

MAC Women
 14633 Memorial Drive
 Houston, TX 77079
 Bus. 281-558-6691
 www.fitmac.com

Group Exercise Schedule

MAC4W

Winter Fitness



MONDAY 6:30AM-8:30 PM	TUESDAY 6:30 AM-8:30 PM	WEDNESDAY 6:30 AM-8:30 PM	THURSDAY 6:30 AM-8:30 PM	FRIDAY 6:30 AM-6:00 PM
			7:30 AM PILATES SMALL EQUIP ESSENTIALS Angela	
8:30 AM INTERMEDIATE PILATES Sue	8:30 AM YOGA FUSION Carla	8:30 AM PILATES ESSENTIAL Paula	8:30 AM FLOW YOGA Heidi	8:30 AM PILATES BALL & BAND Intermediate Sue
9:30 AM PILATES SMALL EQUIPMENT ESSENTIAL Morven	9:30 AM PILATES SMALL EQUIPMENT ESSENTIAL Kate	9:30 AM CARDIO DANCE & BELLYDANCE Sarah	9:30 AM CARDIO COMBO Angie	9:30 AM ZUMBA & CARDIO DANCE Sarah
10:30 AM BALLESTONE Erica	10:30 AM FLOW YOGA Susan	10:30 AM BODY WORKS Sue	10:30 AM PILATES ESSENTIAL Angela	10:30 AM BODY WORKS w/ TRX Circuit Sue
11:30 AM HATHA YOGA FOR ALL *** Marta	11:30 AM CARDIO COMBO — Michelle	11:30 AM HATHA YOGA FOR ALL *** Marta	11:30 AM OSTEOPILATES Morven	11:30 AM HATHA YOGA FOR ALL **** Debbie
1:00 PM OSTEOPILATES Pam	12:30 PM MACHINE CIRCUIT/Weight Room Sue		12:30 PM MACHINE CIRCUIT/Weight Room Sue	
		4:30 PM TURBOKICK Rachel		<i>All classes are 55 minutes unless otherwise indicated. Please feel free to leave early if you need to.</i> * 30 minute class ** 45 minute class *** 75 minute class **** 90 minute class Designates Mind/Body Class Designates Specialty Class Designates TRX Class
5:30 PM FLOW YOGA Heidi	5:00 PM ZUMBA Rosalinda	5:30PM SLOW FLOW YOGA Linda	5:15PM VINYASA STYLE YOGA *** Debby F	
6:30 PM PILATES W/PROPS Katharine	7:30 PM YOGA BASICS Linda	6:30 PM YOGA BASICS Bob	6:30 PM PILATES W/ PROPS Paula	
7:30 PM TRX Circuit Sue		7:30PM TRX ESSENTIALS** Alice		

SATURDAY 8:00 AM –1:00 PM
8:30 AM PILATES SMALL EQUIPMENT INTERMEDIATE Morven
9:30 AM PILATES BASIC PRINCIPLES Morven

SATURDAY CONTINUED
10:30 AM ZUMBA Maria
11:30 AM YOGA BLENDS Maria

THE GROUP STUDIO IS CO-ED FROM 6:30-8:30PM Men Welcome

MACKIDS ZONE Hours
 Daytime hours
Monday-Friday 8:30-1:00 PM
Saturday 8:30-12PM
MACKIDS ZONE Director:
Sandra Batres
281-497-7570 OR 281-558-6691

Group Exercise Director:
Carrie Gimmestad
281-497-7570 OR 281-558-6691
E-mail: goodlifecarrie@gmail.com

Pilates Reformer classes are co-ed, fee based and by appointment. See our front desk to sign-up and for questions see Sue Donahoe at 281-558-6691.

Pilates Coordinator: Sue Donahoe
281-497-7570 or 281-558-6691
E-mail: Suedonahoe@sbcglobal.net

SCHEDULE EFFECTIVE: February 1st, 2012



Quickly becoming known as the best mind/body studio in west Houston!



MAC4W Class Description

SPECIALTY CLASSES

CARDIO COMBO	This multi-level class consists of resistance training and/or Hi/low floor aerobics and core training.
CARDIO DANCE	A blast of different dance movements and choreography for multi-levels seeking a fun, hi/low aerobic workout.
ZUMBA ®	The high-energy fitness craze sweeping the nation. A mix of Latin, folk and international dance moves. All levels
POUNDS -A-WEIGHT	A 6 month fee based program teaching healthy lifestyle changes.
TURBOKICK ®	Burn calories and blast fat! Turbo Kick® mixes kickboxing and simple dance moves with music that makes you want to move it! You'll love having fun and losing weight.

STRENGTH AND CONDITIONING

MACHINE CIRCUIT	A great muscle workout that meets in the weight room. Must have gone thru your initial fitness appointments.
BODY WORKS	A choreographed strength class. Designed to tone and strengthen, upper and lower body. Can include Medicine Balls, Stability Balls, Bands and Tubing. Learn proper technique for strength using just your own bodyweight.
TRX	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.

MIND/BODY

FLOW YOGA	Yoga style which increases body awareness. Movement poses that challenge the mind and body.
HATHA YOGA FOR ALL	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.
SLOW FLOW YOGA	Similar to Flow Yoga but at a slower pace.
VINYASA STYLE YOGA	Power style yoga. Some experience is preferred. Movement through poses designed for strength and endurance
YOGA BLENDS	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.
YOGA BASICS	Learn core basics to enhance your over all yoga experience. Don't let "Basic " fool your thinking into not intense!
BALLETONE ™	A challenge of strength and dance exercises done barefoot and to hit music that will work those two left feet
TAI CHI	The base 24 poses done in a series, to enhance core stability. Increase strength balance and coordination.
YOGA FUSION	this class is a combination of Pilates and yoga. The sequence of yoga asanas will raise the body's heat and increase cardio endurance, intense core functional training, improve flexibility and overall balance and coordination.

MIND/BODY STOTT PILATES®

OSTEOPILATES	Class is specific to reduce fracture risk and increase bone density.
BALL AND BAND	Based on all Pilates principles. Balls and bands are added for control and resistance.
ESSENTIAL	Basic Pilates mat exercises for all levels. Modifications given throughout class. A challenge for everyone.
INTERMEDIATE	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!
PILATES SMALL EQUIPMENT ESSENTIAL	Enhance your Pilates experience with barrels, rings and rollers. Should have had several essential , intermediate classes prior to taking this class for the first time.
PILATES SMALL EQUIPMENT INTERMEDIATE	Enhance your Pilates experience with barrels, rings and rollers. Should have had several intermediate classes prior to taking this class for the first time.
PILATES W/PROPS	A challenging workout incorporating the flex balls, bands, and/or toning balls.
REFORMER CLASSES FOR MEN AND WOMEN	By appointment. Fee based class. 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.

GENTLE REMINDERS

- Show up for class on time please.
- All equipment must be put away after it's use.
- Return towels after use.
- Schedule is subject to change at any time.
- Please limit the amount of perfume you use.

MEMORIAL
ATHLETIC
CLUB FOR
Women

**OUR CLUB IS CO-ED IN THE
GROUP STUDIOS FROM 6:30PM
TO CLOSING. MEN ARE
WELCOME AT THAT TIME.**