



MACAC Winter Fitness Group Exercise Schedule

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

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/See Spin Schdl	5:15 AM SPINNING Studio B/See Spin Schdl	5:15 AM SPINNING Studio B/See Spin Schdl	5:15 AM SPINNING Studio B/See Spin Schdl	5:15 AM SPINNING Studio B/See Spin Schdl
5:45 AM HIIT Conditioning Upper Body Strength Studio A/Debbie C	6:00 AM \$\$ TFW-Strength Parisi	5:45 AM HIIT Conditioning Lower Body Strength Studio A/Debbie C	6:00 AM \$\$ TFW-Energy Circuit Parisi	5:45 AM HIIT Conditioning Total Body Strength Studio A/Debbie C
6:00 AM SPINNING Studio B/See Spin Schdl	6:00 AM POWER YOGA Studio A/Amy C	6:00 AM SPINNING Studio B/See Spin Schdl	6:00 AM POWER YOGA Studio A/Amy C	6:00 AM SPINNING Studio B/See Spin Schdl
6:00 AM \$\$ TFW-Hurricane Parisi	7:00 AM HIIT Circuit - Strength & Endurance Studio A/Felipe	6:00 AM \$\$ TFW-Energy Circuit Parisi	7:00 AM MUSCLE BLAST Studio A/Felipe	6:00 AM \$\$ TFW-Strength Parisi
7:00 AM CARDIO COMBO Studio A/Armin	8:00 AM MUSCLE BLAST Studio A/Felipe	7:00 AM CARDIO COMBO Studio A/Armin	8:00 AM HIIT Circuit - Strength & Endurance Studio A/Felipe	7:00 AM CARDIO COMBO Studio A/Armin
7:30AM HATHA YOGA Studio-B/Debbie S	8:15 AM AQUA AEROBICS Indoor Pool	8:00 AM CORE/BUNS/ABS Studio A/Felipe	8:15 AM AQUA AEROBICS Indoor Pool	8:00AM YOGA BASICS Studio-B/Heidi
8:15 AM AQUA AEROBICS Indoor Pool	9:00AM SPINNING Studio B/See Spin Schdl	9:00 AM STEP & STRENGTH INTERVALS*** Studio-A/Beth	9:00 AM SPIN & CORE Studio B/See Spin Schdl	8:00 AM SUPER STEP Studio A/Michelle
8:00 AM STEP & STRENGTH INTERVALS Studio A/Angie	9:00 AM DRUMFIT Studio A/Beth	9:00 AM SPINNING Studio B/See Spin Schdl	9:00 AM HIIT Conditioning EXP* Studio-A/Betsy	9:00 AM BARBELL STRENGTH Studio-A/Michelle
9:00 AM HIIT Conditioning EXP* Studio A/Michelle	9:30 AM \$\$ TFW-Strength Parisi	9:30 AM \$\$ TFW-Energy Circuit Parisi	9:30 AM MUSCLE EXPRESS* Studio A/Betsy	9:15 AM SPINNING**** Studio B/See Spin Schdl
9:15 AM SPINNING**** Studio B/See Spin Schdl	9:30 AM AQUA AEROBICS Indoor Pool	9:30 AM AQUA AEROBICS Indoor Pool	9:30 AM \$\$ TFW-Energy Circuit Parisi	9:30 AM \$\$ TFW—Strength Parisi
9:30 AM \$\$ TFW-Hurricane Parisi	10:00 AM YOGA BASICS Studio-A/Heidi	10:15 AM HIIT Circuit - Strength & Endurance** Studio A/Felipe	9:30 AM AQUA AEROBICS Indoor Pool	9:30 AM AQUA AEROBICS Indoor Pool
9:35 AM BARBELL STRENGTH Studio-A/Michelle	10:30 AM ADVANCED ACTIVE VINYASA YOGA Studio-B/Amy	10:45 AM WATER WALKING Indoor Pool	10:00 AM YOGA BASICS Studio A/Linda Shubert	10:00 AM ASHTANGA VINYASA YOGA Studio-A/Susan
