



MEMORIAL ATHLETIC CLUB  
AND AQUATIC CENTER

**MEMORIAL ATHLETIC CLUB**  
14690 Memorial Drive  
Houston, TX 77079  
Bus. 281-497-7570  
Website: www.fitmac.com

# MAC Group Exercise Schedule

## New MAC Interim Schedule

<b>MONDAY</b> 5:00 AM-10:30 PM	<b>TUESDAY</b> 5:00 AM-10:30 PM	<b>WEDNESDAY</b> 5:00 AM-10:30 PM	<b>THURSDAY</b> 5:00 AM-10:30 PM	<b>FRIDAY</b> 5:00 AM-10:30 PM
5:15 AM *SPINNING Studio-B/Becky 6:00 AM PUMP IT Studio-A/Debbie 6:00 AM *SPINNING Studio-B/Bill-Jim 7:00 AM CARDIO COMBO Studio-A/Carolyn 8:30 AM PILATES INTERMEDIATE Parisi Area/Sue	6:00 AM POWER YOGA Studio-A/Bob 6:00 AM *SPINNING Studio-B/Jeff 7:00 AM MUSCLE BLAST Studio-A/Felipe 7:15 AM INTERMEDIATE PILATES Studio-B/Caitlin	5:15 AM *SPINNING Studio-B/Alice-Steve 5:50 AM EVOLUTION Parisi-Jeff 6:00 AM *SPINNING Studio-B/Becky 7:00 AM CARDIO COMBO Studio-A/Carolyn 8:00 AM CORE/BUNS/ABS Studio-A/Felipe	5:15 AM *SPINNING Studio-B/Jeff 6:00 AM POWER YOGA Studio-A/Bob 7:00 AM MUSCLE BLAST Studio-A/Felipe 7:45 AM INTERMEDIATE PILATES Studio-B/Angela	5:15 AM *SPINNING Studio-B/Becky 5:50 AM EVOLUTION Parisi-Jeff 6:00 AM *SPINNING Studio-B/Alice 7:00 AM CARDIO COMBO Studio-A/Carolyn 8:00 AM SUPER STEP Studio-A/ Jennifer
8:30 AM STEP & PUMP Studio-A/Betsy 9:00 AM *SPINNING Studio-B/Charlotte 9:30 AM PILATES ESSENTIAL Parisi Area/Morven 9:30 AM CARDIO EXPRESS Studio-A/Cathy 10:00 AM BARBELL STRENGTH Studio-A/Cathy 10:45 AM HATHA YOGA Studio-A/Marta 12:00 PM *SPINNING Studio-B/Rotation 12:00 PM MUSCLE WORKS Studio-A/Megan 1:00 PM THE GOOD LIFE Studio-A/Carrie	8:00 AM MUSCLE BLAST Studio-A/Felipe 8:30 AM *SPINLATES Studio-B/Sue 9:00 AM CARDIO COMBO Studio-A/Cathy 10:00 AM YOGA BASICS Studio-A/Heidi 11:00 AM YOGA FLOW Studio-A/Heidi 12:00 PM OSTEOPILATES Studio-B/Pam 12:15 PM STEP & PUMP-WOMEN Studio-A/Vicki 12:30 PM WEIGHT ROOM CIRCUIT Upstairs/Sue 1:00 PM CARDIO CONDITIONING Studio-A/Carrie 2:00 PM GOOD LIFE YOGA Studio-A/Sandra	8:30 AM PILATES ESSENTIAL Parisi Area/Paula 9:00 AM SUPER STEP PLUS Studio-A/ Cathy 9:00 AM *SPINNING Studio-B/Felipe 10:15 AM FUNCTIONAL CIRCUIT Studio-A/Felipe 10:15 AM CARDIO DANCE Studio-B/Sarah 11:15 AM HATHA YOGA Studio-A/Marta 11:30 AM *SPINNING Studio-B/Betsy 12:30 PM LUNCH EXPRESS Studio-A/Carrie 1:15 PM THE GOOD LIFE Studio-A/Carrie 2:15 PM TAI CHI Studio-A/Marc	8:00 AM MUSCLE BLAST Studio-A/Felipe 9:00 AM STEP & PUMP Studio-A/ Jennifer 9:00 AM *SPIN & CORE Studio-B/Alice 10:00 AM MUSCLE WORKS Studio-A/Angie 10:30 AM YOGA RESTOR- ATIVE & RELAXATION Studio-B/Heidi 10:45 AM YOGA FLOW Studio-A/Susan 12:00 PM OSTEOPILATES Studio-B/Morven 12:15 PM MUSCLE EXPRESS Studio-A/Carrie 12:30 PM WEIGHT ROOM CIRCUIT Upstairs/Sue 1:00 PM CARDIO CONDITIONING Studio-A/Carrie	8:00 AM YOGA FLOW Studio-B/Heidi 8:30 AM PILATES BALL & BAND Parisi Area/Sue 9:00 AM MUSCLE WORKS Studio-A/Jennifer 9:15 AM *SPINNING Studio-B/Betsy 10:00 AM FITNESS YOGAFIT® L-1 Studio-A/Jennifer 11:00 AM CARDIO DANCE Studio-A/Sarah 11:30 AM HATHA YOGA Studio-B/Debra 12:00 PM MUSCLE WORKS Studio-A/Felipe 1:00 PM THE GOOD LIFE Studio-A/Carrie
