



MEMORIAL ATHLETIC CLUB  
AND AQUATIC CENTER

MEMORIAL ATHLETIC CLUB  
14690 MEMORIAL DRIVE  
HOUSTON, TX 77079  
BUS. 281-497-7570  
WWW.FITMAC.COM

# MACAC Group Exercise Schedule

## MACAC Winter Fitness



MONDAY 5:00 AM-10:30 PM	TUESDAY 5:00 AM-10:30 PM	WEDNESDAY 5:00 AM-10:30 PM	THURSDAY 5:00 AM-10:30 PM	FRIDAY 5:00 AM-10:30 PM
5:15 AM SPINNING Studio-B/Becky		5:15 AM SPINNING Studio-B/Alice	5:15 AM SPINNING Studio-B/Jeff	5:15 AM SPINNING Studio-B/Becky
6:00 AM PUMP IT Parisi - Debbie	6:00 AM POWER YOGA Studio-A/Bob	5:50 AM EVOLUTION w/TRX Parisi-Jeff	6:00 AM POWER YOGA Studio-A/Bob	5:50 AM EVOLUTION Parisi-Jeff
6:00 AM SPINNING Studio-B/Bill-Jim	6:00 AM SPINNING Studio-B/Jeff	6:00 AM SPINNING Studio-B/Becky	7:00 AM MUSCLE BLAST Studio-A/Felipe	6:00 AM SPINNING Studio-B/Alice
7:00 AM CARDIO COMBO Studio-A/Carolyn	7:00 AM MUSCLE BLAST Studio-A/Felipe	7:00 AM CARDIO COMBO Studio-A/Carolyn		7:00 AM CARDIO COMBO Studio-A/Carolyn
		7:30 AM SLOW FLOW YOGA*** Studio-B/Debby F		8:00 AM YOGA FLOW Studio-B/Heidi
7:30 AM VINYASA I Studio-B/Stacha	8:00 AM MUSCLE BLAST Studio-A/Felipe	8:00 AM CORE/BUNS/ABS Studio-A/Felipe	8:00 AM Functional Circuit w/TRX Studio-A/Felipe	8:00 AM SUPER STEP Studio-A/Jennifer
8:30 AM STEP & PUMP Studio-A/Betsy	8:30 AM SPINLATES Studio-B/Sue	9:00 AM SUPER STEP*** Studio-A/ Cathy	9:00 AM STEP & PUMP Studio-A/ Betsy	9:00 AM MUSCLE WORKS Studio-A/Jennifer
9:00 AM SPINNING Studio-B/Charlotte	9:00 AM CARDIO COMBO Studio-A/Cathy	9:00 AM SPINNING Studio-B/Felipe	9:00 AM SPIN & CORE Studio-B/Alice	9:15 AM SPINNING Studio-B/Betsy
9:30 AM CARDIO EXPRESS* Studio-A/Cathy	10:00 AM YOGA BASICS Studio-A/Heidi	10:15 AM Functional Circuit w/TRX Studio-A/Felipe	10:00 AM YOGA BASICS Studio-A/Heidi	10:00 AM YOGA FITNESS FLOW Studio-A/Jennifer
10:00AM BARBELL STRENGTH** Studio-A/Cathy	11:00 AM YOGA RESTORATIVE & RELAXATION Studio-A/Heidi	11:30 AM SPINNING Studio-B/Betsy	11:00 AM YOGA RESTORATIVE & RELAXATION Studio-A/Heidi	11:00 AM ZUMBA Studio-A/Maria
12:00 PM MUSCLE WORKS Studio-A/Megan		12:00 PM FATBURNER Studio-A/Carla	12:15 PM MUSCLE WORKS** Studio-A/Carrie	12:00 PM MUSCLE WORKS Studio-A/Felipe
1:00 PM THE GOOD LIFE—Chair Studio-A/Carrie	1:00 PM CARDIO CONDITIONING** Studio-A/Carrie	1:00 PM THE GOOD LIFE—Chair Studio-A/Carrie	1:00 PM CARDIO ** CONDITIONING Studio-A/Carrie	1:00 PM THE GOOD LIFE—Chair Studio-A/Carrie
2:00 PM GOOD LIFE YOGA Studio-A/Sandra	1:45 PM STABILITY BALL STRENGTH FUN ** Studio-A/Carrie	2:00 PM THERAPEUTIC YOGA Studio-B/Cheryl	2:00 PM TAI CHI Studio-A/Marc	2:00 PM ZUMBA GOLD ** Studio-A/Carrie
3:30 PM # BALLET I * Studio-B/Sandra	4:00 PM # MACKIDS I * Studio-B/Sandra	3:30 PM # JAZZ KIDS II * Studio-B/Erica	4:00 PM BELLY DANCING** Studio-A/Kate	<b>FRIDAY NITE SPORTS</b> 4:00 PM # DANCE KIDS I * Studio-A/Erica
4:00 PM # BALLET II * Studio-B/Sandra	4:30 PM # BALLET I & II * Studio-B/Sandra	4:00 PM # HIP HOP KIDS II /III * Studio-B/Sandra	5:00 PM MUSCLE BLAST Studio-A/Felipe	4:30 PM MACKIDS I & II * Studio-A/Erica
4:30 PM # MACKIDS II * Studio-B/Sandra	4:00 PM MUSCLE BLAST Studio-A/Felipe	4:00 PM ZUMBA Studio-A/Shaua	6:00 PM CORE/BUNS/ABS * Studio-A/Maria	4:15 PM SPINNING Studio-B/Carolina
4:00 PM MUSCLE WORKS Studio-A/Carrie	5:00 PM FATBURNER** Studio-A/Felipe	5:00 PM TAI CHI Studio-B/Heidi		5:00 PM TRX CIRCUIT ** Studio-A/Carolina
5:00 PM KICKBOX CONDITIONING Studio-A/Alessandra	5:00 PM FLOW YOGA Studio-B/Heidi	5:00 PM TRX w/a Kick ** Studio-A/Carolina	6:00 PM SPINNING Studio-B/Chris	5:15PM YOGA for Athletes *** Studio-B/ Rotation
5:30 PM FLOW YOGA Studio-B/Bob	5:45 PM Functional Circuit w/TRX ** Studio A—Felipe		6:45 PM ZUMBA Studio-A/Maria	6:00 PM TAI CHI Studio-A/Marc
6:00 PM 30/30 INTERVALS Studio-A/Diane	6:30 PM ZUMBA Studio-A/Maria	5:45 PM FATBURNER Studio-A/Shaua		
6:45 PM SPINNING Studio-B/Alice	6:30 PM SPINNING Studio-B/Alice	6:30 PM SPINNING Studio-B/Vicki	<p><i>All classes are 55 minutes unless otherwise indicated. Please feel free to leave early if you need to.</i></p> <p>* 30 minute class ** 45 minute class *** 75 minute class **** 90 minute class</p>	Blue-Spinning (*See Spin Schedule)
7:15 PM ZUMBA Studio-A/Maria	7:30 PM MUSCLE WORKS Studio-A/Maria	6:45 PM REJUVENATING YOGA**** Studio-A/Debbie		Yellow—TRX

