



Group Exercise Winter Schedule

Starts Tue Jan 30th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15AM Spinning Studio B/Debbie C	6:00AM Spinning Studio B/Jeff	5:15AM Spinning Studio B/Becky	6:00AM Spinning Studio B/Bill	5:15AM Spinning Studio B/Heather
6:00 AM HIIT CAMP Sports Court/Debbie C	6:00 AM VINYASA YOGA Studio A/Amy C	6:00 AM HIIT Camp Sports Court/Debbie C	6:00 AM VINYASA YOGA Studio A/Amy C	6:00 AM HIIT Camp Sports Court/Debbie C
7:30 AM SUPER STEP Studio A/Leanne	7:00 AM MUSCLE BLAST Studio A/Felipe	7:30AM Mobility Activation Studio A/Armin**	7:00 AM HIIT Strength Studio A/Felipe	7:30 AM CARDIO/STRENGTH INTERVALS Studio A/Betsy
7:30 AM Hatha Yoga**** Racquetball/Deb. S	8:00 AM MUSCLE BLAST Studio A/Felipe	8:15 AM SUPER STEP Studio A/Leanne	8:00 AM HIIT Strength Studio A/Felipe	8:30 AM MAT PILATES MFW/Sue
8:15 AM AQUA Exercise Indoor Pool	8:15 AM AQUA Exercise Indoor Pool	8:15 AM AQUA Exercise Indoor Pool	8:15 AM AQUA Exercise Indoor Pool	8:30 AM Total Body Strength Studio A/Betsy
8:30 AM MAT PILATES MFW/Morven	8:30AM BARRE Strength MFW/Ashlee	8:30AM Muscle Blast MFW/Ashlee	8:30 AM BARRE Fusion MFW/Leanne	9:30AM AQUA Exercise Indoor Pool
8:30 AM BARBELL STRENGTH Studio A/Betti	9:00 AM Total Body Strength Studio A/Alice	9:15 AM CORE & MORE** Studio A/Leanne	9:30 AM STRENGTH & Stretch Studio A/Betsy	9:30 AM HIGH Fitness Studio A/Ashlee
9:30 AM CORE EXPRESS* Studio A/Amy C	9:30 AM AQUA Exercise Indoor Pool	9:30AM Yoga Fusion MFW/Edie	9:30 AM Ashtanga Yoga MFW/Susan	9:30AM Muscle Blast MFW/Armin
9:30 AM HIGH Fitness MFW Studio/Ashley	9:30 AM ASHTANGA Yoga MFW/Susan	9:30AM AQUA Exercise Indoor Pool	9:30 AM AQUA Exercise**** Indoor Pool	9:30AM Spinning Studio B/Betsy
9:30 AM AQUA Exercise Indoor Pool	10:00 AM ZUMBA Studio A/Maria	9:30AM Spinning Studio B/Felipe	10:30 AM RESTORATIVE & RELAXATION YOGA Studio A/Linda S	10:30 AM CORE EXPRESS* Studio A/Ashlee
9:30AM Spinning Studio B/Alice	10:30 AM AQUA Exercise* Indoor Pool	10:00 AM HIGH Fitness Studio A/Ashlee	10:30 AM OSTEOPilates MFW/Morven	10:30AM Zumba MFW/Heek
10:00 AM POWER YOGA Studio A/Amy C	10:30 AM OSTEOPilates MFW/Catherine	10:30AM ABSolute Glutes(NEW) MFW/Heek	11:30 AM HATHA Yoga**** MFW/Marta	10:45 AM AQUA Exercise Indoor Pool