3:30 PM # TUMBLING I&II Studio-B/Sandra 4:00 PM # MACKIDS II Studio-B/Sandra 4:00 PM MUSCLE WORKS Studio-A/Carrie 4:30 PM TAI CHI Studio-B/Heidi 5:00 PM KICKBOX EXPRESS Studio-A/Carolina 5:30 PM FLOW YOGA Studio-B/Bob 5:30 PM LATIN RHYTHMS Studio-A/Carolina 6:15 PM 30/30 INTERVALS Studio-A/Diane 6:45 PM POWER PILATES Studio-B/Karen	3:30 PM # MACKIDS I Studio-B/Sandra 4:00 PM # BALLET I & II Studio-B/Sandra 4:00 PM MUSCLE BLAST Studio-A/Sarah 5:00 PM FATBURNER Studio-A/Jennifer 5:00 PM YOGA FLOW Studio-B/Heidi 5:45 PM SUPER STEP Studio-A/Jennifer 6:30 PM * SPINNING Studio-B/Alice 6:30 PM ZUMBA Studio-A/Maria 7:30 PM MUSCLE WORKS EXPRESS Studio-A/Maria	3:30 PM # JAZZ KIDS II Studio-B/Erica 4:00 PM # HIP HOP KIDS II /III Parisi Area/Erica 4:00 PM ZUMBA Studio-A/Shaua 4:00 PM HATHA YOGA WOMEN Studio-B/Caroline 5:00 PM KICKBOX & CORE Studio-A/Carolina 5:15 PM TAI CHI Studio-B/Heidi 5:45 PM FATBURNER Studio-A/Laura 6:30 PM * SPINNING Studio-B/Vicki 6:45 PM REJUVENATING YOGA Studio-A/Stacha 7:30 PM PILATES ESSENTIAL Studio-B/Judy	4:00 PM D-MIXX Studio-A/Felipe 4:45 PM FLOW YOGA Studio-B/MeChelle 5:00 PM MUSCLE WORKS Studio-A/Felipe 6:00 PM PILATES BOSU Studio-A/Vicki/Judy 6:00 PM * SPINNING Studio-B/Chris 6:45 PM ZUMBA WOMEN Studio-A/Maria	<b>Friday Night Sports</b> 4:00 PM # JAZZ KIDS I Studio-A/Erica 4:15 PM *SPINNING Studio-B/Carolina 5:00 PM FUNCTIONAL CIRCUIT Studio-A/Carolina 5:00 PM YOGA FOR CROSS TRAINING Studio-B/Rotation 6:00 PM TAI CHI Studio-A/Marc
<b>SATURDAY</b> 6:00 AM-8:00 PM	<b>SATURDAY CONTINUED</b>	<b>SUNDAY</b> 7:00 AM-8:00 PM	<b>MACKids Zone Hours</b> <b>Monday 8:00-8:30 PM</b> <b>Tues-Thursday 8:00-1:00 PM</b> <b>Tues-Thursday 3:30-8:30 PM</b> <b>Friday 8-1:00 PM 3:30-6:30PM</b> <b>Saturday 7:30-2:00 PM</b> <b>Sunday 9:00-3:00 PM</b> <b>MACKids Zone Director</b> <b>Sandra Batres</b> <b>281-497-7570</b> <b>Group Programming Director:</b> <b>Vicki Williams 281-497-7570</b> <b>Email: conn_fit@hotmail.com</b>	
7:30 AM PILATES INTERMEDIATE Studio-B/Rotation 7:45 AM SUPER STEP Studio-A/Jennifer 8:30 AM MUSCLE WORKS Studio-A/Jennifer 8:30 AM YOGA BASICS Studio-B/Bob	9:30 AM Mix It Up Studio-A/Rotation 10:00 AM *SPINNING Studio-B/Rotation 11:00 AM ENERGIZING YOGA Studio-A/Bob 11:30 AM PILATES ESSENTIAL Studio-B/Morven 12:15 PM ZUMBA Studio-A/Maria	8:00 AM YOGA BASICS Studio-B/Bob 8:15 AM SUPER STEP Studio-A/Rotation 9:00 AM MUSCLE BLAST Studio-A/Rotation		

