

MAC Class Descriptions

CARDIO AND ENDURANCE

CARDIO COMBO	This multi-level class consists of partial step, weights and/or Hi/low floor aerobics and core training.
30/30 INTERVALS	Uses kickboxing, strength, cardio and endurance as part of this format. Two left feet welcome.
ZUMBA®	The high energy fitness craze sweeping the nation. Mix of latin and international music to dance
FATBURNER	Cardio and strength with high repetition and endurance in interval format designed to burn calories.
CARDIO DANCE/ RHYTHMS	A fun floor aerobic workout choreographed with different dance moves from everywhere. All levels.
GOOD-LIFE CARDIO™	A low impact cardio and conditioning workout focusing on balance, conditioning and endurance.
*SPINNING ®	A Johnny G cycling aerobic workout using a stationary bike. * See spin schedule for details
SUPER STEP	A highly intense well-choreographed aerobic class using step. If new to step take step-n-pump first.
STEP & PUMP	An intense step workout followed by a strength segment for core and lower body.
D-MIXX	Hi/Low-impact floor aerobic exercise and weights taught in an easy to follow choreographed format.

MUSCLE AND STRENGTH

FUNCTIONALCIRCUIT	A stability, core, strength and endurance class, benefiting everyday life. L 2-3
LUNCH EXPRESS	A strength, flexibility and balance workout that's designed to get you back to work feeling fab.
PUMP IT	A conditioning weightlifting format using bars and weight plates to increase strength. Similar to Body Pump.
MUSCLE WORKS	A weightlifting class for strength and endurance. Different instructors will use various resistance tools.
MUSCLE BLAST	A weight and resistance class with added cardio intervals and some extra challenge.
SILVER SNEAKERS ®	Designed to increase muscular strength, range of movement and improve activity for daily living.
CORE/BUNS/ABS	A 30-45 min strength class designed to increase definition in the core. Taught standing or mat format.

MIND AND BODY

PILATES POWER™	Take your Stott® Pilates exercises to intermediate levels and beyond. Intermediate to advance levels.
PILATES ESSENTIALS™	Stott™ basic Pilates mat exercises for all levels.
YOGA BASICS	Basic instruction in breathing, posture and terminology that equips you to confidently participate in any other yoga class at MAC and MACW.
HATHA YOGA	Focus is on meditation, breathing, primary postures, strength and stretching through flexibility.
POWER YOGA	Challenge your mind/body thru yoga poses that build strength, flexibility and stamina.
ENERGIZING YOGA	A form of yoga that is not only invigorating, it's also therapeutic and yet intense.
YOGA BLENDS	A style yoga for strength, balance & flexibility. Blends the celebration of the human spirit with the practice of asana to create harmony and inner peace.
RESTORTIVE YOGA	A wonderful style that will elongate the body and lengthen the muscles to their supple form.
YOGA FUSION	Yoga awareness thru movement and endurance. Body awareness and strength building.
VITALITY YOGA BY DEB	Variety of vinyasa and power yoga including relaxation. A combination of flowing postures to enhance your relaxation and calm your inner self.
TAI CHI	A form of martial arts known for its benefits of increased strength, balance and coordination.

SPECIALTY PROGRAMMING

\$ BOOTCAMP SERIES	Military style cardio and muscle classes offered in a small group series of workouts. See Front desk for info
\$ PARISI	Does your child thrive on challenge, need improvements or want athletic conditioning? This is the right program.
EVOLUTION	For those of you who need that extra challenging workout. Do you dare? Offered at 5:50am W,F.
\$ TRIATHLON TRAINING	Check with front desk for details on times and contact person.
WATER AEROBICS	See the pool schedule for all of our water classes offered in our two pools.
# MACKIDS CLASSES	A variety of kids classes, including dance, tumbling, fitness and sports. See additional MACKids schedule for kids.