

MACAC
 14690 Memorial Drive
 Houston, TX 77079
 Bus. 281-497-7570
 Monday-Friday 5am-10:30pm
 Saturday 6am-8pm
 Sunday 7am-8pm

MACAC Group Exercise

MAC Women
 14633 Memorial Drive
 Houston, TX 77079
 Bus. 281-558-6691
 Monday-Saturday 8am-1pm
 Monday-Thursday 4 pm-8 pm
 ALL studio classes
 require reservations

Fall Schedule

Starts November 15th

MONDAY 5:00 AM-10:30 PM	TUESDAY 5:00 AM-10:30 PM	WEDNESDAY 5:00AM-10:30 PM	THURSDAY 5:00 AM-10:30 PM	FRIDAY 5:00 AM-10:30 PM
6:00 AM HIIT Camp Outdoor/Debbie C	5:45 AM Vinyasa Yoga Studio A/Amy C	6:00 AM HIIT Camp Outdoor/Debbie C	5:45 AM Vinyasa Yoga Studio A/Amy C	6:00 AM HIIT Camp Outdoor/Debbie C
6:00 AM \$\$ TFW-Hurricane Parisi	6:00 AM SPINNING Studio B/Jeff	6:00 AM \$\$ TFW-Energy Circuit Parisi	6:00 AM SPINNING Studio B/Bill	6:00 AM \$\$ TFW-Strength Parisi
7:45 AM Hatha Yoga**** Outside/Debbie S	6:00 AM \$\$ TFW-Energy Circuit Parisi	7:30 AM 30/30 Intervals Outdoor/Debbie C	7:00 AM MUSCLE BLAST Studio A/Felipe	7:30 AM 30/30 Intervals Outdoor/Betsy
8:30 AM PILATES - All Levels MFW/Morven	7:00 AM MUSCLE BLAST Studio A/Felipe	8:30 AM \$\$ PILATES Reformer MFW	8:30 AM YOGA BARRE FUSION MFW/Beth	8:30 AM PILATES - All Levels MFW/Sue
8:30 AM TOTAL BODY STRENGTH Studio A/Michelle	7:00 AM \$\$ PILATES Reformer MFW	8:30 AM STEP & STRENGTH*** Studio A/Beth	8:30 AM HIIT Conditioning Studio A/Felipe	8:30 AM CARDIO COMBO Studio A/Beth
9:00 AM AQUA Exercise** Indoor Pool	8:30 AM HIIT Conditioning Studio A/Felipe	9:30 AM SPINNING Studio B/Felipe	8:30 AM \$\$ PILATES Reformer MFW	9:30 AM SPINNING Studio B/Betsy
9:30 AM SPINNING Studio B/See Spin Sch	8:30 AM \$\$ PILATES Reformer MFW	9:30 AM \$\$ PILATES Reformer MFW	9:00 AM AQUA Exercise** Indoor Pool	9:30 AM \$\$ PILATES Reformer MFW
9:30 AM \$\$ TFW-Hurricane Parisi	9:00 AM AQUA Exercise** Indoor Pool	9:30 AM \$\$ TFW-Energy Circuit Parisi	9:30 AM HIGH Fitness Virtual/Ashlee	9:30 AM \$\$ TFW-Strength Parisi
9:30 AM HIGH Fitness Virtual/Lindsey	9:30 AM CARDIO, STRENGTH & CORE Virtual/Ashlee	10:30 AM \$\$ PILATES Reformer MFW	9:30 AM \$\$ PILATES Reformer MFW	10:00 AM TOTAL BODY STRENGTH MFW/Sue
9:30 AM \$\$ PILATES Reformer MFW	9:30AM \$\$ PILATES Reformer MFW	11:00 AM AQUA Exercise** Indoor Pool	10:00 AM AQUA Exercise** Indoor Pool	10:00AM HIGH Fitness Studio A/Ashlee
10:00 AM AQUA Exercise** Indoor Pool	10:00 AM AQUA Exercise** Indoor Pool	11:30 AM Hatha Yoga**** MFW/Linda	10:30 AM RESTORATIVE & RELAXATION YOGA Studio A/Linda S	10:30AM \$\$ PILATES Reformer MFW
10:30AM \$\$ PILATES Reformer MFW	10:00 AM ASHTANGA Yoga MFW/Susan	12:00 PM MUSCLE BLAST Studio A/Felipe	11:00 AM OSTEOPilates MFW/Morven	11:00 AM AQUA Exercise** Indoor Pool
11:00 AM AQUA Exercise** Indoor Pool	10:30 AM YOGA BASIC Studio A/MaryRo	4:30 PM TOTAL BODY STRENGTH Studio-A/Donna	12:30 PM MFW Circuit Class Virtual/Sue	11:30 AM YOGA 4 ATHLETES Studio A/Lori
11:30 AM Hatha Yoga**** MFW/Linda	4:30 PM CARDIO COMBO Studio A/Sarah	5:30 PM \$\$ PILATES Reformer MFW	1:00 PM GOODLIFE Cardio Combo Studio A/Carrie	1:00 PM GOODLIFE CHAIR Studio-A/Sandra
1:00 PM GOODLIFE CHAIR Studio-A/Carrie	5:00 PM \$\$ PILATES Reformer MFW	5:45 PM HATHA Yoga**** Virtual/Debbie S	5:00PM \$\$ PILATES Reformer MFW	
4:30 PM STRENGTH Training Virtual/Pam	6:00 PM VINYASA Yoga Studio A/Guillermina	6:30 PM ZUMBA Studio A/Patricia	5:00 PM MUSCLE BLAST** Studio-A/Felipe	
4:30 PM \$\$ PILATES Reformer MFW	5:30 PM Family Bootcamp Outdoor/Armin	6:30 PM \$\$ PILATES Reformer MFW	6:00 PM \$\$ PILATES Reformer MFW	
4:30 PM HIIT Conditioning Studio A/Allison	6:00 PM PILATES-All Levels MFW-Johnsy		6:30 PM VINYASA Yoga Studio A/Guillermina	
5:30 PM \$\$ PILATES Reformer MFW	6:00 PM \$\$ PILATES Reformer MFW		6:30 PM SPINNING** Studio B/BF - MF	
5:15PM Candlelight Yoga Outdoor/Guillermina	6:15 PM AQUA Exercise** Indoor Pool			
6:30 PM ZUMBA Studio A/Patricia	6:30 PM SPINNING** Studio B/Becky			
6:30 PM \$\$ PILATES Reformer MFW	7:00 PM \$\$ PILATES Reformer MFW			

