

## 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
9:30 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
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
9:30 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   Vinyasa Yoga 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
<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: 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.