9:30 AM AQUA AEROBICS Indoor Pool	11:00 AM RESTORATIVE & RELAXATION YOGA Studio A/Heidi	11:00 AM YOGA FOR ATHLETES Studio A/ Lori	11:00 AM RESTORATIVE & RELAXATION YOGA Studio A/Linda Shubert	10:45 AM WATER WALKING Indoor Pool
10:30 AM CORE CONDITIONING Studio-A/Armin	12:00 PM TAI CHI Studio A/Heidi	11:30 AM GOODLIFE AQUA Indoor Pool	12:15 PM MUSCLE WORKS Studio-A/Carrie	11:00 AM ZUMBA Studio A/Julia
10:45 AM WATER WALKING Indoor Pool	1:00 PM CARDIO CONDITIONING Studio A/Carrie	1:00 PM GOODLIFE CHAIR Studio-A/Carrie	1:00 PM CARDIO CONDITIONING Studio A/Carrie	11:30 AM GOODLIFE AQUA Indoor Pool
11:30 AM GOODLIFE AQUA Indoor Pool	4:00 PM MACKids Drumfit** Ages 6-12 Studio B/Sandra	2:00 PM ZUMBA GOLD** Studio A/Carrie	4:00 PM TAI CHI Studio B/Sandra	12:00 PM HIIT Circuit - Strength & Endurance Studio A/Felipe
12:00 PM MUSCLE WORKS Studio-A/Megan	4:00 PM CARDIO COMBO** Studio A/Sarah	4:00 PM MACKids Yoga** Ages 6-12 Studio B/Sandra	5:00 PM MACKids Bootcamp** Ages 6-12 Studio B/Armin	1:00 PM GOODLIFE CHAIR Studio-A/Sandra
1:00 PM GOODLIFE CHAIR Studio-A/Carrie	4:45 PM BARRE ABOVE** Studio A/Sarah	4:30 PM BARBELL STRENGTH Studio-A/Donna	5:00 PM MUSCLE BLAST** Studio-A/Felipe	4:15 PM SPINNING Studio B/See Spin Schdl
4:00 PM BALLET I** (ages 3-5) Studio B/Sandra	5:00 PM MACKids Bootcamp** Ages 6-12 Studio B/Armin	4:45 PM BALLET I** (ages 3-5) Studio B/Sandra	5:45 PM HIIT Circuit - Strength & Endurance** Studio A/Felipe	 <p>Blue-Spinning (*See Spin Schedule)</p> <p>Aqua—Aquatic classes</p> <p>Green-Active Older Adult</p> <p>Orange-Mind/Body</p> <p>Purple—Specialty class</p> <p>Pink—MACKids classes</p> <p>Gold -Fee Based Training for Warrior Program</p>
4:30 PM BALLET II* (ages 6-9) Studio B/Sandra	5:30 PM PILATES with Props Studio A/Luisa	5:15 PM BALLET II* (ages 6-9) Studio B/Sandra	6:30 PM SPINNING Studio B/See Spin Schdl	
4:30 PM BARBELL STRENGTH Studio A/Allison	6:30 PM AQUA AEROBICS Indoor Pool	5:30 PM COMBAT KICKBOXING Cardio & Strength Studio-A/Pam	6:30 PM AQUA AEROBICS Indoor Pool	
5:30 PM COMBAT KICKBOXING Cardio & Strength Studio-A/Pam	6:30 PM SPINNING Studio B/See Spin Schdl	6:30 PM HATHA YOGA**** Studio-A/Debbie S	7:00 PM ZUMBA Studio A/Kevin	
6:45 PM SPINNING Studio B/See Spin Schdl	7:00 PM ZUMBA Studio A/Natalia	6:30 PM SPINNING Studio B/See Spin Schdl	7:30 PM \$\$ TFW—Strength Parisi	
7:00 PM ZUMBA Studio A/Patricia	7:30 PM \$\$ TFW—Strength Parisi	7:30 PM \$\$ TFW-Energy Circuit Parisi		
7:30 PM \$\$ TFW-Hurricane Parisi				

