


WELLNESS CALENDAR

MAY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Triple Threat with Nan Rehfield 9:30-11:00am Kids Yoga with Kelley Blum 10:30-11:30am Energy Ladies Boxing Fusion with LT Thomas 1:00pm	2 Corporate Xpress Fusion with Jason Williams 12-12:30pm Ring Ready with Wayne McFadden 7:30-8:30pm	3 Aquatic Hardcore with Lamont Arnold 11-11:45am & 7-7:45pm Smackdown with Vinny Faust 6:00am & 6:00pm Belly Dance Basics with Shems 6:00-7:00pm Flow Level 2 Ballet Lessons with Jessica McDonald 8:00pm Flow Studio	4 Ladies Boxing Fusion with LT Thomas 12:00pm Corporate Xpress Fusion with Jason Williams 12-12:30pm Prenatal H2O with Debby Tracy 6:00-7:00pm	5 Ladies Boxing Fusion with LT Thomas 7:30pm Belly Dancing w/Shems Technique: 7:15-8:15pm Essentials: 8:15-9:15pm	6 Corporate Xpress Fusion with Jason Williams 12-12:30pm	7 Smackdown with Vinny Faust 11:30am Empower Rock & Roll with Nan & Melanie 10:00am Ballet Lessons Beginner: 1:30-2:30pm Interim: 12:30-1:30pm Flow Studio
8 Triple Threat with Nan Rehfield 9:30-11:00am Ladies Boxing Fusion with LT Thomas 1:00pm	9 Corporate Xpress Fusion with Jason Williams 12-12:30pm Ring Ready with Wayne McFadden 7:30-8:30pm	10 Aquatic Hardcore with Lamont Arnold 11-11:45am & 7-7:45pm Smackdown with Vinny Faust 6:00am & 6:00pm Belly Dance Basics with Shems 6:00-7:00pm Flow Level 2 Ballet Lessons with Jessica McDonald 8:00pm Flow Studio	11 Ladies Boxing Fusion with LT Thomas 12:00pm Corporate Xpress Fusion with Jason Williams 12-12:30pm Prenatal H2O with Debby Tracy 6:00-7:00pm	12 Ladies Boxing Fusion with LT Thomas 7:30pm Belly Dancing w/Shems Technique: 7:15-8:15pm Essentials: 8:15-9:15pm	13 Corporate Xpress Fusion with Jason Williams 12-12:30pm Date Night 5:00-8:00pm Kids Club	14 Rock & Roll with Nan & Melanie 10:00am Ballet Lessons Beginner: 1:30-2:30pm Interim: 12:30-1:30pm Flow Studio Salsa Lessons with KayaDance 12:30-1:30pm
15 Triple Threat with Nan Rehfield 9:30-11:00am Ladies Boxing Fusion with LT Thomas 1:00pm	16 Corporate Xpress Fusion with Jason Williams 12-12:30pm Ring Ready with Wayne McFadden 7:30-8:30pm	17 Aquatic Hardcore with Lamont Arnold 11-11:45am & 7-7:45pm Smackdown with Vinny Faust 6:00am & 6:00pm Belly Dance Basics with Shems 6:00-7:00pm Flow Level 2 Ballet Lessons with Jessica McDonald 8:00pm Flow Studio	18 Ladies Boxing Fusion with LT Thomas 12:00pm Corporate Xpress Fusion with Jason Williams 12-12:30pm Prenatal H2O with Debby Tracy 6:00-7:00pm	19 Ladies Boxing Fusion with LT Thomas 7:30pm Belly Dancing w/Shems Technique: 7:15-8:15pm Essentials: 8:15-9:15pm	20 Corporate Xpress Fusion with Jason Williams 12-12:30pm	21 Smackdown with Vinny Faust 11:30am Empower Rock & Roll with Nan & Melanie 10:00am Ballet Lessons Beginner: 1:30-2:30pm Interim: 12:30-1:30pm Flow Studio Salsa Lessons with KayaDance 12:30-1:30pm
22 Triple Threat with Nan Rehfield 9:30-11:00am Ladies Boxing Fusion with LT Thomas 1:00pm	23 Corporate Xpress Fusion with Jason Williams 12-12:30pm Ring Ready with Wayne McFadden 7:30-8:30pm	24 Aquatic Hardcore with Lamont Arnold 11-11:45am & 7-7:45pm Smackdown with Vinny Faust 6:00am & 6:00pm Belly Dance Basics with Shems 6:00-7:00pm Flow Level 2 Ballet Lessons with Jessica McDonald 8:00pm Flow Studio	25 Ladies Boxing Fusion with LT Thomas 12:00pm Corporate Xpress Fusion with Jason Williams 12-12:30pm Prenatal H2O with Debby Tracy 6:00-7:00pm	26 Ladies Boxing Fusion with LT Thomas 7:30pm Belly Dancing w/Shems Technique: 7:15-8:15pm Essentials: 8:15-9:15pm	27 Corporate Xpress Fusion with Jason Williams 12-12:30pm Date Night 5:00-8:00pm Kids Club	28 Smackdown with Vinny Faust 11:30am Empower Rock & Roll with Nan & Melanie 10:00am Ballet Lessons Beginner: 1:30-2:30pm Interim: 12:30-1:30pm Flow Studio Salsa Lessons with KayaDance 12:30-1:30pm
29 Triple Threat with Nan Rehfield 9:30-11:00am Ladies Boxing Fusion with LT Thomas 1:00pm	30 OPEN 8AM-1PM FOR MEMORIAL DAY	31 Aquatic Hardcore with Lamont Arnold 11-11:45am & 7-7:45pm Smackdown with Vinny Faust 6:00am & 6:00pm Belly Dance Basics with Shems 6:00-7:00pm Flow Level 2 Ballet Lessons with Jessica McDonald 8:00pm Flow Studio		410.625.5000 macwellness.com		

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