

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
11:10 AM Bend & Balance Jasmine (45)
11:30 AM Hatha (90) Marta
12:00 PM Weight Room Circuit Carrie
12:00 PM ULTRA S & C Kyla
1:00 PM Goodlife Chair Carrie
2:00 PM Goodlife Chair Yoga Joe
3:00 PM ULTRA Fight Michelle
3:30 PM Tai Chi Sandra
4:30 PM Muscle Blast 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 ULTRA S & C Felipe
8:00 AM ULTRA S & C Felipe
8:30 AM Barre Strength Ashlee
8:30 AM Spin Carolina
9:00 AM Booty Blast Sarah Holloway
9:30 AM Ashtanga Susan
8:30 AM Core & Rolling Carolina
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 Carrie
12:30 PM Weight Room Circuit Sue
1:00 PM Goodlife Bodywell Joann
2:15 PM Line Dancing Linda
4:30 PM Zumba Kevin
5:00 PM Booty Blast 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 Becky

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 Mat Pilates Sue
11:00 AM Yoga Lab MaryRo
11:30 AM Hatha Yoga (90) Linda
12:00 PM ULTRA S & C Felipe
1:00 PM Goodlife Chair Carrie
2:00 PM Goodlife Balance Carol
4:30 PM Barbell Donna
4:30 PM HIGH Fitness Ashley
5:30 PM Muscle Blast Betti
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 ULTRA S & C Felipe
8:00 AM ULTRA S & C Felipe
8:30 AM Barre Fusion Leanne
8:30 AM Spin Carolina
9:00 AM Stretch & Strength Betsy
9:30 AM Ashtanga Yoga Susan
8:30 AM Core & Rolling Carolina
10:00 AM HIGH Fitness Roo
10:30 AM Osteo Pilates Morven
11:00 AM Restorative Yoga Linda
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
3:30 PM Tai Chi Sandra
4:30 PM ULTRA Fight Michelle
5:00 PM ULTRA S & C Felipe
5:00 PM Simply Strength Devin
6:00 PM Yin to Yang Flow Guille
6:00 PM Mat Pilates (Co-Ed) Catherine

Friday

6:00 AM OUTDOOR HIIT Debbie C
7:30 AM Muscle Blast Betsy
8:30 AM Total Body Strength 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 Ultra S & C Felipe
1:00 PM Goodlife Chair Sandra
Note: 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: suedonahoeperce@gmail.com

Member Engagement Director

✉ Carrie: goodlifecarrie@gmail.com

Key

MAC Studio A
MAC for Women
MAC Studio B
Racquetball Court
MAC Outdoor Court

ULTRA

ULTRA Fight Conditioning ○○○ - A high-intensity, full-body workout combining circuits with building strength, increasing stamina, and improving technique using a heavy bag.

ULTRA Strength & Conditioning ○○○ - An intense group training that delivers a daily dose of meticulously planned strength and conditioning exercises. Work through compound lifts, METCONS, and progressively technical movements. With expert coaching and a touch of friendly competition.

STRENGTH

Barbell ○○○ - A full-body strength workout that uses barbells & dumbbells to target major muscle groups.

Booty Blast ○○○ - A high-energy workout designed to sculpt and strengthen your glutes with targeted exercises for a toned & lifted look.

Core & More ○○○ - Abs, back & glute strength training to build stability & endurance.

Core Express ○○○ - 30-minute workout that focuses on core strength and stability.

Muscle Blast ○○○ - Resistance training with added cardio for a total body workout.

Pumped Up Strength ○○○ - Resistance training utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music.

Simply Strength ○○○ - A full-body workout focusing on building functional strength, enhancing muscle tone, and improving overall fitness.

Total Body Strength ○○○ - A head-to-toe functional strength routine that works every muscle in your body.

Weight Room Circuit ○○○ - A total body workout through circuit training in the weight room to build strength and boost endurance.

CARDIO

Cardio Kickboxing ○○○ - High-energy martial arts-inspired cardio workout.