SATURDAY 6:00 AM-8:00 PM	SATURDAY CONTINUED	SUNDAY 7:00 AM-8:00 PM
7:30 AM SUPER STEP Studio-A/Jennifer	9:30 AM TRX 30 Minute Blast Studio -A /Angie	8:15 AM SUPER STEP ** Studio-A/Rotation
8:30 AM MUSCLE WORKS Studio-A/Jennifer	10:00 AM SPINNING Studio-B/Rotation	9:00 AM MUSCLE BLAST Studio-A/Rotation
8:30 AM YOGA BASICS Studio-B/Bob	11:00 AM ENERGIZING YOGA Studio-A/Bob	9:00 AM ENERGIZING YOGA Studio-B/Bob

**MACKids Zone Hours**  
**Monday 8:00-8:30 PM**  
**Tues-Thursday 8:00-1:00 PM**  
**Tues-Thursday 3:30-8:30 PM**  
**Friday 8-1:00 PM 3:30-6:30PM**  
**Saturday 7:30-2:00 PM**  
**Sunday 9:00-3:00 PM**  
**MACKids Zone Director**  
**Sandra Batres**  
**281-497-7570**  
**Group Exercise Director: Carrie**  
**Gimmestad 281-497-7570**  
**Email: goodlifecarrie@gmail.com**

Reformer classes are held at MAC for Women, in our private Pilates Studio. Please see front desk at MAC for Women for scheduling availability or contact Sue at 281-558-6691.

