

MAC AC
 14690 Memorial Drive
 Houston, TX 77079
 281-497-7570
 MON-FRI 5am-10:30pm
 SAT 6am-8pm
 SUN 7am-8pm

Group Exercise Spring Schedule Starts Mon May 2nd

MAC for Women
 14633 Memorial Drive
 Houston, TX 77079
 281-558-6691
 MON-THU 6:30 am - 8:30pm
 FRI 6:30 am-1 pm
 SAT 8am-1pm
 SUN CLOSED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
5:15 AM SPINNING** Studio B/Debbie C	5:45 AM VINYASA YOGA Studio A/Amy C	5:15 AM SPINNING** Studio B/Becky	5:45 AM VINYASA YOGA Studio A/Amy C	5:15 AM SPINNING** Studio B/Becky	
6:00 AM HIIT CAMP Sports Court/Debbie C	6:00 AM SPINNING Studio B/Jeff	6:00 AM HIIT Camp Sports Court/Debbie C	6:00 AM SPINNING Studio B/Bill	6:00 AM HIIT Camp Sports Court/Debbie C	
7:30 AM FUNCTIONAL STEP Studio A/Michelle	7:00 AM MUSCLE BLAST Studio A/Felipe	8:15 AM STEP & STRENGTH*** Studio A/Beth	7:00 AM MUSCLE BLAST Studio A/Felipe	7:30 AM CARDIO/STRENGTH INTERVALS Studio A/Betsy	
7:30 AM Hatha Yoga**** Studio B/Deb. S	8:15 AM AQUA Exercise Indoor Pool	8:30AM Cardio, Strength & Core MFW/Ashlee	8:15 AM AQUA Exercise Indoor Pool	8:30 AM MAT PILATES MFW/Sue	
8:15 AM AQUA Exercise Indoor Pool	8:15 AM HIIT Conditioning Studio A/Felipe	9:30AM Zumba (NEW!!!) MFW/Heek	8:15 AM HIIT Conditioning Studio A/Felipe	8:30 AM CARDIO COMBO Studio A/Beth	
8:30 AM MAT PILATES MFW/Morven	8:30AM BARRE Strength MFW/Ashlee	9:30AM AQUA Exercise Indoor Pool	8:30 AM Barre FUSION MFW/Beth	9:30AM AQUA Exercise Indoor Pool	
8:30 AM BARBELL STRENGTH Studio A/Michelle	9:30 AM AQUA Exercise**** Indoor Pool	9:30 AM SPINNING Studio B/Felipe	9:30 AM STRENGTH & Stretch Studio A/Betsy	9:30 AM SPINNING Studio B/Betsy	
9:30 AM POWER YOGA Studio A/Amy C	9:30 AM ZUMBA Studio A/Edie	10:00 AM HIGH Fitness Studio A/Ashlee	9:30 AM Ashtanga Yoga MFW/Susan	10:00 AM Total Body Strength Studio A/Leanne	
9:30 AM HIGH Fitness MFW Studio/Ashley	9:30 AM ASHTANGA Yoga MFW/Susan	10:45 AM AQUA Exercise Indoor Pool	9:30 AM AQUA Exercise**** Indoor Pool	10:00AM HIGH Fitness MFW/Ashlee	
9:30 AM AQUA Exercise Indoor Pool	10:30 AM OSTEOPilates MFW/Katherine	11:00 AM YOGA LAB Studio A/MaryRo	10:30 AM RESTORATIVE & RELAXATION YOGA Studio A/Linda S	10:45 AM AQUA Exercise Indoor Pool	
9:30 AM SPINNING Studio B/See Spin Sch	10:30 AM YOGA BASIC Studio A/MaryRo	11:30 AM HATHA Yoga**** MFW/Linda	10:30 AM OSTEOPilates MFW/Morven	11:00 AM Mobility Activation Studio A/Jasmine	
10:30 AM HIIT Circuit/TRX MFW/Sue	11:30 AM RESTORATIVE & RELAXATION YOGA MFW/Linda S	12:00 PM MUSCLE BLAST Studio A/Felipe	11:30 AM HATHA Yoga**** MFW/Marta	12:00 PM MUSCLE BLAST Studio A/Felipe	
10:45 AM AQUA Exercise Indoor Pool	12:30 PM Weight Room Circuit MFW/Sue	1:00 PM GOODLIFE CHAIR Studio A/Carrie	12:30 PM Weight Room Circuit MFW/Sue	1:00 PM GOODLIFE CHAIR Studio A/Sandra	
11:30 AM HATHA Yoga**** MFW/Marta	1:00 PM GOODLIFE Cardio Studio A/Carrie	4:30 PM BARBELL STRENGTH Studio A/Donna	12:15 PM GOODLIFE MUSCLE WORKS** Studio A/Carrie	2:00 PM Slow Flow Yoga Studio A/Kevin H	
1:00 PM GOODLIFE CHAIR Studio A/Carrie	4:30 PM CARDIO COMBO Studio A/Sarah	5:30 PM CORE & MORE Studio A/Pam	1:00 PM GOODLIFE ZUMBA GOLD** Studio A/Carrie		
4:30 PM HIIT Conditioning Studio A/Allison	6:00 PM 45 X 45** Sports Court/Armin	5:30 PM HIIT Circuit/TRX MFW/Sue (Co-Ed)	4:00 PM TAI CHI Studio B/Sandra		
5:30 PM CORE & MORE Studio A/Kyla	6:00 PM VINYASA Yoga Studio A/Guillermina	6:30 PM HATHA Yoga**** MFW/Deb. S (Co-Ed)	5:00 PM MUSCLE BLAST Studio A/Felipe		
5:30PM VINYASA Yoga MFW/Guille(Co-Ed)	6:00 PM MAT PILATES MFW-Johnsy (Co-Ed)	6:30 PM ZUMBA Studio A/Patricia	6:00 PM MAT PILATES MFW/Sue (Co-Ed)		
6:30 PM ZUMBA Studio A/Patricia	6:30 PM AQUA Exercise Indoor Pool	MAC Kidzone Daytime Hours MON—SUN 8:00am - 1:00pm Evening Hours MON -THUR 4:00pm -8:00pm MFW Kidzone MON –SAT 8:00am - 1:00 pm			
6:30 PM CARDIO SCULPT MFW/Armin (Co-Ed)	6:30 PM SPINNING** Studio B/Becky			6:00 PM POWER YOGA Studio A/Kattie	
	7:00 PM Cardio KICKBOXING Studio A/Pam			6:30 PM AQUA Exercise Indoor Pool	
				7:00 PM ZUMBA Studio A/Kevin	