CLASS LOCATIONS
White - MAC Studio A
Blue - Studio B
Aqua - Pool
Pink - MAC for Women Women's ONLY facility
Purple - Virtual Classes
Yellow - Outdoor Classes
Gold - Parisi Area Fee Based class
Salmon - MFW Reformer Fee Based Pilates studio Men & Women Allowed

All classes are 55 minutes
 unless otherwise indicated.
 * 30 minute class
 ** 45 minute class
 *** 75 minute class
 **** 90 minute class

SATURDAY 6:00 AM-8:00 PM	SATURDAY CONTINUED	SUNDAY 7:00 AM-8:00 PM
7:00 AM SPINNING Studio B/Rotation	11:30 AM RESTORATIVE & RELAXATION YOGA MFW/Heidi	8:15 AM Vinyasa Yoga Outdoor/Guillermina
8:30 AM PILATES - All Levels MFW/Johnsy	12:00 PM AQUA Exercise** Indoor Pool	10:15 AM TOTAL BODY STRENGTH Studio A/Edie
9:00 AM YOGA BASICS Studio-A/Amy	12:00 PM YOGA 4 ATHLETES Studio A/Lori	12:00 PM RESTORATIVE & RELAXATION YOGA**** Studio A/Guillermina
9:30 AM \$\$ PILATES Reformer MFW	12:00 PM \$\$ PILATES Reformer MFW	4:00 PM AQUA Exercise** Indoor Pool
10:00 AM SPINNING Studio B/Rotation		
10:30 AM ZUMBA Studio A/Cheri		
10:30 AM \$\$ PILATES Reformer MFW		

IMPORTANT REMINDERS

- Must register for classes on the **NEW MAC App**
 For inquiries, please contact:
 Carrie at GoodLifeCarrie@gmail.com
- Arrive a few minutes early to be checked into class
- Please cancel your reservation if you are unable to attend so the waitlist can then be informed
- Instructor will only allow registered attendees into the studios
- PLEASE feel free to bring your own equipment
- BYOM-Bring Your Own Mat
- Contact **Edie** at GroupX@fitmac.com with any inquiries about the schedules

Outdoor Class Locations

St. John Vianney

Located on the grassy area on the east side of the church alongside Nottingham Oaks Trail
Monday, Wednesday & Friday 6am Outdoor HIIT Camp with Debbie C

Monday 7:45am Outdoor Hatha Yoga with Debbie S
(bring a mat and a towel to lay under your mat)

*****NEW TIME*** Tuesday 5:30pm Outdoor Family Bootcamp** with Armin

Terry Hershey Park at the Gazebo 15342 Memorial Dr

*****NEW TIME*** Sunday 8:15am Outdoor Vinyasa Yoga** with Guillermina

*****NEW TIME*** Monday 5:15pm Outdoor 30 min Outdoor Candlelight Yoga** with Guillermina

Wednesday 7:30am Outdoor 30 min HIIT Express & 30 min Muscle Exp with Debbie C

Friday 7:30am Outdoor 30 min HIIT Express & 30 min Muscle Exp with Betsy

Virtual Group X Class Links

(click on the title to be directed to ZOOM)

