

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	Rise+Shine Yoga Kristen (A) 55m HIIT Armando (SC) 30m *Interval Ride Lisa (CY) 55m	MAC Circuit Jessie (SC) 55m	*Strength Ride Tobin (CY) 55m Bootcamp Armando (SC) 55m	MAC Circuit Tobin (SC) 55m	*Interval Ride Tobin (CY) 55m		
7:00	BODYPUMP Sue R (SC) 60m *Barre Lynnee (B) 55m	Muscle Conditioning Jessie (SC) 55m	*TRX Darren (B) 55m Vinyasa Yoga Wendy (A) 75m BODYPUMP Amanda (SC) 60m	Muscle Conditioning Jessie (SC) 55m	*TRX Darren (B) 55m Vinyasa Yoga Wendy (A) 75m	*TRX Tara (B) 55m	
7:30		Power Line Dancing Jeff (A) 55m		Power Line Dancing Jeff (A) 55m			
8:00	Nia Linda (A) 55m *Barre Heather (B) 55m	Strength & Stretch Laura (B) 55m	Nia Linda (B) 55m	*Length & Lean Barre Haley (B) 55m	*Interval Ride Marcy (CY) 55m ZumbaTone Lindsay (SC) 55m	BODYCOMBAT Sue R (SC) 55m Zumba Christina (A) 55m	Muscle Conditioning Armando (SC) 55m
8:30	Guts+Butts Shannon (SC) 30m Aquatics Beth (P) 45m	Length <i>NEW!</i> Haley (A) 30m Aquacize Plus Marcy (P) 45m Guts+Butts Nikki (SC) 30m	Guts+Butts Shannon (SC) 30m Aquatics Dixie Lee (P) 45m Core Fusion Lindsay (A) 30m	Stretch It Linda (A) 30m Aquacize Plus Marcy (P) 45m Power Sculpt Exp. Kara (SC) 30m	Stretch It Shannon (A) 30m Aquatics Tracy (P) 45m *TRX XTRA Nikki (B) 30m	Aquatics Beth (P) 45m	
9:05	BODYCOMBAT Kathy (SC) 55m *Interval Ride Nikki (CY) 55m Step Interval Shannon (A) 55m	Power Sculpt Nikki (SC) 55m *Interval Ride Haley (CY) 55m Zumba Lindsay (A) 55m	Step Interval Shannon (A) 55m *Strength/Intv. Ride Megan (CY) 55m	Power Sculpt Nikki (SC) 55m *Interval Ride Kara (CY) 55m Power Yoga Alli P (A) 55m	*Barre Lindsay (B) 55m *Interval Ride Nikki (CY) 55m Step Interval Shannon (A) 55m	*Interval Ride Haley (CY) 55m BODYPUMP Amanda (SC) 60m *Barre Lynnee (B) 55m Gentle Yoga Catherine (A) 90m	*Interval Ride Lisa (CY) 55m Power Yoga Alli P (A) 75m
9:15			MAC Circuit Nikki (SC) 45m *Barre Heather (B) 55m				
9:30					BODYPUMP Kathy (SC) 60m		
10:05	BODYPUMP Kathy (SC) 60m Mat Pilates Lindsay (A) 55m	Slow Power Yoga Betsy (A) 90m *Barre Haley (B) 55m	Stretch It Shannon (A) 30m *Interval Ride <i>NEW!</i> Kara (CY) 55m	Slow Power Yoga Betsy (A) 90m *Barre Andi (B) 55m	Slow Power Yoga Suzanne (A) 55m	*Barre Carol (B) 55m	*Barre <i>NEW!</i> Lindsay (B) 55m
10:15	*TRX XTRA Nikki (B) 45m				*Barre XTRA Nikki (B) 45m		
10:35			Fit at Any Age Carol (SC) 55m Mat Pilates Haley (A) 55m		Fit at Any Age Kathy (SC) 55m	Power Yoga Cindy (A) 75min	
11:05	Gentle Yoga Susan H. (A) 75m			Tai Chi Carla (SC) 55m *TRX at Any Age Nikki (B) 55m <i>NEW!</i>	Mat Pilates Katherine (A) 55m		
11:15	Fit at Any Age Carol (SC) 55m						
11:35	Aquatics <i>NEW!</i> Violet (P) 45m	Aquatics Janet (P) 45m	Chair Yoga Catherine (A) 55m	Aquatics Beth (P) 45m			
12:00		MAC Circuit Jessie (SC) 55m	*Barre Lindsay (B) 55m			Restorative Yoga Ramani (A) 75m <i>NEW!</i>	
3:30	*STRONG Girls! Laura (B) 55m <i>NEW!</i>					<h2 style="color: red; text-align: center;">Fall 2018</h2> <h3 style="text-align: center;">GROUP FITNESS SCHEDULE</h3> <p style="text-align: center; background-color: red; color: white; padding: 5px;">Effective November 5, 2018</p> <p style="text-align: center;">* Online registration required</p> <p style="text-align: center;">(Can be done through our app: MAC Fitness Clubs)</p> <p style="text-align: center; color: red;">Class Locations</p> <p style="text-align: center;">A = Studio A B = Studio B CY = Cycling Studio SC = Sport Court P = Pool</p>	
4:00				*Endurance Ride Emily (CY) 55m			
5:00	Power Sculpt Lindsay (A) 55m	Mat Pilates Lindsay (A) 55m	Zumba Laura (A) 55m *Interval Ride Jessica (CY) 55m	Power Sculpt Jessie (A) 55m			
5:30	Aquatics Kelly (P) 45m		Aquatics Tracy (P) 45m	Aquatics Amy (P) 45m	Flow & Restore Yoga Kristen (A) 55m <i>NEW!</i>		
6:05	*Interval Ride Marcy/Amanda (CY) 55m *Barre Haley (B) 55m Flow + Restore Yoga Ramani (A) 75m	*Endurance Ride Emily (CY) 55m BODYPUMP Amanda (SC) 60m Flow + Restore Yoga Suzanne (A) 75m	BODYCOMBAT Sue R (SC) 55m Arms & Abs <i>NEW!</i> Jessica (A) 30m	Hip Hop <i>NEW!</i> Laura (A) 55m BODYPUMP Sue R. (SC) 60m *Barre Carol (B) 55m			
6:35			Guts+Butts Jessie (A) 30m				
7:05			HIIT Jessie (A) 30m				

