



MACAC Winter Fitness Group Exercise Schedule

MEMORIAL ATHLETIC CLUB
14690 Memorial Drive
Houston, TX 77079
281-497-7570
www.fitmac.com

MONDAY 5:00 AM-10:30 PM	TUESDAY 5:00 AM-10:30 PM	WEDNESDAY 5:00 AM-10:30 PM	THURSDAY 5:00 AM-10:30 PM	FRIDAY 5:00 AM-10:30 PM
5:15 AM SPINNING Studio B/See Spin Schdl	5:15 AM SPINNING Studio B/See Spin Schdl	5:15 AM SPINNING Studio B/See Spin Schdl	5:15 AM SPINNING Studio B/See Spin Schdl	5:15 AM SPINNING Studio B/See Spin Schdl
5:30 AM MASTERS SWIM Outdoor Pool	6:00 AM \$\$ TFW-Strength Parisi	5:30 AM MASTERS SWIM Outdoor Pool	6:00 AM \$\$ TFW-Energy Circuit Parisi	5:30 AM MASTERS SWIM Outdoor Pool
5:45 AM HIIT Conditioning Upper Body Strength Studio A/Debbie C	6:00 AM POWER YOGA Studio A/Heidi	5:45 AM HIIT Conditioning Lower Body Strength Studio A/Debbie C	6:00 AM POWER YOGA Studio A/Amy C	5:45 AM HIIT Conditioning Total Body Strength Studio A/Debbie C
6:00 AM SPINNING Studio B/See Spin Schdl	7:00 AM HIIT Circuit - Strength & Endurance Studio A/Felipe	6:00 AM SPINNING Studio B/See Spin Schdl	7:00 AM MUSCLE BLAST Studio A/Felipe	6:00 AM SPINNING Studio B/See Spin Schdl
6:00 AM \$\$ TFW-Hurricane Parisi	8:00 AM MUSCLE BLAST Studio A/Felipe	6:00 AM \$\$ TFW-Energy Circuit Parisi	8:00 AM HIIT Circuit - Strength & Endurance Studio A/Felipe	6:00 AM \$\$ TFW-Strength Parisi
7:00 AM CARDIO COMBO Studio A/Carolyn	8:15 AM AQUA AEROBICS Indoor Pool	7:00 AM CARDIO COMBO Studio A/Carolyn	8:15 AM AQUA AEROBICS Indoor Pool	7:00 AM CARDIO COMBO Studio A/Carolyn
7:30AM HATHA YOGA Studio-B/Debbie S	8:30AM SPINNING Studio B/See Spin Schdl	8:00 AM CORE/BUNSI/ABS Studio A/Felipe	9:00 AM SPIN & CORE Studio B/See Spin Schdl	8:00AM YOGA BASICS Studio-B/Heidi
8:15 AM AQUA AEROBICS Indoor Pool	9:00 AM DRUMFIT Studio A/Beth	9:00 AM STEP & STRENGTH INTERVALS*** Studio-A/Cathy	9:00 AM HIIT Conditioning EXP* Studio-A/Betsy	8:00 AM SUPER STEP Studio A/Michelle
8:00 AM STEP & STRENGTH INTERVALS Studio A/Angie	9:30 AM \$\$ TFW-Strength Parisi	9:00 AM SPINNING Studio B/See Spin Schdl	9:30 AM MUSCLE EXPRESS* Studio A/Betsy	9:00 AM BARBELL STRENGTH Studio-A/Michelle
9:00 AM HIIT Conditioning EXP* Studio A/Cathy	9:30 AM AQUA AEROBICS Indoor Pool	9:30 AM \$\$ TFW-Energy Circuit Parisi	9:30 AM \$\$ TFW-Energy Circuit Parisi	9:15 AM SPINNING Studio B/See Spin Schdl
9:15 AM SPINNING Studio B/See Spin Schdl	10:00 AM YOGA BASICS Studio-A/Heidi	9:30 AM AQUA AEROBICS Indoor Pool	9:30 AM AQUA AEROBICS Indoor Pool	9:30 AM \$\$ TFW—Strength Parisi
9:30 AM \$\$ TFW-Hurricane Parisi	11:00 AM RESTORATIVE & RELAXATION YOGA Studio A/Heidi	10:15 AM HIIT Circuit - Strength & Endurance** Studio A/Felipe	10:00 AM YOGA BASICS Studio-A/Heidi	9:30 AM AQUA AEROBICS Indoor Pool
9:30 AM BARBELL STRENGTH Studio-A/Cathy	12:00 PM TAI CHI Studio A/Heidi	10:45 AM WATER WALKING Indoor Pool	11:00 AM RESTORATIVE & RELAXATION YOGA Studio A/Heidi	10:00 AM VINYASA YOGA Studio-A/Susan
9:30 AM AQUA AEROBICS Indoor Pool	1:00 PM CARDIO CONDITIONING Studio A/Carrie	11:00 AM BARRE ABOVE Studio A/Sarah	12:15 PM MUSCLE WORKS Studio-A/Carrie	10:45 AM WATER WALKING Indoor Pool
10:30 AM POP Pilates Studio-A/Jennifer J	4:00 PM MACKids Drumfit** Studio B/Sandra	11:30 AM GOODLIFE AQUA Indoor Pool	1:00 PM CARDIO CONDITIONING Studio A/Carrie	11:00 AM ZUMBA Studio A/Julia
10:45 AM WATER WALKING Indoor Pool	4:00 PM CARDIO COMBO** Studio A/Sarah	12:00 PM ZUMBA Studio A/Sarah	4:00 PM TAI CHI Studio B/Heidi	11:30 AM GOODLIFE AQUA Indoor Pool
11:30 AM GOODLIFE AQUA Indoor Pool	4:45 PM BARRE ABOVE** Studio A/Sarah	1:00 PM GOODLIFE CHAIR Studio-A/Carrie	5:00 PM MACKids Bootcamp** Studio B/Armin	12:00 PM HIIT Circuit - Strength & Endurance Studio A/Felipe
12:00 PM MUSCLE WORKS Studio-A/Megan	5:30 PM PILATES with Props Studio A/Raintree	2:00 PM ZUMBA GOLD** Studio A/Carrie	5:00 PM MUSCLE BLAST*** Studio-A/Felipe	1:00 PM GOODLIFE CHAIR Studio-A/Sandra
1:00 PM GOODLIFE CHAIR Studio-A/Carrie	6:30 PM AQUA AEROBICS Indoor Pool	4:00 PM MACKids Yoga** Studio B/Sandra	5:45 PM HIIT Circuit - Strength & Endurance** Studio A/Felipe	4:15 PM SPINNING Studio B/See Spin Schdl
4:00 PM BALLET I/II** Studio B/Sandra	6:30 PM SPINNING Studio B/See Spin Schdl	4:30 PM BARBELL STRENGTH Studio-A/Donna	6:30 PM SPINNING Studio B/See Spin Schdl	6:15 PM \$\$ TFW - Energy Circuit Parisi
4:30 PM BARBELL STRENGTH Studio A/Carrie	6:30 PM MASTERS SWIM Outdoor Pool	5:30 PM HIIT CONDITIONING Cardio & Strength Studio-A/Katy	6:30 PM AQUA AEROBICS Indoor Pool	
5:30 PM HIIT CONDITIONING Cardio & Strength Studio-A/Allison	7:00 PM ZUMBA Studio-A/Desiree	6:30 PM HATHA YOGA**** Studio-A/Debbie S	6:30 PM MASTERS SWIM Outdoor Pool	
6:45 PM SPINNING Studio B/See Spin Schdl	7:30 PM \$\$ TFW—Strength Parisi	6:30 PM SPINNING Studio B/See Spin Schdl	7:00 PM ZUMBA Studio A/Kevin	
7:00 PM ZUMBA Studio A/Patricia		7:30 PM \$\$ TFW-Energy Circuit Parisi	7:30 PM \$\$ TFW—Strength Parisi	
7:30 PM \$\$ TFW-Hurricane Parisi				