SATURDAY 6:00 AM-8:00 PM	SATURDAY CONTINUED	SUNDAY 7:00 AM-8:00 PM
7:00 AM SUPER STEP Studio-A/Rotation	10:00 AM SPINNING Studio B/See Spin Schdl	9:00 AM MUSCLE BLAST Studio A/Diane
8:00 AM MUSCLE WORKS Studio-A/Rotation	10:00 AM BARBELL STRENGTH Studio A/Donna/Pam	9:00 AM VINYASA YOGA Studio B/Guillermina
8:00 AM \$\$ TFW Energy Circuit Parisi	11:00 AM YOGA FOR ATHLETES Studio A/ Lori	10:15 AM ZUMBA Studio A/Edie
8:00 AM POWER YOGA Studio B/Amy C	12:00 PM AQUA AEROBICS Indoor Pool	10:30 AM SPINNING Studio B/See Spin Schdl
9:00 AM YOGA BASICS Studio-A/Amy C		11:30 AM RESTORATIVE & RELAXATION YOGA Studio A/Guillermina
		4:00 PM AQUA AEROBICS Indoor Pool

All classes are 55 minutes
unless otherwise indicated.
* 30 minute class
** 45 minute class
*** 75 minute class
**** 90 minute class

MACKids Zone Hours
Monday 8:00 AM-8:30 PM
Tuesday-Thursday 8:00 AM-1:00 PM
Tuesday-Thursday 3:30 PM-8:30 PM
Friday 8:00 AM-1:00 PM & 3:30 PM-6:30 PM
Saturday 7:45AM-2:00 PM
Sunday 9:00AM-3:00 PM

SCHEDULE BEGINS 2/1/2020
No cell phones or videography use in class please
Children under the age of 13 are not allowed in studio
during class
Keep your classes, invite a friend

MACAC Class Descriptions

CARDIO AND ENDURANCE

CARDIO COMBO	This multi-level class consists of partial step, weights and/or Hi/low floor aerobics and core training.
COMBAT KICKBOXING	High energy martial arts-inspired workout that is guaranteed to get the heart rate up & relieve stress. No experience needed.
DRUMFIT	High energy workout that combines cardio, muscle conditioning, balance and flexibility with all the fun of drumming.
HIIT CONDITIONING CARDIO & STRENGTH	A high energy, high intensity weight and cardio interval class for all fitness levels designed to keep the heart rate up. This class is a full body workout that utilizes equipment such as barbell, weights, bands, TRX and Bosu balls.
HIIT CONDITIONING UPPER BODY STRENGTH	The same high intensity interval class as total body but this class will mainly focus on Upper Body Strength.
HIIT CONDITIONING LOWER BODY STRENGTH	The same high intensity interval class as total body but this class will mainly focus on Lower Body and Core Strength.
HIIT CONDITIONING EXP	A high energy, high intensity weight and cardio interval class for all fitness levels designed to keep the heart rate up all done with in a 30 minute class.
HIIT CIRCUIT STRENGTH ENDURANCE	This workout involves a series of exercises performed in a rotation with minimal rest using various types of equipment including the rowers, stairs, ropes, weights and TRX.
MUSCLE BLAST	A weight and resistance class with added cardio intervals and some extra challenge for those who want to get it all.
*SPINNING ®	A Johnny G Cycling workout using a stationary bike. * See spin schedule for details
STEP & STRENGTH INTERVALS	Cardio/strength combination class that alternates step moves to keep your heart rate up and strength exercises to sculpt every major muscle group. This class is a total body workout.
SUPER STEP	A highly intense well-choreographed aerobic class using step. If new to step, experience step n strength pump first.
THE GOODLIFE CARDIO CONDITIONING	Our signature class for active older adult with cardio movements. 45 mins of heart rate up.
ZUMBA®	The high energy fitness craze sweeping the nation. Mix of latin and international music. All levels
ZUMBA GOLD ®	Zumba for the active older adult or if you just want to learn the steps. Slower paced but still a ton of fun!!