10:30 AM HIIT w/TRX MFW/Sue	11:00 AM Water Walking** Indoor Pool	10:45 AM AQUA Exercise Indoor Pool	12:15 PM GOODLIFE MUSCLE WORKS ** Studio A/Carrie	11:00 AM Mobility Activation Studio A/Jasmine
10:45 AM AQUA Exercise Indoor Pool	11:00 AM YOGA BASICS Studio A/MaryRo	11:00 AM YOGA LAB Studio A/MaryRo	12:30 PM Weight Room Circuit** MFW/Sue	11:30AM Yoga Basics (NEW!!) MFW/MaryRo
11:00 AM Mobility Activation Studio A/Jasmine	11:30 AM Restorative Yoga MFW/Linda S	11:30 AM HATHA Yoga**** MFW/Linda	1:00 PM ZUMBA GOLD ** Studio A/Carrie	11:45 AM Water Walking** Indoor Pool
11:30 AM HATHA Yoga**** MFW/Marta	12:30 PM Weight Room Circuit** MFW/Sue	11:45 AM Water Walking** Indoor Pool	4:00 PM TAI CHI **⊙ Studio A/Sandra	12:00 PM MUSCLE BLAST Studio A/Felipe
11:45 AM Water Walking** Indoor Pool	12:30 PM GOODLIFE Cognitive Cardio* Studio A/Carrie	12:00 PM MUSCLE BLAST Studio A/Felipe	4:00 PM MACKids Yoga (NEW) Racquetball/Sara	1:00 PM GOODLIFE CHAIR Studio A/Sandra
12:00 PM Weight Room Circuit** MFW /Carrie	1:00 PM GOODLIFE BodyWell Studio A/JoAnn	1:00 PM GOODLIFE CHAIR Studio A/Carrie	5:00 PM MUSCLE BLAST Studio A/Felipe	
12:00 PM MUSCLE BLAST Studio A/Kathi	2:15 PM Line Dancing Studio A/Linda	4:30 PM MACKids Dance Party Racquetball/Sandra**	5:00 PM ABSolute Glutes MFW/Devin	
1:00 PM GOODLIFE CHAIR Studio A/Carrie	4:30 PM MACKids Hula Hoop** Racquetball/Sara	4:30 PM BARBELL STRENGTH Studio A/Donna	6:00 PM MAT PILATES MFW/Catherine (Co-Ed)	
3:30 PM TAI CHI **⊙ Studio A/Sandra	4:30 PM Zumba ⊙ Studio A/Kevin	4:30 PM HIGH Fitness (NEW!!) MFW/ Ashley	6:00 PM VINYASA YOGA ⊙ Studio A/Guille	
4:30 PM MACKids Sport** Studio B/Sandra	5:00PM ABSolute Glutes MFW/Kathi	5:30 PM CORE & MORE Studio A/Pam	6:30 PM AQUA Exercise Indoor Pool	
4:30 PM CARDIO/STRENGTH INTERVALS Studio A/Allison	5:30 PM Cardio Kickboxing Studio A/Pam	5:30 PM BARRE Fusion ⊙ MFW/Amy C (Co-Ed)	7:00 PM ZUMBA ⊙ Studio A/Amanda	
5:30 PM CORE & MORE Studio A/Pam	6:00 PM MAT PILATES MFW-Johnsy (Co-Ed)	6:30 PM HATHA Yoga**** ⊙ MFW/Deb. S (Co-Ed)		
5:30PM VINYASA Yoga MFW/Guille (Co-Ed)	6:00 PM Weight Room 45 X 45** MFW/Armin	6:30 PM ZUMBA ⊙ Studio A/Patricia		
6:30 PM ZUMBA ⊙ Studio A/Patricia	6:30 PM VINYASA YOGA ⊙ Studio A/Guille			
6:30 PM Muscle Blast MFW/Armin (Co-Ed)	6:30PM Spinning Studio B/Tammy			
	6:30 PM AQUA Exercise Indoor Pool			