### Friday Night Sports

### Color Class Codes

- Pink-MacKids Classes
- Green-Active Older Adult
- Women Only Class
- Blue-Spinning  
(\*See Spin Schedule)
- Orange-Mind/Body Classes

CO-ED Reformer classes are held in our private pilates studio. Please see front desk for scheduling availability at 281-497-7570 or contact Sue Donahoe at 281-497-7570.  
SCHEDULE BEGINS 09-01-2010

# MAC4W Class Description

CARDIO AND ENDURANCE	
<b>CARDIO EXPRESS</b>	This multi-level class consists of hi/low-impact floor aerobics for a straight 30 minutes. Burn it up!
<b>CARDIO DANCE</b>	A blast of different dance movements and choreography for multi-levels seeking a fun, hi/low aerobic workout.
<b>CARDIO KICKBOX</b>	A combination of aerobic cardio and strength for the core in a fun kickboxing format.
<b>STEP EXPRESS</b>	An intense step workout . Members might like to have some basic knowledge of a little step terminology.
<b>ZUMBA™</b>	The high-energy fitness craze sweeping the nation. A mix of Latin dance and international music. All levels
STRENGTH AND CONDITIONING	
<b>MACHINE CIRCUIT</b>	A great muscle workout that meets in the weight room. Must have gone thru your initial fitness appointments.
<b>MUSCLE WORKS</b>	A choreographed weightlifting class. Designed to tone and strengthen, upper and lower body. Can include Medicine Balls, Stability Balls, Hand Weights, Body Bars and Tubing.
<b>MUSCLE EXPRESS</b>	30 minute segment of all of the above. Likely will do lower body one day and upper body the next class.
<b>TAI CHI</b>	Heidi teaches the base 24. Increase strength balance and coordination. Proven to enhance core stability.
YOGA	
<b>FLOW YOGA</b>	Yoga style which increases body awareness. Movement poses that challenge the mind and body.
<b>HATHA YOGA</b>	This style yoga is for "every-body" The instructor leads the class through breathing exercises, visualizations, and a series of physical postures (asanas) designed to strengthen the body.
<b>YOGA BLENDS</b>	The specific sequence of asana linked with pranayama is designed to help the body become, stronger, supple and balanced. Utilization of bandhas to gain benefits from this practice. All levels.
<b>YOGA BASICS</b>	Learn core basics to enhance your over all yoga experience. Don't let "Basic " fool your thinking into not intense!
STOTT PILATES®	
<b>OSTEOPILATES™</b>	Class is specific to reduce fracture risk and increase bone density.
<b>BALL AND BAND</b>	Based on all Pilates principles. Balls and bands are added for control and resistance.
<b>ESSENTIAL</b>	Basic Pilates mat exercises for all levels. Modifications given throughout class. A challenge for everyone.
<b>INTERMEDIATE</b>	This is your next level from Essential. You will be moving through a faster progression. Some of the level 2-3 Stott™ exercises are incorporated for extra challenge! See mind/body schedule for additional info.
<b>POWER PILATES</b>	Take your Stott® Pilates exercises to intermediate levels and beyond. Intermediate to advance levels.
<b>PILATES SMALL EQUIPMENT ESSENTIAL</b>	Enhance your Pilates experience with barrels, rings and rollers. Should have had several essential , or Power classes prior to taking this class for the first time.
<b>PILATES SMALL EQUIPMENT INTERMEDIATE</b>	Enhance your Pilates experience with barrels, rings and rollers. Should have had several intermediate ,or Power classes prior to taking this class for the first time.
<b>FIGHT FROM THE CORE-PILATES™</b>	A specialty class specifically designed with pilates moves for breast cancer survivors. Open to all.
<b>\$ REFORMER CLASS MEN AND WOMEN</b>	By appointment. See Sue Donahoe or Front Desk at 281-558-6691 for information and descriptions on the Reformer Classes. These classes will truly challenge your core.
SPECIALITY PROGRAMMING	
<b>WATER AEROBICS</b>	We offer many of these classes. Please see separate 2-page MACAC Aquatics schedule.
<b>\$ PARISI TRAINING</b>	See front desk at MAC for more details on this sport performance and conditioning program for kids and adult.
<b>\$ PAWS™ WEIGHT LOSS</b>	An exclusive weight loss program offered at both clubs. For info please call Sue Donahoe at 281-558-6691.
<b>\$ TRIATHLON TRAINING</b>	See front desk for scheduling and packet information. Call staff triathlete, Carolina Carstens at 281-497-7570.
<b># MACKIDS PROGRAMMING</b>	The MACKIDS fitness programming is held at MACAC. See MACAC schedule for information. In addition Summer and Spring camps are offered for children 6 to 14 years. See front desk for information.
<b>\$ BOOTCAMP</b>	Cardio and strength small group training designed for all levels of fitness. See Vicki at 281-497-7570 or front desk

## GENTLE REMINDERS

- Show up for class on time please.
- All equipment must be put away after it's use.
- Return towels after use.
- NO CELL PHONE USAGE DURING CLASS!