STRENGTH AND CONDITIONING

BARBELL STRENGTH	A barbell workout that incorporates functional strength training that's designed to get you lifting and working hard. Every movement plane is attacked using barbells, hand weights and body weight. Strength and conditioning workout where all levels welcome.
BARRE ABOVE	Barre is the hottest method of training since the Pilates boom. A full body workout guaranteed to lengthen and strengthen muscles especially the core, legs and glutes.
CORE CONDITIONING	Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility. Walk taller, feel stronger.
CORE/BUNS/ABS	A 30-45 min strength class designed to increase definition in the core.
THE GOODLIFE CHAIR	A low impact, strength, balance and range of motion workout focusing on the older adult population with most of the work done in a chair, age 55 and older
MUSCLE EXPRESS	A 30 minute strength class designed to sculpt every major muscle group.
MUSCLE WORKS	A weightlifting class for strength and endurance. Different instructors will use various resistance and strength tools.
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

ACTIVE VINYASA YOGA	Recommended for the intermediate or advanced yoga practitioner. This is a progressive series of challenging asanas that flows into the other, typically including Sun Salutations. Designed to improve strength, endurance, flexibility, balance, breathing and concentration.
ADVANCED ACTIVE VINYASA YOGA	Vinyasa class based on a strong focus of core moves and poses leading to arm balances and inversions and other more advanced asanas. The practice will be geared toward the intermediate to advanced student. This is NOT recommended for beginners
ASHTANGA VINYASA YOGA	This class involves following a set of yoga poses sequences throughout the session which include forward bends, standing balances, twists, inversion, back bends and more. Each pose is held for 5-10 breaths and ends with learning to relax and recover.
HATHA YOGA	Within Hatha Yoga there are many styles, this class is a gentle slow paced basic yoga class. It is a great class to learn beginner's poses, breathing and relaxation techniques. Hatha yoga practice is cultivating awareness and emphasis on mind, body and breath.
MACKIDS YOGA	Kids are challenged in a fun environment while increasing concentration, lung capacity, flexibility, muscle tone and balance. We will work to decrease anxiety, potential depression triggers and unhealthy self-judgement with exercise and laughter. Ages 6-12
POWER YOGA	Challenge your mind/body thru yoga poses that build strength, flexibility and stamina. This class is designed for the intermediate to advanced
RESTORATIVE RELAXATION YIN YOGA	You can expect to feel deep relaxation, releasing stress and tension while slowly stretching connective tissue to your range of motion with support of straps and props. Combining breathing with awareness of your limitations in mobility due to injury or inactivity leading to a deeper self awareness. This practice is a healing journey for all levels and complements all vigorous activity and classes.
TAI CHI	The base poses done in a series, to enhance core stability, increase strength balance and coordination.
YOGA BASICS	Open to all students regardless of experience, yet structured for beginners. Instructors will break down postures, teach and demonstrate modification, transitions and option to increase the difficulty of each pose. Resulting in improved strength, endurance, flexibility, calmness and awareness.
YOGA FOR ATHLETES BODY AWARENESS	This class is perfect for both beginners and more seasoned yogis looking for more stretching. Expect to start with a slow warmup that will proceed to moderate heat building poses priming the body, especially the lower back, hips and hamstrings for more flexibility work to follow.

SPECIALTY CLASSES

BARRE ABOVE	Barre is the hottest method of training since the Pilates boom. A full body workout guaranteed to lengthen and strengthen muscles especially the core, legs and glutes.
Pilates with Props	In this class every muscle is worked including legs, arms, abs, hips as well as flexibility and balance. The core is always working either to stabilize the body or working in a concentric and eccentric way during the abs session. You will move the body at a slow pace, without impact on the joints, so all the planes of motion are used. Different props are used in every class including dumbbells, balls, bands, bosu.

MACKids CLASSES

# MACKIDS Ballet I/II	This class is designed to give students a technical foundation and the basics of ballet and modern dance forms—Level 1 Ages 3-5, Level II Ages 6-9
# MACKIDS Bootcamp	High energy, fun exercise class for kids that will help to increase the overall health and fitness of children in a fun, safe positive environment. Ages 6-12
# MACKIDS DrumFit	A cardio based drumming class that combines physical activity with brain fitness, resulting in the most fun kids can have. Ages 6-12
# MACKIDS Yoga	Kids will work to decrease anxiety while increasing concentration, lung capacity, flexibility, muscle tone and balance with exercise and laughter. Ages 6-12