



MEMORIAL
ATHLETIC
CLUB FOR
Women

Kid's Summer Fitness Classes at MAC

June 18th-August 10th

Ages 6-12*

*some exceptions apply based on maturity and experience of younger ones so please talk to instructor.

All classes are 45 minutes

Monday 10:30am **DrumFit** in Studio B with Cathy

Monday 4pm **Ballet I/II** in Studio B with Sandra

Tuesday 10:30am **MACKids Bootcamp** in Studio B with Armin

Tuesday 4pm **MACKids DrumFit** in Studio B with Sandra

Wednesday 10:30am **MACKids Core/Stretch** in Studio B with Armin

Wednesday 4pm **MACKids Yoga** in Studio B with Sandra

Thursday 10:30am **MACKids Yoga** in Studio B with Sarah

Thursday 5pm **MACKids Bootcamp** in Studio B with Armin

Friday 1pm **\$\$BOGAFIT for Kids** Indoor Pool

\$10 members/\$20 non member

See back for more details



At the MAC for Women

Teen Girls Ages 11-15

Total Teen Conditioning for Girls with Cheri

45 minute classes Monday & Wednesday's at 1:30pm

\$\$Aerial Yoga for Girls

Tuesday & Thursday's at 2pm

\$10 members/\$20 non member

See back for more details



Summer MAC Kids Class Descriptions

MACKids DrumFit

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

MACKids Bootcamp

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.

MACKids Core & Stretch

This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles. The instructor may include a variety of equipment.

MACKids Yoga

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.

\$\$BOGAFIT for Kids—\$10 member/\$20 non member

The BOGAFit Mat is a training platform in the pool that provides a new fun and dynamic way to exercise. Classes are a unique blend of isometric and plyometric exercises to keep your core strong while increasing balance and functionality. Class is limited to 7 participants.

Kids must be a level one swimmer and must feels safe in the water. No class 6/29.

Registration must be made no later than Friday at 10am

To register call the Aquatics desk at 281-759-1748

Monday-Saturday 9am-11:30am & Monday/Tuesday evenings 4pm-6:30pm

At Mac for Women

Total Teen Conditioning for Girls

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.

\$\$Aerial Yoga for Girls—\$10 member/\$20 non member

AERIAL YOGA uses hammocks to suspend so gravity helps with de-compression of the spine, lengthening and strengthening the muscles around it.

To register go to mindbodyonline.com or

Call the front desk 281-558-6691