

## Monday

5:15 AM   Spin Debbie C
6:00 AM   OUTDOOR HIIT Debbie C
7:30 AM   Hatha (90) Deb S
7:30 AM   Super Step Leanne
8:30 AM   Pilates Mat Morven
8:30 AM   Barbell Betti
9:30 AM   HIGH Fitness Ashley
9:30 AM   Spin Alice
9:30 AM   Core Express (30) Amy C
10:00 AM   Power Yoga Amy C
10:30 AM   TRX HIIT Sue
11:00 AM   Bend & Balance Jasmine
11:30 AM   Hatha (90) Marta
12:00 PM   Weight Room Circuit Carrie
12:00 PM   Muscle Blast Kathi
1:00 PM   Goodlife Chair Carrie
2:00 PM   Goodlife Combo Michelle
3:00 PM   Kick Boxing Circuits Michelle
3:30 PM   Tai Chi Sandra ☺
4:30 PM   Cardio/Strength Allison
5:30 PM   Pumped Up Strength Pam
5:30 PM   Vinyasa (Co-Ed) Guille
6:30 PM   Zumba Patricia ☺
6:30 PM   Pumped Up Strength Armin (Co-Ed)

## Tuesday

6:00 AM   Spin Jeff
6:00 AM   Vinyasa Yoga Amy C
7:00 AM   Muscle Blast Felipe
8:00 AM   Muscle Blast Felipe
8:30 AM   Barre Strength Ashlee
9:00 AM   Cardio Kickboxing Michelle
9:30 AM   Ashtanga Susan
10:00 AM   Zumba Maria
10:30 AM   Osteo Pilates Catherine
11:00 AM   Yoga Basics MaryRo
11:30 AM   Restorative Yoga Linda
12:30 PM   Goodlife Cardio Debbie C
12:30 PM   Weight Room Circuit Sue
1:00 PM   Goodlife Bodywell Joann
2:15 PM   Line Dancing Linda
3:00 PM   Simply Strength Devin
4:30 PM   Zumba Kevin ☺
5:00 PM   Absolute Glutes Kathi
5:30 PM   Cardio Kickboxing Pam
6:00 PM   Mat Pilates Johnsy
6:00 PM   Weight Room (45) Armin
6:30 PM   Vinyasa Yoga Guille ☺
6:30 PM   Spin Tammy

## Wednesday

5:15 AM   Spin Becky
6:00 AM   OUTDOOR HIIT Debbie C
7:30 AM   Pumped Up Strength Armin (45)
8:15 AM   Super Step Leanne
8:30 AM   Muscle Blast Ashlee
9:15 AM   Core & More Leanne
9:30 AM   Yoga Fusion Edie
9:30 AM   Spin Felipe
10:00 AM   HIGH Fitness Ashlee
10:30 AM   Simply Strength Roo
11:00 AM   Yoga Lab MaryRo
11:30 AM   Hatha Yoga (90) Linda
12:00 PM   Muscle Blast Felipe
1:00 PM   Goodlife Chair Carrie
3:00 PM   Muscle Mash-up Michelle
4:30 PM   Barbell Donna
4:30 PM   HIGH Fitness Ashley
5:30 PM   Core & More Pam
5:30 PM   Barre Fusion (Co-Ed) Amy C ☺
6:30 PM   Hatha Yoga (90) Deb S. (Co-Ed) ☺
6:30 PM   Zumba Patricia ☺

