

Group Exercise Schedule



MEMORIAL
ATHLETIC
CLUB FOR

MAC4W

Women Winter 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 | 6:00 AM Tabata Bootcamp Fee based class See front desk for more Information | 8:30 AM MAT PILATES w/TRX Intermediate Luisa | 6:00 AM Tabata Bootcamp Fee based class See front desk for more Information | 8:30 AM PILATES BALL & BAND Intermediate Sue |
| 9:30 AM HIGH Fitness Lindsey | 9:30 AM MAT PILATES Essentials Morven | 9:30 AM ZUMBA Julia | 9:30 AM YOGA/BARRE FUSION - Beth | 9:30 AM HIGH Fitness Lindsey |
| 10:30 AM BARRE ABOVE Sarah | 10:30 AM ASHTAGA VINYASA YOGA Susan S | 10:30 AM BODY WORKS Sue | 10:30 AM MAT PILATES Essentials Morven | 10:30AM HIIT Circuit w/TRX Cardio & Strength Sue |
| 11:30 AM HATHA Yoga**** Marta | 11:30 AM OSTEOPILATES Becky | 11:30 AM HATHA Yoga**** Marta | 11:30 AM OSTEOPILATES Morven | 11:30 AM HATHA YOGA**** Debbie S |
| 5:30 PM VINYASA YOGA Guillermina | 12:30 PM WEIGHT ROOM CIRCUIT ** Sue | 5:30 PM VINYASA YOGA Linda Steinbarger | 12:30 PM WEIGHT ROOM CIRCUIT** Sue | |
| 6:00 PM ZUMBA IN THE CIRCUIT/Weight Room ** Amy | 5:15 PM YOGA BASICS Linda Shubert | 6:00 PM ZUMBA IN THE CIRCUIT/Weight Room ** Amy | 5:30 PM VINYASA YOGA Amy | |
| 6:30 PM MAT PILATES All Levels Katharine | 6:30 PM HATHA YOGA**** Linda Shubert | | 6:30 PM MAT PILATES All Levels Cynthia | |



| |
|------------------------|
| 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 Morven/Whitney | 10:30 AM ZUMBA Cheri |
| 9:30 AM BARRE ABOVE Beth/Leanne/Armin Lindsey | 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 or you can the front desk to sign-up
 For questions see Sue Donahoe at 281-558-6691.

SCHEDULE EFFECTIVE: February 1st, 2020
Keep your classes, invite a friend

MAC4W Class Descriptions

CARDIO, STRENGTH AND CONDITIONING

| | |
|--|---|
| 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. |
| BODY WORKS | 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. |
| HIGH Fitness | HIGH Fitness is choreographed interval training with cardio peaks and toning tracks that is set to music you know and love. Low impact options provided through out class. All levels welcome. |
| MACHINE CIRCUIT | A great muscle workout that meets in the weight room. This class is for all levels. |
| HIIT Conditioning w/TRX 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 and utilizes equipment such as weights, bands and TRX. 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. |
| ZUMBA | High energy fitness craze sweeping the nation. Mix of Latin and international music. All levels welcome. |
| ZUMBA IN THE CIRCUIT | The high octane, Latin-inspired dance rhythms of Zumba combined with the benefits of metabolism boosting strength training for one complete workout |

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. |
| 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. |
| BARRE/YOGA FUSION | 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. |
| 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. |
| 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. |
| 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. |

MIND/BODY STOTT PILATES®

| | |
|----------------------------|--|
| 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! |
| INTERMEDIATE W/ TRX | Mat Pilate w/TRX combines traditional and contemporary Mat Pilates and equipment based Pilates exercises on the TRX. This class is a perfect compliment to your fitness practice, focusing on your core musculature to control your own body weight. |
| OSTEOPILATES | Class is specific to reduce fracture risk and increase bone density. Members must be able to get up and down from the floor. |

FEE BASED CLASSES

| | |
|--|---|
| \$ REFORMER CLASSES FOR MEN AND WOMEN | Fee based class by appointment only. To register go to mindbodyonline.com . These classes will truly challenge your core. |
| \$ TABATA BOOTCAMP | Tabata is a form of high intensity interval training method that offers more health benefits than traditional cardiovascular exercise and is designed to improve endurance and stimulate fat loss. See Sue Donahoe or Front Desk at 281-558-6691 for information. |

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

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.**