Outdoor HIIT ○○○ - An intense, outdoor workout alternating between bursts of cardio and strength.

Super Step ○○○ - Dynamic choreographed step class for a supercharged cardio workout.

TRX HIIT ○○○ - High-intensity interval class on the TRX to deliver a full-body workout.

DANCE INSPIRED

Balletone ○○○ - A low-impact, high-energy cardio ballet inspired class for cardio and toning.

Barre Fusion ○○○ - Fusion of Barre, yoga and Pilates to sculpt the entire body, lift your glutes and tighten abs.

Barre Strength ○○○ - Combo of Pilates, Ballet & functional training to increase balance, posture & muscle endurance.

High Fitness ○○○ - A choreographed interval training with cardio peaks & toning tracks that is set to music you'll know & love.

Line Dancing ○○○ - Low-impact dance class is designed for 55+ or anyone interested in learning the fundamentals of line dancing.

ZUMBA™ ○○○ - The high-energy dance fitness craze sweeping the nation. A mix of Latin & international music.

GOODLIFE - GEARED TO 55+ POPULATION

GOODLIFE BODYWELL ○○○ - Yoga based practice that enhances strength, flexibility and overall functionality, helping you connect deeply with your body.

GOODLIFE CHAIR CLASS ○○○ - A low impact, strength, balance & range of motion workout using a chair.

GOODLIFE CARDIO COMBO ○○○ - Our signature class with cardio movements that help to improve circulation, strengthen the heart, lungs & blood vessels all while working on balance & strength.

GOODLIFE COGNITIVE CARDIO ○○○ - Keep your heart rate active while challenging your mind with exercises that boost aerobic fitness and cognitive health.

GOODLIFE MUSCLE WORKS ○○○ - A strength & muscle endurance workout.

GOODLIFE Chair Yoga ○○○ - Seated yoga practice that improves flexibility, strength and balance while using the support of a chair.

ZUMBA GOLD™ ○○○ - Basic steps of Latin & other rhythms at a slower pace for the active 55+ or if you want to learn .

MOBILITY, PILATES & YOGA

Bend & Balance ○○○ - A dynamic class targeting glute and core strength with balance drills to enhance mobility & stability.

Bodywell ○○○ - Yoga based practice that enhances strength, flexibility & overall functionality, helping you connect deeply with your body.

Core, Stabilization & Foam Rolling ○○○ - Core work with balance-boosting exercises & rejuvenating foam rolling.

Stretch & Release ○○○ - Experience a variety of stretches to help improve overall flexibility, mobility & posture.

Tai Chi ○○○ - Low-impact exercise that involves a series of slow, gentle movements, breathing, and a meditative state of mind.

Osteo Pilates ○○○ - Pilates class specifically designed to reduce fracture risk & increase bone density.

Mat Pilates ○○○ - A series of exercises that are performed on a mat focusing on good form, proper alignment & breathing with a focus on your core.

Ashtanga ○○○ - Sequence of yoga poses including forward bends, standing balances, twists, inversions, back bends & more.

Hatha ○○○ - A gentle slow slow-paced basic yoga class. It is a great class to learn beginner's poses, breathing and relaxation techniques.

Power Yoga ○○○ - For the intermediate to advanced participants, challenge your mind/body thru yoga poses that build strength, flexibility & stamina.

Restorative Yoga ○○○ - A gentle, slow-paced yoga style that focuses on relaxation and recovery.

Yoga Basics ○○○ - Beginner yoga designed to introduce the fundamentals of yoga practice in a comfortable and supportive environment.

Yoga Fusion ○○○ - An intermediate class with a blend of yoga, Pilates and barre-inspired flows, short cardio bursts, & bodyweight exercises.

Yoga II ○○○ - An intermediate class for those who have a good understanding of basic yoga poses. Expect more intensity & advanced poses.

Yoga Lab ○○○ - Focuses on foundational poses and functional movement to deepen your understanding and practice of yoga.