

# Group Exercise Schedule



MEMORIAL  
ATHLETIC  
CLUB FOR  
**Women**

**MAC4W**  
*Spring Fitness*

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

MONDAY 6:30 AM- 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
8:30 AM MAT PILATES Intermediate Morven	9:30 AM MAT PILATES Essentials Angela	8:30 AM MAT PILATES Intermediate Luisa	9:30 AM YOGA/BARRE FUSION - Beth	8:30 AM PILATES BALL & BAND Intermediate Sue
9:30 AM Zumba Maria	10:30 AM VINYASA YOGA Susan S	9:30 AM ZUMBA Julia	10:30 AM MAT PILATES Essentials Morven	9:30 AM ZUMBA Sarah
10:30 AM BARRE ABOVE Sarah	11:30 AM OSTEOPILATES Angela	10:30 AM BODY WORKS Sue	11:30 AM OSTEOPILATES Morven	10:30 AM TRX—Tabata Sue
11:30 AM HATHA Yoga**** Marta	12:30 PM \$\$Aerial Yoga Fee based class See front desk for more in- formation	11:30 AM HATHA Yoga**** Marta	12:30 PM WEIGHT ROOM CIRCUIT** Sue	11:30 AM HATHA YOGA**** Debbie S
5:30 PM VINYASA YOGA Guillermina	12:30 PM WEIGHT ROOM CIRCUIT ** Sue	5:30 PM GENTLE FLOW YOGA Linda Steinbarger	5:15 PM VINYASA YOGA*** Heidi	
6:00 PM ZUMBA IN THE CIRCUIT/Weight Room ** Maria	7:00 PM HATHA YOGA**** Linda Shubert	6:00 PM ZUMBA IN THE CIRCUIT/Weight Room ** Maria	6:30 PM MAT PILATES All Levels Raintree	
6:30 PM MAT PILATES All Levels Luisa		6:30 PM \$\$Aerial Yoga Fee based class See front desk for more information		



Orange—Mind/Body
Purple—Specialty class
Blue—Fee based class
All classes are 55 minutes unless otherwise indicated. ** 45 minute class *** 75 minute class **** 90 minute class

SATURDAY 8:00 AM- 1:00 PM	SATURDAY CONTINUED
8:30 AM INTERMEDIATE PILATES Luisa	10:30 AM ZUMBA Cheri
9:30 AM BARRE ABOVE Beth/Sarah/Jennier	11:30 AM RESTORATIVE & RELAX YOGA**** Heidi

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

**MACKIDS ZONE Hours**  
Daytime hours  
*Monday-Friday 8:30AM-1:00 PM*  
*Saturday 8:30-1:00 PM*

Pilates Reformer classes are co-ed, fee based and by appointment.  
To register go to [mindbodyonline.com](http://mindbodyonline.com) or you can the front desk to sign-up  
For questions see Sue Donahoe at 281-558-6691.

**SCHEDULE EFFECTIVE: May 7th, 2018**  
**Keep your classes, invite a friend**

# MAC4W Class Descriptions

CARDIO, STRENGTH AND CONDITIONING	
<b>BARRE ABOVE</b>	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.
<b>BODY WORKS</b>	A choreographed strength class. Designed to tone and strengthen, upper and lower body. Can include Medicine Balls, Stability Balls, Bands, Body Bars, Gliding Discs and Tubing.
<b>MACHINE CIRCUIT</b>	A great muscle workout that meets in the weight room. This class is for all levels.
<b>Tabata - TRX™</b>	The TRX is a suspension training system which uses your own body weight and gravity to strengthen muscles with hundreds of exercises. Helps you build strength, balance, flexibility and core stability.
<b>ZUMBA IN THE CIRCUIT</b>	The high octane, Latin-inspired dance rhythms of Zumba combined with the benefits of metabolism boosting strength training for one complete workout.
MIND/BODY	
<b>ACTIVE VINYASA YOGA</b>	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.
<b>BARRE/YOGA FUSION</b>	Challenging fitness class combining the best from Yoga, Barre and Pilates, utilizing different props and sequencing each class to enhance the sculpting of your entire body, raise your glutes and tighten abs! The conditioning of your heart and burning major calories will bring you back for more as no two classes are the same to keep you excited and challenged. All levels welcome.
<b>HATHA YOGA</b>	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.
<b>RESTORATIVE RELAXATION YIN YOGA</b>	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.
MIND/BODY STOTT PILATES®	
<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!
<b>OSTEOPILATES</b>	Class is specific to reduce fracture risk and increase bone density.
SPECIALTY CLASSES	
<b>\$ REFORMER CLASSES FOR MEN AND WOMEN</b>	Fee based class by appointment only. To register go to <a href="http://mindbodyonline.com">mindbodyonline.com</a> . 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.
- Children under the age of 13 are not allowed in studio during class

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