAFIT Indoor Pool	1:00 PM GOODLIFE CHAIR Studio-A/Carrie	11:45 AM \$\$ BOGAFIT Indoor Pool	12:00 PM MUSCLE WORKS Studio-A/Felipe
11:30 AM GOODLIFE AQUA Indoor Pool	1:00 PM CARDIO CONDITIONING Studio A/Carrie	4:30 PM STRENGTH & POWER Studio-A/Donna	12:15 PM MUSCLE WORKS Studio-A/Carrie	1:00 PM GOODLIFE CHAIR Studio-A/Sandra
1:00 PM GOODLIFE CHAIR Studio-A/Carrie	6:30 PM ZUMBA Studio-A/Desiree	5:30 PM BODY BLAST Studio-A/Armin	1:00 PM CARDIO CONDITIONING Studio A/Carrie	4:15 PM SPINNING Studio B/Allison
4:30 PM STRENGTH & POWER Studio A/Carrie	6:30 PM AQUA AEROBICS Indoor Pool	6:30 PM HATHA YOGA Studio-A/Debbie S	5:30 PM MUSCLE BLAST Studio-A/Felipe	
5:30 PM VINYASA YOGA Studio-A/Guillermina	6:30 PM MASTERS SWIM Outdoor Pool	6:30 PM SPINNING Studio B/Betsy	6:30 PM SPINNING Studio-B/Foss	
6:30 PM SPINNING Studio B/Becky		6:45 PM \$\$ BOGAFIT Indoor Pool	6:30 PM ZUMBA Studio A/Patricia	
6:45 PM \$\$ BOGAFIT Indoor Pool			6:30 PM AQUA AEROBICS Indoor Pool	
			6:30 PM MASTERS SWIM Outdoor Pool	

Blue-Spinning (*See Spin Schedule)
Aqua—Aquatic classes
Green-Active Older Adult
Orange-Mind/Body
Gold -Fee Based Training for Warrior Program

SATURDAY 6:00 AM-8:00 PM	SUNDAY 7:00 AM-8:00 PM
7:00 AM SUPER STEP Studio-A/Rotation	7:45 AM MASTERS SWIM Outdoor Pool
7:45 AM MASTERS SWIM Outdoor Pool	9:00 AM MUSCLE BLAST Studio A/Diane
8:00 AM MUSCLE WORKS Studio-A/Rotation	10:30 AM SPINNING Studio B/Foss
8:00 AM \$\$ TFW Energy Circuit Parisi	10:00 AM ZUMBA Studio A/Natalia
8:00 AM POWER YOGA Studio B/Lori	11:30 AM RESTORATIVE & RELAXATION YOGA Studio A/Guillermina
9:00 AM YOGA BASICS Studio-A/Lori	4:00 PM AQUA AEROBICS Indoor Pool
10:00 AM SPINNING Studio-B/Allison	
12:00 PM AQUA AEROBICS Indoor Pool	

MACKids Zone Hours
 Monday-Thursday 8:00-1:00 PM
 Monday-Thursday 3:30-7:30 PM
 Friday 8-1:00 PM
 Saturday 7:45AM-2:00 PM
 Sunday 9:00AM-1:00 PM

To our Members
 As more of our members and staff are able to make from the south side of the bayou we are able to offer a few more classes. Looking forward we hope to be able to offer more. There are many of our staff members that are still displaced. Please be patient, there could be changes of instructors as we go through the week. We want you all to have a place to go and burn off some of your frustrations, calm some of your nerves and just to give you a hug.
GOD BLESS YOU ALL!!!