STRENGTH TRAINING



is the fastest way to shape up & lose body fat. BODYPUMP is a toning & conditioning class with barbells to work the entire body! It's perfect for both men & women who want to work on just strength training.

Muscle Conditioning Pump your muscles by toning, defining, & sculpting using a variety of hand-held weights in this free style program that works the total body. A great way to improve or maintain your body tone & bone density.

STRONG GIRLS! This engaging group fitness program for girls ages 8-12 includes formats of Yoga, Pilates, Zumba, Hip-Hop, Strength Training, TRX and stretching. Learn fun ways to get fit! Pre-registration required.

30 MINUTE WORKOUTS

Guts & Butts A concentrated 30-minute workout focusing on core & hard to target lower body (butt & thighs) & abs.

Arms & Abs A concentrated 30- minute workout focusing on core strengthening and upper body toning using body weight exercises and free weights.

HIIT Enjoy this half hour high intensity interval training workout that combines intervals of cardio, body weight training and core training. It is a total body, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance.

Core Fusion This fusion based class combines yoga, barre and pilates moves to strengthen your core, tone your body, and work on core balance. It will incorporate pilates props, body weight exercises and light weights in this quick and effective 30- minute class.

CIRCUIT TRAINING

TRX uses the TRX suspension trainer that leverages gravity & your body weight to perform hundreds of exercises. You are in control of how much you want to challenge yourself. You work total body, build a solid core & increase muscle endurance. *Online registration is required up to 6 days in advance.*

TRX At- Any- Age This class is perfect for anyone new to TRX and looking for a low impact workout that works the total body. The TRX leverages gravity & your body weight to perform hundreds of exercises. You will build a solid core & increase muscle endurance along with the benefits of mobility exercises for the ankle, hip, thoracic spine and shoulders. *Online registration is required up to 6 days in advance.*

TRX XTRA is a workout using the TRX suspension trainer & various equipment with intervals to work muscular & cardio vascular endurance. A total body conditioning class! *Online registration is required up to 6 days in advance.*

MAC Circuit You never know what you're going to get! A series of cardio & strength intervals set up in a circuit style guaranteed to tone you up, strengthen your core, lose weight & get you fit. *Open to all ages & abilities.*

Boot Camp A Military style training that incorporates calisthenics, equipment, and body weight exercises. Targeting cardio and strength techniques, every work out will challenge participants to push harder than they would ever push themselves!

INDOOR CYCLING*

Indoor cycling is a great cardiovascular exercise open to all fitness levels. Reservations are required for all cycling classes. Spots may be reserved online up to 6 days in advance.

Interval Ride Cross training emphasizing speed, tempo, timing, rhythm while pedaling down flat roads with intervals of jumps to challenge the heart rate.

** MAC reserves the right to cancel or replace any class under any circumstance.*

Strength Ride Steady, consistent pedaling with a heavier resistance to promote muscular cardiovascular development. Endurance Ride Maintain a steady pace for the entire ride to be more efficient at metabolizing fat, & work aerobic capacity.

Endurance Ride Maintain a steady pace for the entire ride to be more efficient at metabolizing fat, and work aerobic capacity.

BARRE

Registration is required. Spots may be reserved online up to 6 days in advance.

Barre Sculpt lean and toned muscles through a series of ballet and pilates based moves. Barre will change your body with attention to toning thighs, arms, glutes and abdominals. Class focuses on fluidity of movement posture and flexibility to create a lengthened body.

Barre XTRA This fusion class combines movements from barre and TRX suspension trainer. This class compliments the fluidity of barre with toning and sculpting while gaining core strength using your own bodyweight with the TRX.

