


# WELLNESS CALENDAR

# JULY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>410.625.5000</b> <a href="http://macwellness.com">macwellness.com</a>		<b>1</b>  Hard Core & Cardio with Shawn Jones 12-12:30pm, 6-6:30pm & 7-7:30pm  Kinesis Experience with Michelle 5:30pm   Move Studio	<b>2</b>	<b>3</b>  Boxing Intensives with Wayne McFadden 9:30am   Empower  Kinesis Experience with Nan Rehfield 10:00am   Move Studio  Smackdown with Vinny Faust 11:30am   Empower
	<b>4</b>  <b>Happy Independence Day!</b>  <b>Club Hours:</b> 8:00am-1:00pm	<b>5</b>  Aquatic Hardcore with Lamont Arnold 7:00-7:45am  Kinesis for Tennis/Golf with Meredith 12:15pm   Move Studio  Kinesis Emerge with Meredith 6:00pm   Move Studio	<b>6</b>  F.I.T. with Molli Moyer 7am & 6pm   Move Studio  Aquatic Hardcore with Lamont Arnold 11-11:45am & 7-7:45pm  Smackdown with Vinny Faust 6:00am & 6:00pm	<b>7</b>  F.I.T. with Molli Moyer 7am & 6pm   Move Studio  Kinesis Foundation with Molli 1:00pm   Move Studio  Kinesis for Tennis/Golf with Meredith 12:00pm   Move Studio	<b>8</b>  Hard Core & Cardio with Shawn Jones 12-12:30pm, 6-6:30pm & 7-7:30pm  Kinesis Experience with Michelle 5:30pm   Move Studio	<b>9</b>  <b>Date Night</b> 5:00-8:00pm Kids Club
<b>11</b>  Kinesis Experience with Nan Rehfield 10:00am   Move Studio	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>  <b>FITNESS FLOOR RE-OPENS</b>	<b>17</b>  <b>AQUATICS RE-OPENS</b>
<b>18</b>  Kinesis Experience with Nan Rehfield 10:00am   Move Studio	<b>19</b>  Aquatic Hardcore with Lamont Arnold 7:00-7:45am  Kinesis for Tennis/Golf with Meredith 12:15pm   Move Studio  Kinesis Emerge with Meredith 6:00pm   Move Studio	<b>20</b>  F.I.T. with Molli Moyer 7am & 6pm   Move Studio  Aquatic Hardcore with Lamont Arnold 11-11:45am & 7-7:45pm  Belly Dance Basics with Shems 6:00pm   Flow Studio	<b>21</b>  Best Body Boot Camp with TJ Forney 6:30am & 6:00pm Empower Studio  F.I.T. with Molli Moyer 7am & 6pm   Move Studio  Prenatal H2O with Debbie Tracy 6:00-7:00pm	<b>22</b>  Belly Dance Basics with Shems 6:00pm   Flow Studio  Belly Dance Essentials with Shems 8:15pm   Energy Studio  Technique & Musicality with Shems 7:15pm   Energy Studio	<b>23</b>	<b>24</b>  Boxing Intensives with Wayne McFadden 9:30am   Empower  Smackdown with Vinny Faust 11:30am   Empower  <b>Spin Fundamentals</b> with Alison Schlenger 10-11:30am   Ride Studio
<b>25</b>  Kinesis Experience with Nan Rehfield 10:00am   Move Studio	<b>26</b>  Aquatic Hardcore with Lamont Arnold 7:00-7:45am  Kinesis for Tennis/Golf with Meredith 12:15pm   Move Studio  Best Body Boot Camp with TJ Forney 6:30am & 6:00pm Empower Studio	<b>27</b>  F.I.T. with Molli Moyer 7am & 6pm   Move Studio  Aquatic Hardcore with Lamont Arnold 11-11:45am & 7-7:45pm  Belly Dance Basics with Shems 6:00pm   Flow Studio	<b>28</b>  Best Body Boot Camp with TJ Forney 6:30am & 6:00pm Empower Studio  F.I.T. with Molli Moyer 7am & 6pm   Move Studio  Prenatal H2O with Debbie Tracy 6:00-7:00pm	<b>29</b>  Belly Dance Basics with Shems 6:00pm   Flow Studio  Belly Dance Essentials with Shems 8:15pm   Energy Studio  Technique & Musicality with Shems 7:15pm   Energy Studio	<b>30</b>	<b>31</b>  Boxing Intensives with Wayne McFadden 9:30am   Empower  Kinesis Experience with Nan Rehfield 10:00am   Move Studio  Smackdown with Vinny Faust 11:30am   Empower

All of our programs are open to members and non-members!