SATURDAY 6:00 AM-8:00 PM	SATURDAY CONTINUED	SUNDAY 7:00 AM-8:00 PM
7:00 AM SUPER STEP Studio-A/Rotation	9:00 AM YOGA BASICS Studio-A/Amy C	7:45 AM MASTERS SWIM Outdoor Pool
7:45 AM MASTERS SWIM Outdoor Pool	10:00 AM SPINNING Studio B/See Spin Schdl	9:00 AM MUSCLE BLAST Studio A/Diane
8:00 AM MUSCLE WORKS Studio-A/Rotation	10:00 AM BARBELL STRENGTH Studio A/Rotation	9:00 AM VINYASA YOGA Studio B/Guillermina
8:00 AM \$\$ TFW Energy Circuit Parisi	12:00 PM AQUA AEROBICS Indoor Pool	10:15 AM ZUMBA Studio A/Natalia
8:00 AM POWER YOGA Studio B/Amy C		10:30 AM SPINNING Studio B/See Spin Schdl
		11:30 AM RESTORATIVE & RELAXATION YOGA Studio A/Guillermina
		4:00 PM AQUA AEROBICS Indoor Pool



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

- Blue-Spinning
(*See Spin Schedule)
- Aqua—Aquatic classes
- Green-Active Older Adult
- Orange-Mind/Body
- Purple—Specialty class
- Pink—MACKids classes
- Gold -Fee Based Training
for Warrior Program

MACKids Zone Hours
Monday 8:00 AM-8:30 PM
Tuesday-Thursday 8:00 AM-1:00 PM
Tuesday-Thursday 3:30 PM-8:30 PM
Friday 8:00 AM-1:00 PM & 3:30 PM-6:30 PM
Saturday 7:45AM-2:00 PM
Sunday 9:00AM-3:00 PM