SATURDAY	SATURDAY cont'd	SUNDAY
8:00 AM VINYASA YOGA Racquetball/Amy	10:30 AM ZUMBA ⊙ MFW/Julia	8:30 AM VINYASA YOGA Sports Court/Guille
8:00 AM Muscle Blast Studio A/ Rotation Jasmine/Debbie	10:30 AM BARBELL STRENGTH Studio A/Rotation Pam/Betti	9:30 AM Total Body Strength Studio A/Edie
8:30 AM PILATES - All Levels MFW/Johnsy	11:30 AM Stretch & Release/ BODYWELL ⊙ Studio A/ Rotation Edie/JoAnn	10:30 AM Zumba ⊙ Studio A/Edie
9:00 AM YOGA II Studio A/Amy	11:30 AM Restorative & Relaxation Yoga****⊙ MFW/Linda	11:30 AM Restorative & Relaxation Yoga****⊙ Studio A/Guille
9:30 AM BALLESTONE ⊙ Edie		4:00 PM AQUA Exercise Indoor Pool
10:00AM Spinning Studio B/Rotation	12:00 PM AQUA Exercise Indoor Pool	

CLASS LEGEND
White - MAC Studio A
Green - Racquetball
Aqua - Pool
Studio B—Spin Studio
Pink - MAC for Women Women's ONLY facility
Yellow - Sports Court

Please note:
Some studio classes are Co-Ed in the evenings at Mac for Women

☺ Kids ages 12 - 14 may attend with a parent
Classes are 55 min. unless indicated as:
* 30 min. ** 45 min.
*** 75 min. **** 90 min.

**HAVE QUESTIONS?
LET'S CONNECT**

Group Exercise Director:
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Pilates Director:
Sue Suedonahoeperce@gmail.com
Member Engagement Director:
Carrie GoodLifeCarrie@gmail.com

Class Descriptions

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

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 using a barbell, 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 & functional training and is 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 with standing only exercises.

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 min. of cardio followed by 30 min. of strength utilizing a variety of equipment.

CORE & MORE /CORE EXPRESS - 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.

GOODLIFE BODYWELL - Mobilize and strengthen your body through this yoga based practice. Develop a connection to your body so profound that you feel better and improve your body's 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 and range of motion workout focusing on the older adult population with most of the work done in a chair, 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 and exercise your brain through a combination of exercises that keep your body and 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 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 w/TRX - 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 gravity & body weight.

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 basic fundamentals of line dancing. A fun way to train your brain, balance, range of motion and coordination.

MOBILITY ACTIVATION - This class helps to increase your range of motion, relieve tight muscles, ensure good posture and proper athletic form, and prevent injury. It's not flexibility, but it involves being flexible. It's not stability, but it includes having core strength.

MUSCLE BLAST - A full body resistance class with added cardio intervals for some high energy. A class for those that want to get it all.

OSTEOPILATES - Pilates class 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 - 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 breath with movement while learning to become aware of limitations in mobility due to injury or inactivity can lead to a deeper self awareness. This practice is a healing journey for all levels and complements all vigorous activity and classes.

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.

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

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.

SUPER STEP - A cardio strength class that combines step choreography and other exercises to keep your heart rate up & sculpt every major muscle group.

TOTAL BODY STRENGTH - A head to toe functional strength routine that works every muscle in your body using various equipment such as barbells, dumbbells and bands. This strength 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/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 at Mac for Women. This class is for all levels. *Completion of the complimentary fitness appointment is highly recommended to become familiar with equipment utilized for class.*

WEIGHT ROOM 45 X 45 - Push, pull, hinge, squat, lunge and carry your way to a better body. 45 min. of total body interval training on the Mac for Women Fitness Floor. You'll work your body in all planes of motion & build strength with foundational movement patterns, perfect for all levels.

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 II - classes are designed for those who have had some exposure to yoga, including an introduction to basic yoga poses and proper alignment. Expect more intensity and fewer detailed instructions for more familiar poses. More advanced poses are introduced but it's ok to skip or modify a pose when needed.

Yoga Fusion - (Intermediate) A creative blend of challenging yoga, pilates and barre-inspired flows, short cardio bursts, and 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, and flexibility and is driven by MUSIC, movement, and 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 and international music. All levels are welcome.

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