


WELLNESS CALENDAR

JULY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>410.453.9111 macwellness.com</p>		<p>1</p> <p>Beauty & the Beast with Aundre Perkins 9:25a Basketball Court</p> <p>Cardio Power 101 with Tim Salla 12:00pm Main MAC</p> <p>Indoor Volleyball 8:00pm Basketball Court</p>	<p>2</p> <p>Boot Camp with Billy DeLorbe 7:00am & 12:30pm</p> <p>K.Y.A. with Russ Williams 9:30-10:30am Studio C</p> <p>Mommy's Time Out 1:00-4:00pm Kids Club</p>	<p>3</p> <p>SWEAT with Aundre Perkins 7-8am Studio A</p>
	<p>4</p> <p>Happy Independence Day!</p> <p>Club Hours: 7:00am-1:00pm</p>	<p>5</p> <p>K.Y.A. with Russ Williams 9:30-10:30am Studio C</p> <p>Beauty & the Beast with Aundre Perkins 9:25a Basketball Court</p> <p>New session of swim lessons begins</p>	<p>6</p> <p>Boot Camp with Billy DeLorbe 7:00-8:00am Main MAC</p> <p>Body Blast with Paul Charbonnier 8:15-9:15am</p> <p>Mommy's Time Out 1:00-4:00pm Kids Club</p>	<p>7</p> <p>SWEAT with Aundre Perkins 6:00-7:00am Studio C</p> <p>Running Camp with Neal Kopasek 10:00am Cardio Theatre</p>	<p>8</p> <p>Beauty & the Beast with Aundre Perkins 9:25a Basketball Court</p> <p>Cardio Power 101 with Tim Salla 12:00pm Main MAC</p> <p>Indoor Volleyball 8:00pm Basketball Court</p>	<p>9</p> <p>Boot Camp with Billy DeLorbe 7:00am & 12:30pm</p> <p>K.Y.A. with Russ Williams 9:30-10:30am Studio C</p> <p>Mommy's Time Out 1:00-4:00pm Kids Club</p>
<p>11</p> <p>Intro to Spinning with Hunter McCulloch 11:30am Studio B</p>	<p>12</p> <p>K.Y.A. with Russ Williams 9:30-10:30am Studio C</p> <p>Beauty & the Beast with Aundre Perkins 9:25a Basketball Court</p>	<p>13</p> <p>Boot Camp with Billy DeLorbe 7:00-8:00am Main MAC</p> <p>Body Blast with Paul Charbonnier 8:15-9:15am</p> <p>Mommy's Time Out 1:00-4:00pm Kids Club</p> <p>CPR Certification 6:00-9:00pm LSC</p>	<p>14</p> <p>SWEAT with Aundre Perkins 6:00-7:00am Studio C</p> <p>Running Camp with Neal Kopasek 10:00am Cardio Theatre</p>	<p>15</p> <p>Beauty & the Beast with Aundre Perkins 9:25a Basketball Court</p> <p>Cardio Power 101 with Tim Salla 12:00pm Main MAC</p> <p>Indoor Volleyball 8:00pm Basketball Court</p>	<p>16</p> <p>Boot Camp with Billy DeLorbe 7:00am & 12:30pm</p> <p>Date Night 6:00-9:00pm Kids Club</p> <p>Zumbathon with Mo Diakite 6:00-8:00pm Basketball Court</p>	<p>17</p> <p>SWEAT with Aundre Perkins 7:00-8:00am Studio A</p>
<p>18</p>	<p>19</p> <p>K.Y.A. with Russ Williams 9:30-10:30am Studio C</p> <p>Beauty & the Beast with Aundre Perkins 9:25a Basketball Court</p> <p>New session of Healthy Series begins</p>	<p>20</p> <p>Boot Camp with Billy DeLorbe 7:00-8:00am Main MAC</p> <p>Body Blast with Paul Charbonnier 8:15-9:15am</p> <p>Mommy's Time Out 1:00-4:00pm Kids Club</p>	<p>21</p> <p>SWEAT with Aundre Perkins 6:00-7:00am Studio C</p> <p>Running Camp with Neal Kopasek 10:00am Cardio Theatre</p> <p>CPR Certification 6:00-9:00pm LSC</p>	<p>22</p> <p>Beauty & the Beast with Aundre Perkins 9:25a Basketball Court</p> <p>Benefits of Aquatic Exercise Lecture with Karen Alexander 6:30pm LSC</p> <p>Indoor Volleyball 8:00pm Basketball Court</p>	<p>23</p> <p>Boot Camp with Billy DeLorbe 7:00am & 12:30pm</p> <p>Mommy's Time Out 1:00-4:00pm Kids Club</p> <p>NCR Trail Ride with Maria & Spook 4:30-6:30pm NCR Trail</p>	<p>24</p> <p>SWEAT with Aundre Perkins 7:00-8:00am Studio A</p>
<p>25</p>	<p>26</p> <p>K.Y.A. with Russ Williams 9:30-10:30am Studio C</p> <p>Beauty & the Beast with Aundre Perkins 9:25a Basketball Court</p>	<p>27</p> <p>Boot Camp with Billy DeLorbe 7:00-8:00am Main MAC</p> <p>Body Blast with Paul Charbonnier 8:15-9:15am</p> <p>Mommy's Time Out 1:00-4:00pm Kids Club</p>	<p>28</p> <p>SWEAT with Aundre Perkins 6:00-7:00am Studio C</p> <p>Running Camp with Neal Kopasek 10:00am Cardio Theatre</p> <p>Intro to Spinning with Hunter McCulloch 6:00pm Studio B</p>	<p>29</p> <p>Beauty & the Beast with Aundre Perkins 9:25a Basketball Court</p> <p>Cardio Power 101 with Tim Salla 12:00pm Main MAC</p> <p>Indoor Volleyball 8:00pm Basketball Court</p>	<p>30</p> <p>Boot Camp with Billy DeLorbe 7:00am & 12:30pm</p> <p>K.Y.A. with Russ Williams 9:30-10:30am Studio C</p> <p>Mommy's Time Out 1:00-4:00pm Kids Club</p>	<p>31</p> <p>SWEAT with Aundre Perkins 7:00-8:00am Studio A</p>

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