

# MAC FIT

## CLASS SCHEDULE

KEY

- 1 Hour ●
- 45 min ●
- 30 min ●
- 15 min ●

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM						MAC SPIN ● Zumba ●	
9:30 AM							Pace & Peddle ●
10:00 AM	MAC SPIN ●	Step ●	Fitball ●	Tai Combo ●	Cardio Sculpt ●	Step ●	Cardio Fusion ●
10:45 AM						Butts/Guts & Fitball ●	
11:00 AM							
MAC PACE CIRCUIT*							
5:45 PM		MAC SPIN ●	Fab Abs Plus ●		Power Yoga ●		
6:00 PM	Boot Camp ●	Tai Combo ●		Tai Combo ●			
6:30 PM	MAC SPIN ●		Step and Weights ●				
6:45 PM							
7:00 PM	Pilates ●	Zumba ●		MAC SPIN ●			

# CLASS DESCRIPTIONS

## FAB ABS PLUS **All Fitness Levels**

This Class is a must for a sleeker shape. You will develop core strength, increase flexibility and improve balance in this complete 45 minute body sculpting class. 15 minutes of head to toe stretching will complete this workout.

## STEP **Novice to Intermediate**

Aerobics utilizing the Reebok Step to provide an overall fat-burning cardiovascular workout with emphasis on the large muscle groups in the legs (basic combinations).

## BOOT CAMP **All Fitness Levels**

This class offers a little bit of everything. A great combination of cardio drills, sports conditioning, weights, body bars, resist-a-balls, tubes, bands and more for a total body workout.

## BUTTS, GUTS + FITBALL **All Fitness Levels**

An awesome total body workout, incorporating intense gluteal and abdominal work to tone and shape those important areas, as well as upper body strength and sculpting exercises.

## CARDIO FUSION **Intermediate**

Great combination of aerobic conditioning and toning. Instructors will vary their classes with 20 minutes each of two different class formats – Step, Kick Boxing, Hi-Lo or Low with Weights followed by 20 minutes of resist-a-ball toning.

## CARDIO SCULPT **Intermediate**

A combination of low/high impact aerobics combined with strength training. Geared toward the intermediate participant. Get ready for a truly awesome cardio and sculpting challenge!

## ZUMBA **All Fitness Levels**

A fitness program which utilizes a fusion of Latin and International music and dance styles. It combines high energy and unique latin steps and moves.

## TAI COMBO **All Fitness Levels**

Excellent cardiovascular and muscle toning class integrating punches, kicks, boxing moves and conditioning drills for an overall body workout. Instructors will occasionally integrate “Turbo Kick” into their routine for a higher intensity variety to this exciting class.

## MAC PACE CIRCUIT **All Fitness Levels**

You can lead yourself through a total body workout that includes the use of hydraulic machines for toning and strengthening, combined with cardiovascular stations. 30 minutes, three times a week will make a difference in your overall health and fitness. (For first time participants, see one of our trainers/instructors for proper and safe use of the equipment.)

## PILATES **All Fitness Levels**

Pilates, one of the hottest current fitness trends, is a non-impact deep muscle conditioning method that strengthens the abdominals, gluteal and back muscles. This class will introduce the Pilates novice to a series of mat exercises which can be modified from easy to challenging depending on fitness level and goals.

## PACE & PEDDLE **All Fitness Levels**

This combination class involves our MAC pace circuit with cardio cycling. Pace – progressive aerobic circuit exercise uses various hydraulic air pressure machines focusing on upper and lower body muscle groups. An instructor will lead participants through 30 minutes of pace. Participants will then travel to the cycling room for 30 minutes of cardio cycling. This class is limited to 14 participants.

## MAC SPIN CARDIO CYCLING **All Fitness Levels**

Get fit with this stationary cycle class, including a warm up, 30-45 minutes of strength and rhythmic cycling, and cool down. All participants **must** bring a water bottle and towel to class. Arrive 5 minutes before the start of class to set up your bike. 45-min and 1-hour classes.

## POWER YOGA **All Fitness Levels**

Take your yoga to the next level in this yoga class linking your breath to a vigorous and fun flowing sequence of poses. Be ready to be challenged, increase your flexibility and muscle tone, and become more mindful of your body

## FITBALL **All Fitness Levels**

Focusing on balance, coordination, agility and mobility, this class uses the resist-a-ball to improve core body strength and abdominal toning.

## STEP + WEIGHTS **All Fitness Levels**

Total body workout with exciting challenges, both on the step and with weights/tubes. This class incorporates step aerobics with muscle training, using hand-held weights, tubes or body bars.