CLASS LOCATIONS
White - MAC Studio A
Blue - Studio B
Aqua - Pool
Pink - MAC for Women Women's ONLY facility
Yellow - Sports Court

**MAC FOR WOMEN
 GROUP EXERCISE STUDIO
 IS CO-ED FROM
 5:30pm-8:00pm**

*All classes are 55 minutes
 unless indicated as followed:*

- * 30 minute class
- ** 45 minute class
- *** 75 minute class
- **** 90 minute class

SATURDAY	SATURDAY cont'd	SUNDAY
8:00 AM VINYASA YOGA Studio-A/Amy	10:30 AM BARBELL Strength Studio A/Rotation Pam & Donna	8:15 AM VINYASA YOGA Studio A/Guillermina
8:00 AM SPINNING Studio B/Rotation	11:30 AM STRETCH & RELEASE Studio A/Rotation Edie & Jasmine	10:00 AM Total Body Strength Studio A/Edie
8:30 AM PILATES - All Levels MFW/Johnsy	11:30 AM Restorative & Relaxation Yoga**** MFW/Linda	11:30 AM Restorative & Relaxation Yoga**** Studio A/Guillermina
9:00 AM YOGA BASICS Studio-A/Amy	12:00 PM AQUA Exercise Indoor Pool	4:00 PM AQUA Exercise Indoor Pool
9:30 AM BALLESTONE MFW/Rotation Janaira & Kattie		
10:00 AM SPINNING Studio B/Rotation		
10:30 AM ZUMBA MFW/Janaira		

IMPORTANT REMINDERS

- Book for in-studio classes on the **MAC App**
- For inquiries about the **App**, please contact: Carrie at GoodLifeCarrie@gmail.com
- **Please cancel your booking if you are unable to attend so the waitlist can join class.**
- Arrive a few minutes early to be checked in
- Contact **Edie** at GroupX@fitmac.com with any inquiries about class schedules/formats

Class Descriptions

45 X 45– Push, pull, hinge, squat, lunge and carry your way to a better body. 45 minutes of total body interval training on our MAC Outdoor Functional Training rig. You will work your body in all planes of motion and build strength with foundational movement patterns, perfect for all levels.

