



MEMORIAL ATHLETIC CLUB
AND AQUATIC CENTER

MAC Outdoor Group X Class Options September 21st-27th

Monday

6am Outdoor HIIT Camp with Debbie C at St John Vianney, in the grassy area on the east side of the church alongside Nottingham Oaks Trail under the oak trees.

7:30am Outdoor Hatha Yoga with Debbie S - at St John Vianney off Nottingham Oaks Trail, in the back parking area behind the church. Please bring a mat and a beach towel for under their mat, any yoga props you wish to use, and water.

5:45pm Outdoor Vinyasa Yoga with Guillermina - at the gazebo in Terry Hershey Park 15342 Memorial Dr.

Tuesday

6:30pm Family Bootcamp with Armin at St John Vianney, in the grassy area on the east side of the church alongside Nottingham Oaks Trail under the oak trees.

Wednesday

6am Outdoor HIIT Camp with Debbie C at St John Vianney, in the grassy area on the east side of the church alongside Nottingham Oaks Trail under the oak trees.

7:30am Outdoor 30 min HIIT Express & 30 min Muscle Exp with Armin -at the gazebo in Terry Hershey Park 15342 Memorial Dr.

Friday

6am Outdoor HIIT Camp with Debbie C at St John Vianney, in the grassy area on the east side of the church alongside Nottingham Oaks Trail under the oak trees.

7:30am Outdoor 30 min HIIT Express & 30 min Muscle Exp with Betsy - at the gazebo in Terry Hershey Park 15342 Memorial Dr.

Sunday

8am Outdoor Vinyasa Yoga with Guillermina - at the gazebo in Terry Hershey Park 15342 Memorial Dr.

Please make sure to bring a water bottle, towel, mat and any weights or resistance bands you have. Make sure to spread out. Contact Carrie at groupx@fitmac.com for any questions.