## Thursday

6:00 AM   Spin Bill
6:00 AM   Vinyasa Yoga Amy C
7:00 AM   HIIT Strength Felipe
8:00 AM   HIIT Strength Felipe
8:30 AM   Barre Fusion Leanne
9:15 AM   Mobility for Athletes Betsy (45)
9:30 AM   Ashtanga Yoga Susan
10:00 AM   Restorative Yoga Linda
10:30 AM   Osteo Pilates Morven
11:00 AM   HIGH Fitness Roo
11:30 AM   Hatha Yoga (90) Marta
12:15 PM   Goodlife Muscle Carrie
12:30 PM   Weight Room Circuit Sue
1:00 PM   Zumba Gold (45) Carrie
3:00 PM   Simply Strength Devin
3:30 PM   Tai Chi Sandra ☺
4:30 PM   Muscle Blast Michelle
5:00 PM   Simply Strength Devin
5:30 PM   Vinyasa Yoga Guille ☺
6:00 PM   Mat Pilates (Co-Ed) Catherine
6:30 PM   Zumba Amanda ☺

## Friday

6:00 AM   OUTDOOR HIIT Debbie C
7:30 AM   Cardio/Strength Betsy
8:30 AM   Total Body Betsy
8:30 AM   Pilates Mat Sue
9:30 AM   Spin Betsy
9:30 AM   Muscle Blast Arminda
9:30 AM   HIGH Fitness Ashlee
10:30 AM   Core Express (30) Ashlee
10:30 AM   Zumba Heek
11:10 AM   Bend & Balance Jasmine (45)
11:30 AM   Yoga Basics MaryRo
12:00 PM   Muscle Blast Felipe
1:00 PM   Goodlife Chair Sandra
3:00 PM   Rhythm Ride Michelle
<b>Note:</b> Classes are 55 Minutes Unless Indicated (30), (45), or (90)  Some Classes are Co-Ed @ MAC for Women  See App for most Updated Schedule & Subs

## Saturday

8:00 AM   Vinyasa Yoga Amy C
8:00 AM   Pumped Up Strength Michelle
8:30 AM   Pilates Mat Johnsy
9:00 AM   Yoga II Amy C
9:30 AM   Balletone Edie
10:00 AM   Spin Rotation
10:15 AM   Barbell Rotation
10:30 AM   Zumba Julia
11:30 AM   Stretch & Release Rotation
11:30 AM   Restorative Yoga Linda

## Sunday

8:30 AM   Vinyasa Yoga Guille
9:30 AM   Total Body Strength Edie
10:30 AM   Zumba Edie
11:30 AM   Restorative Yoga Guille



# Have Questions?

**Group Fitness Director**

☺ Michelle: groupx@fitmac.com

**Pilates Director**

☺ Sue: suedonahoepierce@gmail.com

**Member Engagement Director**

☺ Carrie: goodlifecarrie@gmail.com

## Key

MAC Studio A
MAC for Women
MAC Studio B
Racquetball Court
MAC Outdoor Court
☺ Kids 12-14 may attend with a parent!

## Descriptions

**ABSOLUTE GLUTES** - Legs, glutes & abs class that includes a great mix of challenging lower body weight training exercises, toning & resistance band exercises to chisel the lower body and strengthen your core!

**ASHTANGA YOGA** - This class involves following a set of yoga poses in sequence throughout the session which include forward bends, standing balances, twists, inversion, back bends & more. Each pose is held for 5-10 breaths and ends with learning to relax & recover.

**BARBELL STRENGTH** – A challenging, full-body strength training class for every level. Using moderate weights with high repetition, we'll build lean muscle as we target all major muscle groups using barbell exercises, such as squats, lunges, chest presses, rows, etc.

**BARRE FUSION** - A challenging fitness class combining the best from Barre, Yoga & Pilates, utilizing different props & sequencing each class to enhance the sculpting of your entire body; raise your glutes and tighten abs! All levels welcome.

**BARRE STRENGTH** - This class combines elements of Pilates, Ballet & functional training designed to increase balance, posture & muscle endurance.

**BALLESTONE** - A low impact, high energy cardio ballet class which combines elements of Ballet, Pilates & Dance to bring your heart rate up & tone your lower body with standing only exercises.

**BEND & BALANCE** - Elevate your fitness journey with Bend & Balance, a dynamic class designed to target your glute/core strength & overall mobility. This engaging session combines strength-building exercises with balance drills to enhance stability.

