



Labor Day

# group fitness

# labor day holiday weekend schedule

All East Hills and MAC Members may participate in Group Fitness classes at all 3 clubs this holiday weekend

## East Hills

### Friday, September 4th

- 8:00am Free Style Strength
- 8:00am STAYFit
- 9:00am Power Zumba
- 9:00am BodyStep
- 10:00am Pilates Mat
- 10:00am BodyFlow
- 12:00pm BodyPump

### Saturday, September 5th

- 8:00am BodyPump
- 9:00am Cycle
- 9:00am Zumba
- 9:00am BodyCombat
- 9:00am AquaChallenge-OHSS
- 10:00am Outdoor Yoga-OHSS

### Sunday, September 6th

- 4:00pm BodyPump-45
- 4:45pm BodyStep-45

### Monday, September 7th

- 8:05am Cycle
- 9:00am AquaChallenge-OHSS
- 9:00am BodyPump-45
- 9:45am BodyCombat-45
- 10:00am Pilates Mat

## The MAC

### Friday, September 4th

- 6:00am Cycle
- 8:45am BodyPump
- 8:00am Pilates Mat
- 9:00am TurboKick
- 9:15am AquaFit
- 9:50am Stretch & Flex Yoga

### Saturday, September 5th

- 7:20am BodyPump
- 8:30am Cycle
- 9:00am AquaFit-OHSS
- 9:30am TurboKick
- 10:00am Outdoor Yoga-OHSS

### Sunday, September 6th

- 9:00am BodyPump

### Monday, September 7th

- 8:05am BodyPump
- 9:10am Zumba
- 9:00am AquaChallenge - OHSS
- 10:15am Stretch & Flex Yoga

## Club Hours

### Monday, September 7th

East Hills Hours 8:00am-2:00pm

MAC Hours 8:00am-2:00pm.

All Playrooms will be closed on  
Sunday & Monday