Monday

[9:30am Virtual HIGH Fitness with Lindsey](#)

Meeting ID: 219 530 2735 Password: highfit

***** NEW 11:30am MFW Hatha Yoga with Linda Shubert**

Meeting ID: 845 3309 3922 Password: Hatha

*****NEW 1:00pm Goodlife Chair Class with Carrie**

Meeting ID: 863 0992 2538 Passcode: goodlife

[4:30pm Virtual STRENGTH Training with Pam](#)

Meeting ID: 904 931 5542 Password: 991950

Tuesday

[9:30am Virtual Cardio, Strength & Core with Ashlee](#)

Meeting ID: 832 5200 9038 Password: workout

*****NEW 10:00am MFW Ashtanga Yoga with Susan Spencer**

Meeting ID: 883 4786 8441 Password: 703040

Wednesday

[11:30am MFW Hatha Yoga with Linda Shubert](#)

Meeting ID: 845 3309 3922 Password: Hatha

[5:45pm Virtual Hatha Yoga with Debbie S](#)

Debbie will be admitting members to the class at 5:45pm with class starting promptly at 6pm (90 min class)

Meeting ID: 683 510 1956 Password: 412014

Thursday

[9:30am Virtual HIGH Fitness with Ashlee](#)

Meeting ID: 219 530 2735 Password: highfit

[10:30am Restorative & Relaxation Yoga with Linda Shubert](#)

Meeting ID: 725 254 3983 Passcode: restore

[11:00am MFW Osteo Pilates with Morven](#)

Meeting ID: 863 7846 3256 Password: Osteo

[12:30pm MFW Circuit Class with Sue](#)

Meeting Meeting ID: 827 1911 9502 Password: 089128

Saturday

***** NEW 11:30am Virtual Restorative & Relaxation Yoga with Linda Shubert**

Meeting ID: 725 254 3983 Password: restore

Class Descriptions

ASHTANGA YOGA - This class involves following a set of yoga poses sequences throughout the session which include forward bends, standing balances, twists, inversion, back bends and more. Each pose is held for 5-10 breaths and ends with learning to relax and recover.

CARDIO COMBO - Hi-Lo, Drumfit, Fluid Strength, Muscle Works, Barre and some Yoga can be found in this class.

FAMILY BOOTCAMP- This high energy, fun exercise class is for both kids and parents that will help to increase the overall health and fitness in a fun, safe positive environment. Recommended for kids 6 years and older -some exceptions will be made based on maturity and experience of younger ones

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 CARDIO CONDITIONING - Signature class for active older adult with low impact cardio movements that will keep your heart rate up.

HATHA YOGA - Within Hatha Yoga there are many styles, this class is a gentle slow paced basic 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 - This outdoor class is a high energy, high intensity weight and cardio interval class for all fitness levels designed to keep the heart rate up.

HIIT Conditioning - A 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 barbell, weights, bands, TRX and Bosu balls.

HIIT Circuit Cardio & Strength - This workout involves a series of exercises that will alternate between cardio and strength with minimal rest using various types of equipment including barbell, weights, bands, TRX and Bosu balls.

MUSCLE BLAST - A weight and resistance class with added cardio intervals and some extra challenge for those who want to get it all.

OSTEOPILATES - Class is specific to reduce fracture risk and increase bone density.

PILATES—will help put your body back in proper alignment, while challenging your core. These classes are slow paced to concentrate on good form and breathing. Classes are for all levels. Instructor will give progressions and regressions within class. Props may be used, such as fitness circles, resist-a-balls and barrels to challenge your stability.

RESTORATIVE & RELAXATION YOGA - You can expect to feel deep relaxation, releasing stress and tension while slowly stretching connective tissue to your range of motion. 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 more options. The Spinning schedule is available on-line and at the front desk

TOTAL BODY STRENGTH - A barbell and dumbbell workout that incorporates functional strength training that's designed to get you lifting and working hard.

Every movement plane is attacked using barbells, hand weights and body weight. Strength and conditioning workout where all levels welcome.

VINYASA YOGA - Recommended for the intermediate or advanced yoga practitioner. This is a progressive series of challenging asanas that flows into the other, typically including Sun Salutations. Designed to improve strength, endurance, flexibility, balance, breathing and concentration.

YOGA 4 ATHLETES - Perfect class for both beginners and more seasoned yogis looking for more stretching. Expect to start with a slow warmup that will proceed to moderate heat building poses priming the body, especially the lower back, hips and hamstrings for more flexibility work to follow.

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. Resulting in improved strength, endurance, flexibility, calmness and awareness.

ZUMBA® - The high energy fitness craze sweeping the nation. Mix of Latin and international music. All levels