AQUA Exercise - Please reference our monthly [Aquatics calendar](#) for details of aquatics classes. The Aquatics schedule is available on-line, in our MAC App and at the aquatics desk.

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 and recover.

BARBELL Strength – This barbell workout incorporates functional strength training that's designed to get you lifting and working hard. Every movement plane is attacked using barbells, dumbbells and body weight. A strength workout where all levels welcome.

BARRE Fusion - Challenging fitness class combining the best from Barre, Yoga and Pilates, utilizing different props and 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 and functional training designed to increase balance, posture and muscle endurance.

BALLETONE - A low impact, high energy cardio ballet class which combines elements of Ballet, Pilates & dance to bring your heart rate up and tone your lower body.

CARDIO COMBO - Hi-Lo, Drumfit, Fluid Strength, Muscle Works, Barre & Yoga can be found in this fun & high energy class.

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

CARDIO SCULPT - Challenge your strength and stamina using body bars, bands and weights. While every class will be different, be prepared for some serious calorie burning and full body toning.

CARDIO, STRENGTH & CORE - This class targets your full body in various intervals utilizing bands, weights & body bars.

CARDIO STRENGTH Intervals - A combination of 30 min. of cardio followed by 30 min. of strength utilizing a variety of equipment.

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

FUNCTIONAL STEP- This class uses easy to learn functional strength moves and patterns them with step combinations to produce a fun workout. The benefits of step classes are proven to strengthen and tone muscle groups and improve coordination while functional strength exercises prime the body for activities of daily living.

GOODLIFE CHAIR CLASS - 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.

GOODLIFE CARDIO COMBO - Signature class for active 55 and older adult with low impact cardio movements that will keep your heart rate up.

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

GOODLIFE ZUMBA GOLD - Zumba for the active 55 and older adult or if you just want to learn the basic steps of Latin and other rhythms. Slower paced but still a ton of fun!!

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

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.

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

HIIT Conditioning - A 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 and utilizes various equipment such as barbell, weights, bands, TRX & Bosu balls.

HIIT Circuit w/TRX - This workout involves a series of exercises that will alternate between cardio and strength with minimal rest using various types of equipment This class utilizes various equipment such as body bars weights, bands, & TRX.

MOBILITY ACTIVATION - This class uses various tools to increase range of motion and body awareness to prime your body for physical activity. It's not flexibility, but it involves being flexible. It's not yoga, but it might incorporate some yoga positions. It's not stability, but it includes having core strength.

MUSCLE BLAST - A full body resistance class with added cardio intervals and some extra challenge for those who want to get it all.

OSTEOPILATES - Class is specifically designed to reduce fracture risk and increase bone density.

PILATES - Slow paced to concentrate on good form, proper alignment and breathing with focus on your core. Instructor will give progressions and regressions. Props may be used, such as fitness circles, resist-a-balls and barrels to challenge your Stability.

POWER YOGA - (Intermediate) 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 and push-ups are combined with traditional yoga poses. You will sweat and leave feeling refreshed and invigorated. Modifications and rest breaks are offered.

RESTORATIVE & RELAXATION YOGA - You can expect to feel deep relaxation, releasing stress and tension. 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.

SLOW FLOW YOGA - This yoga offers all the benefits of Vinyasa while giving you more time to pause, adjust, and breathe. Slow flow yoga is deeply relaxing and easier for beginners to follow. It also helps you connect more deeply with your body, breath and inner journey.

SPINNING - Please reference our monthly [Spinning calendar](#) for details of specialty spinning classes. The Spinning schedule is available on-line, in our MAC App and at the front desk.

STEP & STRENGTH - 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.

STRETCH & RELEASE - This class focuses on deep fascial stretching to help improve overall mobility, flexibility and posture, making many daily tasks easier and safer. This class may use varying props such as swiss balls, dowels, lacrosse balls and towels.

TOTAL BODY STRENGTH - A head to toe strength routine that works every muscle in your body using various equipment while also challenging your cardiovascular stamina. This strength and conditioning workout is open to all levels.

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

VINYASA YOGA (Beginner to 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 and concentration.

WEIGHT ROOM CIRCUIT - A great muscle workout that meets in the weight room. 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 and demonstrate modification, transitions and option to increase the difficulty of each pose.

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

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