MEMORIAL  
ATHLETIC  
CLUB FOR  
*Women*

**OUR FRONT DESK WILL  
ANSWER ANY QUESTIONS  
ABOUT OUR SPECIAL  
PROGRAMMING**

# MACAC Class Descriptions

## CARDIO AND ENDURANCE

<b>CARDIO COMBO</b>	This multi-level class consists of partial step, weights and/or Hi/low floor aerobics and core training.
<b>30/30 INTERVALS</b>	Uses kickboxing. strength, cardio and endurance as part of this format. Two left feet welcome.
<b>ZUMBA®</b>	The high energy fitness craze sweeping the nation. Mix of latin and international music. All levels
<b>FATBURNER</b>	Cardio and strength with high repetition and endurance in interval format designed to burn calories.
<b>LATIN RHYTHMS</b>	All the Latin rhythms combined for explosive fun. A very high energy dance class.
<b>EVOLUTION™</b>	For those of you who need that extra challenging workout. Do you dare? Offered at 5:50am W,F.
<b>D-MIXX</b>	Hi/Low-impact floor aerobic exercise and weights taught in an easy to follow circuit type format.
<b>THE GOOD LIFE™</b>	A low impact, strength, balance and conditioning workout focusing on the older adult population
<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.
<b>SUPER STEP</b>	A highly intense well-choreographed aerobic class using step. If new to step take step-n-pump first.
<b>SUPER STEP PLUS</b>	A highly intense well-choreographed aerobic class using step, followed by a short yoga segment.
<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 &amp; CORE</b>	Cardio kickboxing & core moves to keep you strong and sweating. All levels, high energy. Also Express.

## STRENGTH AND CONDITIONING

<b>FUNCTIONALCIRCUIT</b>	A stability, core, strength and endurance class, Functional exercise benefits daily life. L 2-3
<b>LUNCH EXPRESS</b>	Strength, flexibility and conditioning workout that's designed to get you back to work feeling fabulous.
<b>PUMP IT!™</b>	A super conditioning weightlifting class using bars and weight plates to increase endurance & strength.
<b>MUSCLE WORKS</b>	A weightlifting class for strength and endurance. Different instructors will use various resistance tools.
<b>MUSCLE BLAST</b>	A weight and resistance class with added cardio intervals and some extra challenge.
<b>CORE/BUNS/ABS</b>	A 30-45 min strength class designed to increase definition in the core. Taught standing or mat format.

## MIND/BODY/STRENGTH

<b>PILATES BOSU™</b>	Take your Pilates exercises beyond the norm. This style will enhance and increase your core awareness.
<b>PILATES ESSENTIALS™</b>	Stott™ basic Pilates mat exercises for all levels.
<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.
<b>ENERGIZING YOGA</b>	A form of yoga that is not only invigorating, it's also therapeutic and yet intense.
<b>YOGA BLENDS</b>	A style yoga for strength, balance & flexibility. Blends the celebration of the human spirit with the practice of asana
<b>RESTORTIVE YOGA®</b>	An inspiring style that will elongate the body & lengthen the muscles to their supple form. YOGAFIT®
<b>HATHA YOGA</b>	Focus is on meditation, breathing, primary postures, strength and stretching through flexibility.
<b>GOOD LIFE™ YOGA</b>	Yoga for the older adult population according to formatting from Senior YogaFit®.
<b>REJUVENATING YOGA</b>	Variety of Vinyasa and power yoga including relaxation thru a variety of poses.
<b>FITNESS YOGAFIT®</b>	Yoga style taught in the industry to focus primarily on poses for a fitness style Yoga. Yogafit L-1®

## SPECIALTY PROGRAMMING

<b>\$ BOOTCAMP</b>	Cardio and strength fitness training offered in a small groups. A series of workouts. See Front desk for info
<b>WATER AEROBICS</b>	We offer many of these classes. Please see separate 2-page MACAC Aquatics schedule.
<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 Carsens. 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 # MACKids I is for kids ages 3-5yrs MACKids II is for kids ages 6-11yrs