


WELLNESS CALENDAR

MAY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Hips & Hamstrings with Dee Huddles 10:00am Studio C</p> <p>Intro to Spinning with Hunter McCulloch 11:00am Studio B</p>	<p>2</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>3</p> <p>Boot Camp with Billy DeLorbe 7:00-8:00am Main MAC</p> <p>H2O Boot Camp with Karen Alexander 5:00-6:00pm</p> <p>Beach Body Boot Camp with Amanda Lane 5:00-5:45pm Studio C</p>	<p>4</p> <p>SWEAT with Aundre Perkins 6:00-7:00am Studio C</p> <p>H2O Boot Camp with Karen Alexander 4:00-5:00pm</p> <p>Running Camp with Neal Kopasek 10:00am Cardio Theatre</p>	<p>5</p> <p>Beauty & the Beast with Aundre Perkins 9:25a Basketball Court</p> <p>H2O Boot Camp with Karen Alexander 6:00-7:00pm</p> <p>Indoor Volleyball 8:00pm B-ball Court</p>	<p>6</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>Date Night 6-10pm Kids Club</p>	<p>7</p> <p>SWEAT with Aundre Perkins 7:05-7:50am Studio A</p>
<p>8</p>	<p>9</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>10</p> <p>Boot Camp with Billy DeLorbe 7:00-8:00am Main MAC</p> <p>H2O Boot Camp with Karen Alexander 5:00-6:00pm</p> <p>Beach Body Boot Camp with Amanda Lane 5:00-5:45pm Studio C</p>	<p>11</p> <p>SWEAT with Aundre Perkins 6:00-7:00am Studio C</p> <p>H2O Boot Camp with Karen Alexander 4:00-5:00pm</p> <p>Running Camp with Neal Kopasek 10:00am Cardio Theatre</p>	<p>12</p> <p>Beauty & the Beast with Aundre Perkins 9:25a Basketball Court</p> <p>H2O Boot Camp with Karen Alexander 6:00-7:00pm</p> <p>Indoor Volleyball 8:00pm B-ball Court</p>	<p>13</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>14</p> <p>SWEAT with Aundre Perkins 7:05-7:50am Studio A</p> <p>Wu Xing Yoga for Kids 11:30am-12:15 (5-7 yrs) 12:30-1:15pm (8-10 yrs) Studio C</p> <p>MAC90X with Andrea & Paul 11:30am-1:00pm</p>
<p>15</p>	<p>16</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>17</p> <p>Boot Camp with Billy DeLorbe 7:00-8:00am Main MAC</p> <p>H2O Boot Camp with Karen Alexander 5:00-6:00pm</p> <p>Beach Body Boot Camp with Amanda Lane 5:00-5:45pm Studio C</p>	<p>18</p> <p>H2O Boot Camp with Karen Alexander 4:00-5:00pm</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>19</p> <p>Beauty & the Beast with Aundre Perkins 9:25a Basketball Court</p> <p>H2O Boot Camp with Karen Alexander 6:00-7:00pm</p> <p>Indoor Volleyball 8:00pm B-ball Court</p>	<p>20</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>Date Night 6-10pm Kids Club</p>	<p>21</p> <p>SWEAT with Aundre Perkins 7:05-7:50am Studio A</p> <p>Wu Xing Yoga for Kids 11:30am-12:15 (5-7 yrs) 12:30-1:15pm (8-10 yrs) Studio C</p>
<p>22</p>	<p>23</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>24</p> <p>Boot Camp with Billy DeLorbe 7:00-8:00am Main MAC</p> <p>H2O Boot Camp with Karen Alexander 5:00-6:00pm</p> <p>Beach Body Boot Camp with Amanda Lane 5:00-5:45pm Studio C</p>	<p>25</p> <p>SWEAT with Aundre Perkins 6:00-7:00am Studio C</p> <p>H2O Boot Camp with Karen Alexander 4:00-5:00pm</p> <p>Running Camp with Neal Kopasek 10:00am Cardio Theatre</p>	<p>26</p> <p>Beauty & the Beast with Aundre Perkins 9:25a Basketball Court</p> <p>H2O Boot Camp with Karen Alexander 6:00-7:00pm</p> <p>Indoor Volleyball 8:00pm B-ball Court</p>	<p>27</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>28</p> <p>Men vs. Women SWEAT Challenge with Aundre Perkins 7:05-9:15am Studio A</p>
<p>29</p>	<p>30</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>31</p> <p>Boot Camp with Billy DeLorbe 7:00-8:00am Main MAC</p> <p>H2O Boot Camp with Karen Alexander 5:00-6:00pm</p> <p>Beach Body Boot Camp with Amanda Lane 5:00-5:45pm Studio C</p>		<p>410.453.9111 macwellness.com</p>		

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