Length & Lean Barre A low-impact, fusion class which incorporates barre, yoga, strength and Pilates exercises to give you a total body workout. The ending third of the class time is focused on flexibility with stretching exercises to create the long, lean muscles we desire.

Strength & Stretch Increase resilience and help prevent injury with body weight exercises that build both strength and flexibility. This class fuses pilates, yoga, and jazz dance techniques to challenge the body in a dynamic, energetic, and fun class format.

MIND / BODY

Tai Chi A simple form of flowing movement practice done standing and moving in space, safe for all ages and levels of fitness. Low impact movements place minimal stress on muscles and joints. Each class includes qi gong energy healing and e-vitalizing exercises, mindful breathing, Tai Chi moving practice, meditation & self massage.

Stretch It will help you move through your daily life with greater ease & less pain. This class can help to reduce muscle tension, increase range of motion in the muscles & joints, help prevent injury, increase circulation, help maintain proper posture, & of course aid in stress relief. *This class is suitable for all abilities.*

Mat Pilates A contemporary approach to exercise using Stott-Pilates based techniques. Class emphasizes breathing, exercise form, flexibility, back & abdominal core strength & a mind / body connection toward fitness. Props may be incorporated to add variety & intensity to the basic mat pilates moves. *Class is all levels.*

Chair Yoga is a gentle form of yoga adapted to be accessible to anyone and is practiced sitting on a chair or standing using a chair for support, to deepen flexibility, enhance balance and strengthen personal body awareness. Many yoga poses become uniquely experienced when modified using a chair which we can then experience when sitting throughout our day.

Slow Power Yoga A challenging yoga practice, focusing on breath & mindfulness, while flowing through a series of poses. Instruction brings attention to form. The mind becomes centered, as muscles strengthen & become more flexible, creating increased mental, physical & spiritual balance.

Power Yoga A playful and challenging all-levels class set to fun music that will leave you sweaty and detoxified. Students will flow, hold postures, and explore working with the breath to achieve a balanced mind and body.

Gentle Yoga This class is great for beginners, senior members & those that wish a gentle relaxed experience of yoga. We will focus on incorporate a balancing & calm combination of classical poses & stretches with restorative poses for aligning the body. This class is perfect for releasing stress & setting the tone for feeling energized & refreshed.

Restorative Yoga Relax and unwind with this restorative yoga class. The class will focus on passive stretching, and relaxation to bring balance to the nervous system. There is no muscle exertion, just a peaceful mind and will leave you with spiritual, physical balance!

Flow & Restore Yoga This class incorporates a gentle / moderate vinyasa flow, followed by completely supported restorative poses. A great way to unwind from stress & compliments a busy lifestyle.

Vinyasa Yoga This all levels yoga practice will focus on breath based movement, flowing through creative sequencing. There will be room for advancing poses and safe places to stay.

Rise & Shine Yoga Slow Power Vinyasa Yoga with special attention to alignment and transitions to strengthen and lengthen the muscles. Suitable for all levels.

CARDIO / STRENGTH

Step Interval A high-energy, low impact workout designed to improve cardiovascular conditioning, coordination, & agility. Intervals of stepping & sculpting using free weights.

Fit-At-Any-Age A low intensity, safe, effective workout that includes light aerobics & muscle conditioning. Great for the mature adult or for those wishing to start a regular workout routine.

Power Sculpt Sculpt & tone your muscles with fat-burning cardio intervals using free weights & body weight exercises. Great way to tone & sculpt while conditioning the entire body & burn extra calories!

CARDIO / DANCE



is a fusion of Latin, Pop & International party music. It is a mixture of body sculpting movements with easy to follow dance steps. The routines feature aerobic / fitness interval training with a combination of fast & slow rhythms that tone & sculpt the body.

ZumbaTone is designed for every fitness level. Class begins with low impact Zumba routines followed by toning and sculpting moves with light weights and mat work.

Hip Hop If you love Zumba you'll love this energetic cardio dance class! Funky and easy to follow dance moves are paired with popular hip hop songs to keep your heart rate up while having tons of fun. Great for all experience levels. Low impact variations always provided.



is a fiercely energetic cardio program inspired by martial arts & draws a wide array of disciplines such as karate, taekwondo, tai chi & muay thai. Supported by driving music where you will strike, punch, & kick your way through burning calories & improving your cardio fitness.

Power Line Dancing This low-impact high energy aerobics class lets you boogie to the beat & sweat with choreographed line dancing moves incorporated into the workout. Enjoy!

Nia is an internationally acclaimed cardiovascular mind-body movement that combines martial arts, dance and healing arts. For people of all ages and ability levels - movements are based on moving the body in three planes and choosing from three intensity levels based on their individual needs.

WATER CONDITIONING (In pool 45 min)

Aquatics This low impact cardiovascular class is designed with full body rhythmic exercises in shallow water to tone, stretch & work on aerobic endurance. Class may include the use of noodles & water weights. Classes are 45 minutes.

Aquacize Plus Maintain a steady heart rate with constant movement & resistance in the water to maintain muscular cardiovascular development.