SCHEDULE BEGINS 12/30/18
No cell phones or videography use in class please
Children under the age of 13 are not allowed in studio
during class
Keep your classes, invite a friend

MACAC 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.
CARDIO CONDITIONING	A low impact aerobic, cardio workout focusing on balance, conditioning and endurance.
DRUMFIT	High energy workout that combines cardio, muscle conditioning, balance and flexibility with all the fun of drumming.
HIIT CONDITIONING CARDIO & STRENGTH	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 that utilizes equipment such as barbell, weights, bands, TRX and Bosu balls.
HIIT CONDITIONING UPPER BODY STRENGTH	The same high intensity interval class as total body but this class will mainly focus on Upper Body Strength.
HIIT CONDITIONING LOWER BODY STRENGTH	The same high intensity interval class as total body but this class will mainly focus on Lower Body and Core Strength.
HIIT CONDITIONING EXP	A high energy, high intensity weight and cardio interval class for all fitness levels designed to keep the heart rate up all done with in a 30 minute class.
HIIT CIRCUIT STRENGTH & ENDURANCE	This workout involves a series of exercises performed in a rotation with minimal rest using various types of equipment including the rowers, stairs, ropes, weights and TRX.
MUSCLE BLAST	A weight and resistance class with added cardio intervals and some extra challenge for those who want to get it all.
*SPINNING ®	A Johnny G Cycling workout using a stationary bike. * See spin schedule for details
STEP & STRENGTH INTERVALS	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.
SUPER STEP	A highly intense well-choreographed aerobic class using step. If new to step, experience step n strength pump first.
THE GOODLIFE CARDIO CONDITIONING	Our signature class for active older adult with cardio movements. 45 mins of heart rate up.
ZUMBA®	The high energy fitness craze sweeping the nation. Mix of latin and international music. All levels
ZUMBA GOLD ®	Zumba for the active older adult or if you just want to learn the steps. Slower paced but still a ton of fun!!

STRENGTH AND CONDITIONING

BARBELL STRENGTH	A barbell 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.
BARRE ABOVE	Barre is the hottest method of training since the Pilates boom. A full body workout guaranteed to lengthen and strengthen muscles especially the core, legs and glutes.
CORE/BUNS/ABS	A 30-45 min strength class designed to increase definition in the core.
THE GOODLIFE CHAIR	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
MUSCLE EXPRESS	A 30 minute strength class designed to sculpt every major muscle group.
MUSCLE WORKS	A weightlifting class for strength and endurance. Different instructors will use various resistance and strength tools.
STRENGTH CIRCUIT W/ TRX	This workout involves a series of exercises performed in a rotation with minimal rest using various types of equipment including the TRX
TRX	The TRX is a suspension training system that uses your own body weight and gravity to strengthen muscles with hundreds of exercises. It will help you build strength, balance, flexibility and core stability.

MIND/BODY

ACTIVE 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.
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. Hatha yoga practice is cultivating awareness and emphasis on mind, body and breath.
MACKIDS YOGA	Kids are challenged in a fun environment while increasing concentration, lung capacity, flexibility, muscle tone and balance. We will work to decrease anxiety, potential depression triggers and unhealthy self-judgement with exercise and laughter. Ages 6-12
POWER YOGA	Challenge your mind/body thru yoga poses that build strength, flexibility and stamina. This class is designed for the intermediate to advanced
RESTORATIVE RELAXATION YIN YOGA	You can expect to feel deep relaxation, releasing stress and tension while slowly stretching connective tissue to your range of motion with support of straps and props. 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.
TAI CHI	The base poses done in a series, to enhance core stability, increase strength balance and coordination.
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.

SPECIALTY CLASSES

BARRE ABOVE	Barre is the hottest method of training since the Pilates boom. A full body workout guaranteed to lengthen and strengthen muscles especially the core, legs and glutes.
Pilates with Props	Based on all Pilates principles. Balls and bands are added for control and resistance.
POP Pilates	A fusion class that is an intense mat based workout that challenges students to move from one exercise to the next developing a rock solid core while leaving no muscle untouched.

KIDS CLASSES

# MACKIDS CLASSES	A variety of kids classes, including dance, tumbling, fitness and sports. MACKids classes are designated # on the schedule. Level I—ages 3-5, Level II—ages 6-10, Level III— ages 11-13
# MACKIDS Ballet I/II	This class is designed to give preschoolers a technical foundation and the basics of ballet and modern dance forms
# MACKIDS Bootcamp	A high energy, fun exercise class for kids that will help to increase the overall health and fitness of children in a fun, safe positive environment. Ages 6-12
# MACKIDS DrumFit	A cardio based drumming class that combines physical activity with brain fitness, resulting in the most fun kids can have. Ages 6-12
# MACKIDS Yoga	Kids will work to decrease anxiety while increasing concentration, lung capacity, flexibility, muscle tone and balance with exercise and laughter. Ages 6-12