**CARDIO KICKBOXING** - High energy martial arts-inspired workout that is guaranteed to get the heart rate up & relieve stress. All levels.

**CARDIO/STRENGTH INTERVALS** - A combination of 30 minutes cardio followed by a 30 minutes of strength utilizing a variety of equipment.

**CORE EXPRESS (30)** – A 30-minute strength class focusing on the core muscles. Express classes are specifically designed for deep core strength development in under 30 minutes.

**CORE & MORE** - A class focused on strengthening the abdominals, back & gluteal muscles using a variety of equipment. Build stability & endurance in the muscles that connect your upper body to the lower body, improve balance & assist with injury prevention.

**GOODLIFE BODYWELL** - Mobilize & strengthen your body through this yoga based practice. Develop a connection to your body so profound that you feel better and improve your body & overall functionality while becoming stronger yet more flexible. Be more functional for your day to day activities. Adaptable to all levels.

**GOODLIFE CHAIR CLASS** - A low impact, strength, balance & range of motion workout focusing on our active older adult population most of the work done in a chair, age 55+.

**GOODLIFE CARDIO COMBO** - Our signature class for active older adults with cardio movements that help to improve circulation & strengthens the heart, lungs & blood vessels all while working on balance & strength. (Age 55+)

**GOODLIFE COGNITIVE CARDIO** - You will work on keeping your heart rate active while performing exercises that will make you think in just 30 min! Enjoy a great aerobic workout, while being able to control your own intensity level & exercise your brain through a combination of exercises that keep your body & your brain healthy for years to come.

**GOODLIFE MUSCLE WORKS** - A weightlifting 55+ class for strength & endurance. Instructors will use various resistance & strength tools.

**HATHA YOGA** - This class is a gentle, slow paced fundamental yoga class. It is a great class to learn beginner's poses, breathing & relaxation techniques cultivating awareness & emphasis on mind, body & breath.

**HIGH FITNESS** - A choreographed interval training with cardio peaks & toning tracks that is set to music you'll know & love. Low impact options provided through out class. All levels welcome.

**HIIT w/TRX** - High energy, high intensity weight & cardio interval class for all fitness levels designed to keep the heart rate up. This class is a full body workout & utilizes equipment such as weights, bands & TRX. The TRX is a suspension training system which uses gravity & body weight.

**KICKBOXING CIRCUITS\*\*** - High-energy kickboxing circuits designed to empower you with strength, confidence, & agility. Combines cardio, strength training, & kickboxing techniques on the bag for a complete workout. Space is limited to 5 participants.

**LINE DANCING**- Exercise your mind & body while socializing with friends in this fun line dancing class. This low impact dance class is designed for 55+ or anyone interested in learning the basic fundamentals of line dancing.

**MOBILITY FOR ATHLETES** - Unlock your full athletic potential with mobility for athletes! This specialized class dedicated to enhancing your range of motion. Designed for athletes of all levels, this class focuses on improving flexibility, reducing muscle tightness, & increasing joint mobility.

**MUSCLE BLAST** - A high-energy, full-body resistance class that combines strength training with cardio intervals, perfect for those who want an all-encompassing workout.

**MUSCLE MASHUP\*\*** - Get ready to rock your workout with Muscle Mashup; the ultimate strength class that takes you on a musical journey while sculpting every major muscle group! Geared towards teens & young adults, this high-energy class features a fantastic playlist where each song focuses on a different muscle group.

**OUTDOOR HIIT Camp** - A high intensity weight & cardio interval class for all fitness levels designed to challenge your agility & keep the heart rate up.

**OSTEOPILATES** - Pilates class specifically designed to reduce fracture risk & increase bone density.

**PILATES MAT** - This class is slow paced to concentrate on good form, proper alignment & breathing with focus on your core. Instructor will give progressions & regressions. Props may be used, such as fitness circles, resist-a-balls & barrels to challenge your stability.

