

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

Group Exercise Winter Schedule Starts Mon Jan. 30th

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	6:00 AM VINYASA YOGA Studio A/Amy C	5:15 AM SPINNING** Studio B/Becky	6:00 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	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**** Studio B/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 CARDIO COMBO 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/Michelle	9:00 AM Total Body Strength Studio A/Alice	9:30AM Pound Fitness(NEW!!) MFW/Heek	9:30 AM STRENGTH & Stretch Studio A/Betsy	9:30 AM SPINNING Studio B/Betsy
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	9:30 AM HIGH Fitness Studio A/Ashlee
9:30 AM HIGH Fitness MFW Studio/Ashley	10:00 AM ZUMBA Studio A/Maria	9:30 AM SPINNING Studio B/Felipe	9:30 AM AQUA Exercise**** Indoor Pool	9:30AM Total Body Strength MFW/Armin
9:30 AM AQUA Exercise Indoor Pool	9:30 AM ASHTANGA Yoga MFW/Susan	10:00 AM HIGH Fitness Studio A/Ashlee	10:30 AM RESTORATIVE & RELAXATION YOGA Studio A/Linda S	10:30 AM CORE EXPRESS* Studio A/Ashlee
9:30 AM SPINNING Studio B/Alice	10:30 AM OSTEOPilates MFW/Raya	10:45 AM AQUA Exercise Indoor Pool	10:30 AM OSTEOPilates MFW/Morven	10:30AM SoulFusion (NEW!!!) MFW/Edie
10:00 AM POWER YOGA Studio A/Amy C	11:00 AM YOGA BASICS Studio A/MaryRo	11:00 AM YOGA LAB Studio A/MaryRo	11:30 AM HATHA Yoga**** MFW/Marta	10:45 AM AQUA Exercise Indoor Pool
10:30 AM HIIT w/TRX MFW/Sue	11:30 AM Restorative Yoga MFW/Linda S	11:30 AM HATHA Yoga**** MFW/Linda	12:30 PM Weight Room Circuit MFW/Sue	11:00 AM Mobility Activation Studio A/Jasmine
10:45 AM AQUA Exercise Indoor Pool	12:30 PM Weight Room Circuit MFW/Sue	11:45 AM Water Walking** Indoor Pool	12:15 PM GOODLIFE MUSCLE WORKS ** Studio A/Carrie	11:45 AM Water Walking** Indoor Pool
11:00 AM Mobility Activation Studio A/Jasmine	1:00 PM GOODLIFE Cognitive Cardio* Studio A/Carrie	12:00 PM MUSCLE BLAST Studio A/Felipe	1:00 PM ZUMBA GOLD ** Studio A/Carrie	12:00 PM MUSCLE BLAST Studio A/Felipe
11:30 AM HATHA Yoga**** MFW/Marta	1:30 PM GOODLIFE Mobility & Balance * Studio A/Carrie	1:00 PM GOODLIFE CHAIR Studio A/Sandra	4:00 PM TAI CHI Studio A/Sandra	1:00 PM GOODLIFE CHAIR Studio A/Carrie
11:45 AM Water Walking** Indoor Pool	4:30 PM MACKids Yoga (NEW!!!) Studio B Devin	4:30 PM MACKids Dance Party Studio B/ Sandra	5:00 PM MUSCLE BLAST Studio A/Felipe	
12:00 PM Weight Room Circuit MFW /Sue	4:30 PM HIGH Fitness (NEW!!!) Studio A/Ashley	4:30 PM BARBELL STRENGTH Studio A/Donna	6:00 PM MAT PILATES MFW/Catherine (Co-Ed)	
1:00 PM GOODLIFE CHAIR Studio A/Carrie	5:00 PM Cardio, Strength & Core MFW/Carol	4:30 PM SoulFusion (NEW!!!) MFW/Devin	6:00 PM POWER YOGA Studio A/Guille	
4:30 PM MACKids Superheroes Studio B / Sandra	5:30 PM Cardio Kickboxing Studio A/Pam	5:30 PM CORE & MORE Studio A/Pam	6:30 PM AQUA Exercise Indoor Pool	
4:30 PM HIIT Conditioning Studio A/Allison	6:00 PM MAT PILATES MFW-Johnsy (Co-Ed)	5:30 PM HIIT w/TRX MFW/Jasmine (Co-Ed)	7:00 PM ZUMBA Studio A/Kevin	
5:30 PM CORE & MORE Studio A/Pam	6:00 PM Weight Room 45 X 45** MFW/Armin	6:30 PM HATHA Yoga**** MFW/Deb. S (Co-Ed)		
5:30PM VINYASA Yoga MFW/Guille(Co-Ed)	6:30 PM VINYASA Yoga Studio A/Guille	6:30 PM ZUMBA Studio A/Patricia		
6:30 PM ZUMBA Studio A/Patricia	6:30 PM AQUA Exercise Indoor Pool			
6:30 PM CARDIO SCULPT MFW/Armin (Co-Ed)	6:30 PM SPINNING** Studio B/Becky			

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



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 Studio A Guille
8:00 AM SPINNING Studio B/Rotation	11:30 AM STRETCH & RELEASE Studio A/Rotation	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/Guille
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		
10:00 AM SPINNING Studio B/Rotation		
10:30 AM ZUMBA MFW/Janaira		

classes are 55 minutes unless indicated as followed:

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

IMPORTANT REMINDERS

- Reserve your space on the **MAC App**
- For inquiries about the **MAC App**, contact: **Carrie** at GoodLifeCarrie@gmail.com
- Contact **Edie** at GroupX@fitmac.com on inquiries for Group Exercise Programming

Class Descriptions

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. 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, 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 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 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 MOBILITY & STRENGTH - This 30 min. class will work with different tools to help restore a healthy balance of strength & mobility to the body, while working to improve flexibility, which is key to preventing injury and enhancing your overall physical health. Some of the strategies that we will use are being able to get up and down from the floor. Please make sure to wear comfortable clothing.

Participants must have enough stamina to complete the Goodlife Chair class prior to attending this class.

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.

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 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.

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.

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.

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™ - (Intermediate) a creative blend of yoga-inspired flows, short cardio bursts, balance sequences and strength training exercises all set to crazy fun music. It trains strength, balance, flexibility and helps to improve overall fitness levels.

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/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.