



THE MAC

MANITOWISH WATERS
ATHLETIC CLUB

July 2025

Phone: 715-543-2808

mac-mw.com

Mon – Sun: 6:30 AM – 7:00 PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <div>Spin 7:30 AM</div> <div>Balance and Mobility 9:00 AM</div> <div>Aqua Fitness 🌊 10:15 AM</div>	2 <div>Pilates 9:00 AM</div> <div>Stretch and Roll 10:15 AM</div> <div>Chair Yoga 3:00 PM</div>	3 <div>Spin 30 7:30 AM</div> <div>Cardio Drumming 9:00 AM</div> <div>Warm Yoga* 10:15 AM</div>	4 <div>No Classes</div>	5 <div>Vinyasa Flow Yoga 9:00 AM</div>
6 <div>Restorative Yoga 9:00 AM</div>	7 <div>Body Circuit 9:00 AM</div>	8 <div>Spin 7:30 AM</div> <div>Balance and Mobility 9:00 AM</div> <div>Aqua Fitness 🌊 10:15 AM</div>	9 <div>Pilates 9:00 AM</div> <div>Stretch and Roll 10:15 AM</div> <div>Chair Yoga 3:00 PM</div>	10 <div>Spin 30 7:30 AM</div> <div>Cardio Drumming 9:00 AM</div> <div>Warm Yoga* 10:15 AM</div>	11 <div>Pilates 9:00 AM</div> <div>Yin Yoga* 10:15 AM</div> <div>Barre 11:15 AM</div>	12 <div>Vinyasa Flow Yoga 9:00 AM</div>
13 <div>Restorative Yoga 9:00 AM</div>	14 <div>Body Circuit 9:00 AM</div>	15 <div>Spin 7:30 AM</div> <div>Balance and Mobility 9:00 AM</div> <div>Guided Meditation 10:30 AM</div>	16 <div>Pilates 9:00 AM</div> <div>Stretch and Roll 10:15 AM</div> <div>Chair Yoga 3:00 PM</div>	17 <div>Spin 30 7:30 AM</div> <div>Cardio Drumming 9:00 AM</div> <div>Warm Yoga* 10:15 AM</div>	18 <div>Pilates 9:00 AM</div> <div>Yin Yoga* 10:15 AM</div> <div>Barre 11:15 AM</div>	19 <div>Vinyasa Flow Yoga 9:00 AM</div>
20 <div>Restorative Yoga 9:00 AM</div>	21 <div>Body Circuit 9:00 AM</div>	22 <div>Spin 7:30 AM</div> <div>Balance and Mobility 9:00 AM</div> <div>Aqua Fitness 🌊 10:15 AM</div>	23 <div>Pilates 9:00 AM</div> <div>Stretch and Roll 10:15 AM</div> <div>Chair Yoga 3:00 PM</div>	24 <div>Spin 30 7:30 AM</div> <div>Cardio Drumming 9:00 AM</div> <div>Warm Yoga* 10:15 AM</div>	25 <div>Pilates 9:00 AM</div> <div>Yin Yoga* 10:15 AM</div> <div>Barre 11:15 AM</div>	26 <div>Vinyasa Flow Yoga 9:00 AM</div>
27 <div>Restorative Yoga 9:00 AM</div>	28 <div>Body Circuit 9:00 AM</div>	29 <div>Spin 7:30 AM</div> <div>Balance and Mobility 9:00 AM</div> <div>Aqua Fitness 🌊 10:15 AM</div>	30 <div>Pilates 9:00 AM</div> <div>Stretch and Roll 10:15 AM</div> <div>Chair Yoga 3:00 PM</div>	31 <div>Spin 30 7:30 AM</div> <div>Cardio Drumming 9:00 AM</div> <div>Warm Yoga* 10:15 AM</div>	 <div>Kayak and Paddleboard Rentals Free to Members</div>	

* Class held around the pool

 Pool Class