**POWER YOGA** - Recommended for the intermediate or advanced yoga practitioner. This class is designed for an intermediate practice with an emphasis on flowing from one pose to the next, rather than approaching each pose separately. Variations of core work & push-ups are combined with traditional yoga poses. You will sweat & leave feeling refreshed & invigorated. Modifications & rest breaks are offered.

**PUMPED UP STRENGTH** - Pumped Up Strength is a new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper & lower body movements set to fun music.

**RESTORATIVE YOGA** - You can expect to feel deep relaxation, releasing stress & tension. Combining breath with movement while learning to become aware of limitations in mobility due to injury or inactivity. This class can lead to a deeper self-awareness. This practice is a healing journey for all levels & complements all vigorous activity & classes.

**RHYTHM RIDE\*\*** - Cardio party on the bike featuring the hottest music & easy to follow cycle choreography so you can sweat, let loose & have fun! Perfect for teens & young adults.

**SIMPLY STRENGTH\*\*** - A full-body workout designed specifically for teens & young adults. This class focuses on building functional strength, enhancing muscle tone, & improving overall fitness. Come ready to challenge yourself, build confidence, & enjoy the journey to a stronger, healthier you!

**SPIN** - Refer to our monthly Spinning calendar for details of spin classes. You can also find descriptions on our App!

**STRENGTH & STRETCH** - A challenging condensed 30 min strength workout utilizing dumbbells & other equipment followed by a soothing 30 min. full body stretch.

**SUPER STEP** – An exhilarating cardio class that combines high-energy step aerobics with dynamic choreography to boost your heart rate.

**TOTAL BODY STRENGTH** - A head to toe functional strength routine that works every muscle in your body using various equipment such as barbells, dumbbells & bands. This strength workout is open to all levels.

**TAI CHI** - A moving meditation class that involves a series of movements performed in a slow, focused manner & accompanied by deep breathing. This gentle form of exercise can help maintain strength, flexibility, balance, & could be the perfect activity for the rest of your life.

**TRX HIIT** - A high energy, high intensity weight & cardio interval class for all fitness levels designed to keep your heart rate up. This class is a full body workout & utilizes equipment such as weights, bands & TRX. The TRX is a suspension training system which uses your own body weight & gravity to strengthen muscles with hundreds of exercises. Helps you build strength, balance, flexibility & core stability.

**VINYASA YOGA (Beginner/Intermediate)** - This is a progressive series of challenging asanas (poses) that flow into one another, typically including Sun Salutations. Designed to improve strength, endurance, flexibility, balance, breathing & concentration.

**WEIGHT ROOM CIRCUIT** – An invigorating circuit class that meets in the weight room at Mac for Women. This class offers a total body workout through circuit training to build strength & boost endurance. This class is for all levels. Completion of the complimentary fitness appointment is highly recommended to become familiar with equipment utilized for class.

**YOGA BASICS** - Open to all students regardless of experience, yet structured for beginners. Instructors will break down postures, teach & demonstrate modifications, transitions and options to increase the difficulty of each pose.

**YOGA II** - Classes are designed for those who have had some exposure to yoga, including an introduction to basic yoga poses & proper alignment. Expect more intensity & fewer detailed instructions for more familiar poses.

**YOGA FUSION** - (Intermediate) A creative blend of challenging yoga, pilates & barre-inspired flows, short cardio bursts, & bodyweight exercises all set to crazy fun music. You will be flowing frequently from floor to standing sequences throughout class. Yoga Fusion trains strength, balance, & flexibility while being driven by music, movement, & motivation!

**YOGA LAB** - Perfect class for both beginners & seasoned yogis looking for a better understanding of foundational poses functional movement.

**ZUMBA™**- The high energy fitness craze sweeping the nation. Mix of Latin & international music. All levels are welcome.

**ZUMBA GOLD™** - For the active 55+ or if you just want to learn the basic steps of Latin & other rhythms. Slower paced, but still a ton of fun!

\*\*Please note these classes were created with teens & young adults in mind, but are open to all members.