



Group Exercise Fall Schedule

Starts Mon Sept 11th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 A.M.R.A.P** 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 STEP & STRENGTH 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	8:30AM Cardio, Strength & Core MFW/Ashlee	8:15 AM AQUA Exercise Indoor Pool	8:30 AM Total Body Strength(NEW) Studio A/Betsy
8:30 AM MAT PILATES MFW/Morven	8:30AM BARRE Strength MFW/Ashlee	9:15 AM CORE & MORE** Studio A/Leanne	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	9:30AM SoulFusion MFW/ Edie	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 AQUA Exercise Indoor Pool	9:30 AM Ashtanga Yoga MFW/Susan	9:30AM Muscle Blast (NEW!) MFW/Armin
9:30 AM HIGH Fitness MFW Studio/Ashley	9:30 AM ASHTANGA Yoga MFW/Susan	10:00 AM HIGH Fitness Studio A/Ashlee	9:30 AM AQUA Exercise**** Indoor Pool	10:30 AM CORE EXPRESS* Studio A/Ashlee
9:30 AM AQUA Exercise Indoor Pool	10:00 AM ZUMBA Studio A/Maria	10:30AM POUND Fitness MFW/Heek	10:30 AM RESTORATIVE & RELAXATION YOGA Studio A/Linda S	10:30AM Zumba MFW/Heek
10:00 AM POWER YOGA Studio A/Amy C	10:30 AM AQUA Exercise* Indoor Pool	10:45 AM AQUA Exercise Indoor Pool	10:30 AM OSTEOPilates MFW/Morven	10:45 AM AQUA Exercise Indoor Pool
10:30 AM HIIT w/TRX MFW/Sue	10:30 AM OSTEOPilates MFW/Raya	11:00 AM YOGA LAB Studio A/MaryRo	11:30 AM HATHA Yoga**** MFW/Marta	11:00 AM Mobility Activation Studio A/Jasmine
10:45 AM AQUA Exercise Indoor Pool	11:00 AM YOGA BASICS Studio A/MaryRo	11:30 AM HATHA Yoga**** MFW/Linda	12:15 PM GOODLIFE MUSCLE WORKS ** Studio A/Carrie	11:45 AM Water Walking** Indoor Pool
11:00 AM Mobility Activation Studio A/Jasmine	11:30 AM Restorative Yoga MFW/Linda S	11:45 AM Water Walking** Indoor Pool	12:30 PM Weight Room Circuit** MFW/Sue	12:00 PM MUSCLE BLAST Studio A/Felipe
11:30 AM HATHA Yoga**** MFW/Marta	12:30 PM Weight Room Circuit** MFW/Sue	12:00 PM MUSCLE BLAST Studio A/Felipe	1:00 PM ZUMBA GOLD ** Studio A/Carrie	1:00 PM GOODLIFE CHAIR Studio A/Sandra
11:45 AM Water Walking** Indoor Pool	12:30 PM GOODLIFE Cognitive Cardio* Studio A/Carrie	1:00 PM GOODLIFE CHAIR Studio A/Carrie	4:00 PM TAI CHI **☺ Studio A/Sandra	
12:00 PM Weight Room Circuit** MFW /Carrie	1:00 PM BodyWell Studio A/JoAnn	4:30 PM MACKids Dance Party Racquetball/Sandra**	5:00 PM MUSCLE BLAST Studio A/Felipe	
12:00 PM MUSCLE BLAST(NEW) Studio A/Kathi	2:15 PM Line Dancing(New Time) Studio A/Linda	4:30 PM BARBELL STRENGTH Studio A/Donna	5:00 PM SoulFusion NEW TIME MFW/Devin	
1:00 PM GOODLIFE CHAIR Studio A/Carrie	4:30 PM MACKids Hula** Racquetball/Sara	4:30 PM BARRE Fusion (NEW!) Amy C	6:00 PM MAT PILATES MFW/Catherine (Co-Ed)	
3:30 PM TAI CHI **☺ Studio A/Sandra	4:30 PM Zumba ☺ Studio A/Kevin	5:30 PM CORE & MORE Studio A/Pam	6:00 PM POWER YOGA Studio A/Guille	
4:30 PM MACKids Sport** Studio B/Sandra	5:00PM ABsolute Glutes (NEW!) MFW/Christa	5:30 PM HIIT w/TRX MFW/Jasmine (Co-Ed)	6:30 PM AQUA Exercise Indoor Pool	
4:30 PM HIIT Conditioning Studio A/Allison	5:30 PM Cardio Kickboxing Studio A/Pam	6:30 PM HATHA Yoga**** ☺ MFW/Deb. S (Co-Ed)	7:00 PM ZUMBA ☺ Studio A/Frank	
5:30 PM CORE & MORE Studio A/Pam	6:00 PM MAT PILATES MFW-Johnsy (Co-Ed)	6:30 PM ZUMBA ☺ Studio A/Patricia		
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 VINYASA Yoga ☺ Studio A/Guille			
6:30 PM CARDIO SCULPT MFW/Armin (Co-Ed)	6:30 PM AQUA Exercise Indoor Pool			

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

Studio classes at Mac for Women are Co-Ed in the evenings

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

SATURDAY	SATURDAY cont'd	SUNDAY
8:00 AM VINYASA YOGA Studio-A/Amy	10:30 AM BARBELL Strength Studio A/Rotation Pam & Donna	8:30 AM VINYASA YOGA Sports Court/Guille
8:30 AM PILATES - All Levels MFW/Johnsy	11:30 AM STRETCH & RELEASE/ BODYWELL Studio A/Rotation Edie/JoAnn	9:30 AM Total Body Strength Studio A/Edie
9:00 AM YOGA II Studio-A/Amy	11:30 AM Restorative & Relaxation Yoga**** MFW/Linda	10:30 AM Zumba ☺ Studio A/Edie
9:30 AM BALLESTONE ☺ MFW/Rotation Edie/Janaira	12:00 PM AQUA Exercise Indoor Pool	11:30 AM Restorative & Relaxation Yoga**** Studio A/Guille
10:30 AM ZUMBA ☺ MFW/Janaira		4:00 PM AQUA Exercise Indoor Pool

HAVE QUESTIONS? LET'S CONNECT

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

Class Descriptions

Absolute Glutes - Leg, glutes and abs class that includes a great mix of challenging lower body weight training exercises, body weight exercises and resistance band exercises to chisel the lower body and strengthen core!

A.M.R.A.P. - Short challenging metabolic-conditioning workouts are fast, fun and effective. This self-paced 45-minute class is a high-intensity workout that challenges you to perform as many reps as possible.

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 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.

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.

CARDIO COMBO - Hi-Lo, 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 /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

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 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 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 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 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 and body weight.

LINE DANCING- Exercise your mind and body while socializing with friends in this fun line dancing for beginners class. This low impact dance class is designed for seniors or anyone interested in learning basic fundamentals and focuses on balance range of motion and coordination.

MOBILITY ACTIVATION - This class helps to increase range of motion and body awareness and prime the

body for physical activity. 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 and some high energy 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.

POUND FITNESS™ - Channel your inner ROCKSTAR with the infectious, energizing, and sweat-dripping fun of playing the drums. A full-body workout that combines cardio, conditioning, and strength training with Yoga and Pilates-inspired movements. Using lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

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 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.

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.

SOULFUSION™- A creative blend of yoga-inspired flows, short cardio bursts, balance sequences and full body strength training exercises all set to crazy fun music. It trains strength, balance, flexibility and helps to improve overall fitness levels using just your bodyweight.

SUPER STEP - A cardio strength class that alternates step moves 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 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.