

The Memorial Athletic Club presents...

MACKids Summer Fitness Classes

June 12th through August 11th

Monday 10:30am DrumFit in Studio B with Cathy (ages 5-12)

Monday 3:30pm Ballet I in Studio B with Sandra (ages 3-5)

Monday 4pm Ballet II in Studio B with Sandra (ages 6-10)

Monday 4:30pm MACKids Yoga in Studio B with Sandra (ages 5-12)

Tuesday 10:30am Preschool Play & MACKids Yoga in Studio B with Amy (ages 3-8)

Tuesday 3:30pm MACKids I in Studio B with Sandra (ages 3-5)

Tuesday 4:00pm Ballet I & II in Studio B with Sandra (ages 3-10)

Tuesday 4:30pm MACKids DrumFit in Studio B with Sandra (ages 5-12)

Wednesday 10:30am MACKids Bootcamp in Studio B with Armin (ages 5-12)

Wednesday 4pm Hip Hop Kids II & III in Studio B with Sandra (ages 5-12)

Wednesday 4:30pm MACKids Yoga in Studio B with Sandra (ages 5-12)

Thursday 10:30am MACKids Yoga in Studio B with Edie (ages 5-12)

Thursday 5pm MACKids Bootcamp in Studio B with Armin (ages 5-12)

Friday 11am MACKids Bootcamp in Studio B with Armin (ages 5-12)

At the MAC for Women

Teen Girls ages 11-15

Tuesday and Thursdays at 2:30pm

Total Teen Conditioning for Girls with Sarah Staerker



The Memorial Athletic Club presents...

MACKids Summer Fitness Classes

In addition to our regularly scheduled MACKids classes

These classes will only be offered June 12th through August 11th

MACKids DrumFit - Ages 5-12

At MAC Mondays at 10:30am with Cathy

DrumFit is a high energy workout that combines cardio, muscle conditioning, balance and flexibility with all the fun of drumming

MACKids Bootcamp - Ages 5-12

Wednesday at 10:30am

And Friday at 11am with Armin

MACKids Bootcamp is a high energy, fun filled exercise class for kids that will help to increase the overall health and fitness level of children in a fun, safe, positive and motivating environment. Using fitness games, partner activities, body weight exercises, circuits and more your kids will develop healthy habits while having fun working out.

MACKids Youth Yoga at MAC

Tuesday's at 10:30am Preschool Play & MACKids Yoga

with Amy ages 3-8 (children 5 and under require a parent to be present)

Thursday's at 10:30am with Edie MACKids Yoga ages 5 - 12

Kids will be challenged in an exciting, inspirational fun environment that combine simple yoga poses with interactive stories and games while increasing concentration, lung capacity, flexibility, muscle tone and balance. Yoga will help your child have better coordination, strength, flexibility, and concentration.

Total Teen Conditioning for Girls - Ages 11-15

At Mac for Women

Tuesday and Thursday's at 2:30pm with Sarah Staerker

This class is designed to help teen girls gain confidence, burn fat and increase muscle tone with strength training exercises including the use of free weights, bands and your own body weight.

This class will also focus on cross training, which means incorporating cardiovascular endurance, strength training and flexibility exercises.