

MAC FIT

CLASS SCHEDULE

KEY

- 1 Hour
- ◐ 45 min
- ◑ 30 min
- ◒ 15 min

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Pace ●						
9:00 AM						MAC SPIN ● Zumba ●	
9:30 AM							Pace and Pedal ●
10:00 AM	MAC SPIN ●	Butt Blaster Step ●	Super Sculpt Ball ●	Cardio Kickbox ●	Cardio Sculpt ●	Butt Blaster Step ●	Triple Threat ●
10:45 AM						Butts/Guts & Fitball ●	Ab-Solution ◒
11:30 AM							
NOON - 4:30 PM	MAC PACE CIRCUIT*						
5:45 PM		MAC SPIN ●	Fab Abs Plus ●		Yoga ●		
6:00 PM	Total Body Conditioning ●	Cardio Kickbox ●		Cardio Kickbox ●			
6:30 PM	MAC SPIN ●		Extreme Tread ◑				
7:00 PM	Pilates ●	Zumba ●	Total Body Conditioning ◑	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.

BUTT BLASTING 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).

TOTAL BODY CONDITIONING **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.

TRIPLE THREAT **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.

SUPER SCULPT BALL **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.

AB-SOLUTION **All Fitness Levels**

Abs, abs, and more abs! 15 minutes of complete abdominal work using various methods on the floor, standing, and the resist-a-ball.

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.)

MACSPIN 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.

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.

CARDIO KICKBOXING **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.

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.

EXTREME TREAD **All Fitness Levels**

Whether you're a walker, runner, or jogger this half hour workout is for you! The class is held on the treadmills and bikes using intervals at different levels and speeds combined with abdominals, push-ups and sculpting exercises. Space is limited to 16. Sign up to reserve your spot!

PACE **All Fitness Levels**

The instructor will lead participants through the hydraulic machines for 45 minutes involving strength, toning, core, and cardiovascular exercises.