

MEMORIAL ATHLETIC CLUB PILATES/YOGA SCHEDULE

SCHEDULE BEGINS 10-09-09

MACAC Studio A and B www.fitmac.com

14690 Memorial Drive 281-497-7570

Fall Schedule



MEMORIAL ATHLETIC CLUB AND AQUATIC CENTER

Day	Studio	Monday	Tuesday	Wed.	Thurs.	Friday	Sat.	Sunday
6:00 AM	A		Power Yoga (Andrew)		Power Yoga (Andrew)			
8:00 AM	B		Spinlates 8:30 (Sue)			Yoga Flow (Heidi)	Yoga Basics 8:30 (Bob)	Yoga Basics A (Bob)
10:00 AM	A		Yoga Basics (Heidi)					
10:45 AM	A	Hatha Yoga (Marta)			10:30am Yoga Restorative(Heidi)			
11:00 AM	A						Energizing Yoga (Bob)	
5:00 PM	B		Flow Yoga (Heidi)	Tai Chi (Heidi)	Yoga Blends 4:45 (Roz)			
5:30 PM	B	Flow Yoga (Bob)						
5:45 PM	B					Yoga Blends (Maria)		
6:30 PM	A			Yoga Vitality I (Debby)				
7:00 PM	A				Pilates Band & Tone ball (Vicki)			
7:30 PM	A			Yoga Vitality II (Debby)				

MAC for Women Studios BW and CW 14520 Memorial Drive Hou 77079 281-558-6691

Day	St	Monday	Tuesday	Wed.	Thurs.	Friday	Sat.	Sun.
7:30am	AW		Pilates Interm. (Caitlin)		Pilates Interm. Small Equip (AS)			
8:30am	AW	Pilates Interm. (Sue)	Yoga Blends (Roz)	Pilates Essential (Katharine)		Pilates Ball & Band (Sue)	Pilates Sm Equip Interm(Morven)	
9:30am	CW			By Appointment \$Reformer			By Appointment \$ Reformer	
9:30am	AW	Pilates Essential Small Equip (MB)			Flow Yoga 10 am (Susan)			
10:30am	AW						Yoga Blends (Maria)	
11:30am	AW			Hatha Yoga (Marta)		Hatha Yoga (Debra)		
12:00pm	AW	OsteoPilates (Pamela)			OsteoPilates (Morven)			
4:30pm	AW	Tai Chi 4:30 (Heidi)						
5:30pm	CW	By Appointment \$ Reformer		By Appointment \$ Reformer	By Appointment \$ Reformer			
5:30pm	AW	Flow Yoga (Heidi)						
6:30pm	AW	Pilates Power (Pam)		Pilates Sm Equip Essent (Morven)				
6:30pm	CW	By Appointment \$ Reformer	By Appointment \$ Reformer					
7:00 PM	AW				Fight From The Core-Pilates			

MIND-BODY CLASS DESCRIPTIONS

Last schedule changes on 08/27/09. Schedule begins 09/14/09 Website www.fitmac.com.
Phone numbers MAC 281-497-7570 and MACW 281-558-6691.

Hatha Yoga 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, oxygenate the blood, massage the internal organs and improve flexibility and balance. The sessions are therapeutic and energizing. They will make you feel renewed both mentally and physically.

Yoga Blends The specific sequence of asana linked with pranayama is designed to help the body become supple and balanced. Develop a calm mind and body for meditation. Move more oxygen through the body.

Flow Style Yoga A Yoga style that increases body and pranayama awareness. This class should be utilized as a compliment to Ashtanga, Anusara, Energizing or Vinyasa.

Yoga Basics For those members who want to try yoga and have been afraid to give it a go. Bob and Heidi are very helpful to get you accustomed.

Yoga For Vitality A variety of vinyasa and power yoga combinations including AB work and relaxation. Class is for everyone as she offers many variations. A healthy environment with good information. Yogic breathing practice.

Energizing Yoga An intense yoga practice to energize the whole body. Join Bob for this invigorating class.

Power Yoga As invigorating as stated in power! Intense yoga practice to energize the body.

The Following Classes Are All Stott® Pilates

Pilates Principles Focus on the five principles of pilates through body awareness. All levels welcome.

Spinlates 45 minute NRG Spinning class followed by 45 minutes of Pilates specifically selected to compliment your spinning program.

Pilates Essential Focuses on breathing, beginning mat exercises and mastery of proper technique. Please participate in ten classes before moving on to intermediate level. This will help with pilates principle comprehension.

Pilates Intermediate This is the next level after Essential. Movements through a faster progression. New exercises are added to make this more challenging.

OsteoPilates Specifically designed to reduce fracture risk and increase bone density. Helps to increase core strength and stability while improving balance and coordination. All levels

Pilates Ball and Band Based on all pilates principles. Ball and band are incorporated to add resistance and challenge core control. Class is ideal for intermediate and advance levels.

Pilates Small Equipment Enhance the pilates experience by challenging yourself with a new intensity while using barrels, rings and rollers. The use of small apparatus will enhance your core stability. Some experience preferred.

Pilates Power Knowledge of Pilates Principles, Essential and Intermediate a must. This is a fast paced class and ideal for performance enhancement. Movements occur through a faster progression.

\$Reformer Classes \$25 per class payable by the month. More information available on Pilates brochure. Classes are scheduled in advance through the front desk at MAC for Women. See Sue Donahoe 281-558-6691 for detailed information. Classes are for men and women in reformer Studio which is adjacent to Mac for Women. Classes are taught in small groups.

Classes are in the following levels:

Intro: A one-time introduction held the third Saturday of each month.

Beginner: The first level focusing on Basic Principles of stability.

Essential: Essential repertoire with flowing movement.

Intermediate: Add to your essential repertoire, and the pace of the class picks up.

Cycle/run: Specific design to cycling and running programming.

Golf/Tennis: Specific design to golf and tennis programming.