SCHEDULE BEGINS 02/01/12 No cell phones in class please



# MACAC Class Descriptions

CARDIO AND ENDURANCE	
<b>30/30 INTERVALS</b>	Using strength, cardio and endurance as part of this format which may include some kickboxing. Two left feet welcome.
<b>CARDIO COMBO</b>	This multi-level class consists of partial step, weights and/or Hi/low floor aerobics and core training.
<b>FATBURNER</b>	Cardio, strength, endurance & high repetition in interval format designed to keep HR up and burn calories.
<b>ZUMBA®</b>	The high energy fitness craze sweeping the nation. Mix of latin and international music. All levels
<b>SPINLATES</b>	A 45 minute NRG Spinning class combined with 45 minutes of Pilates exercises specifically selected to help compliment your spinning program.
<b>THE GOOD LIFE™</b>	A low impact, strength, balance and conditioning workout focusing on the older adult population with most of the work done in a chair
<b>*SPINNING®</b>	A Johnny G Cycling workout using a stationary bike. * See spin schedule for details
<b>CARDIO CONDITIONING</b>	A low impact aerobic, cardio workout focusing on balance, conditioning and endurance. Also express
<b>SUPER STEP</b>	A highly intense well-choreographed aerobic class using step. If new to step, experinece step-n-pump first.
<b>ZUMBA GOLD®</b>	High energy fitness craze sweeping the nation. Mix of latin and international music. For active older adult!
<b>THE GOODLIFE CARDIO WORKS™</b>	Our signature class for active older adult with cardio movements. 45 mins of heart rate up.
<b>BELLYDANCING</b>	a fun and flirty way to strengthen the core and tone your body.
<b>STEP &amp; PUMP</b>	An intense step workout followed by a strength segment for core and upper body and or lower body.
<b>KICKBOX CONDITIONING</b>	Cardio kickboxing, core, and light resistance training to build strength and endurance. All levels, high energy.
STRENGTH AND CONDITIONING	
<b>TRX</b>	The TRX is a suspension training system that uses your own body weight and gravity to strengthen muscles with hundreds of exercises. It will help you build strength, balance, flexibility and core stability.
<b>STABILITY BALL FUN</b>	45 mins or cardio and strength using balls for our older adult class segment.
<b>BARBELL STRENGTH</b>	Strength, flexibility and conditioning workout that's designed to get you lifting and working hard.
<b>PUMP IT!™</b>	A super conditioning cardio and weightlifting class using bars, weights and Parisi moves for endurance & strength.
<b>MUSCLE WORKS</b>	A weightlifting class for strength and endurance. Different instructors will use various resistance and strength tools.
<b>MUSCLE BLAST</b>	A weight and resistance class with added cardio intervals and some extra challenge for those who want to get it all.
<b>CORE/BUNS/ABS</b>	A 30-45 min strength class designed to increase definition in the core.
MIND/BODY	
<b>ESSENTIAL PILATES</b>	Basic Pilates mat exercises for all levels. Modifications given throughout class. A challenge for everyone.
<b>YOGA FOR ATHLETES</b>	A rotation of our instructors emphasizing particular parts of the body for strength and conditioning
<b>YOGA BASICS</b>	Learn core basics to enhance your over all yoga experience. Don't let "Basic " fool your thinking into not intense!
<b>POWER YOGA</b>	Challenge your mind/body thru yoga poses that build strength, flexibility and stamina.
<b>FLOW YOGA</b>	Yoga style which increases body awareness. Flowing movement poses that challenge the mind and body. continuously
<b>ENERGIZING YOGA</b>	A form of yoga that is not only invigorating, it's also therapeutic and yet intense.
<b>FITNESS FLOW YOGA</b>	A faster flow-style yoga emphasizing strength, balance & flexibility. Blends the celebration of the human spirit and fitness.
<b>RESTORTIVE YOGA®</b>	An inspiring style that will elongate the body & lengthen the muscles to their supple form. YOGAFIT®
<b>SLOW FLOW YOGA</b>	Similar to Flow Yoga but at a slower pace.
<b>YOGA FOR VITALITY™</b>	Focus is on meditation, breathing, primary postures, strength and stretching through flexibility. Debby Fischer's specialty
<b>GOOD LIFE™ YOGA</b>	A very gentle yoga for the older adult population according to formatting from Senior YogaFit®. Most of the movement is done in a chair.
<b>REJUVENATING YOGA</b>	Variety of Vinyasa and power yoga with slower flowing movement Including relaxation thru a variety of poses.
<b>TAI CHI</b>	The base poses done in a series, to enhance core stability, increase strength balance and coordination.
<b>THERAPEUTIC YOGA</b>	Slower pace yoga class that incorporates fewer poses & modifications for special concerns due to injuries or oth-er special conditions
SPECIALTY PROGRAMMING	
<b>\$ ATAC</b>	Adult Total Athletic Conditioning with kettlebells, TRX, dumbbells, jump rope & 6 different animal movements taught by a certified Parisi Speed School Coach
<b>\$ PARISI</b>	Does your child thrive on challenge, need improvements or want athletic conditioning? This is the right program.
<b>\$ TRIATHLON TRAINING</b>	Check with front desk for details or contact Carolina Carsten. Brochure at the front desk. Ongoing
<b># MACKIDS CLASSES</b>	A variety of kids classes, including dance, tumbling, fitness and sports. MACKids classes are designated # on the schedule. See kids schedule. Level I—ages 3-5, Level II—ages 6-10, Level III— ages 11-13