



MEMORIAL ATHLETIC CLUB  
AND AQUATIC CENTER



# MACAC Summer 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/Bill	5:15 AM SPINNING Studio B/Jeff	5:15 AM SPINNING Studio B/Rotation	5:15 AM SPINNING Studio B/Debbie C	5:15 AM SPINNING Studio B/Rotation
5:30 AM MASTERS SWIM Outdoor Pool	6:00 AM \$\$ TFW-Strength Parisi	5:30 AM MASTERS SWIM Outdoor Pool	6:00 AM \$\$ TFW-EC Parisi	5:30 AM MASTERS SWIM Outdoor Pool
5:45 AM P90X Remix Studio A/Debbie C	6:00 AM POWER YOGA Studio A/Heidi	5:45 AM P90X Remix Studio A/Debbie C	6:00 AM POWER YOGA Studio A/Amy C	5:45 AM P90X Remix Studio A/Debbie C
6:00 AM SPINNING Studio B	7:00 AM MUSCLE BLAST Studio A/Felipe	6:00 AM SPINNING Studio B	7:00 AM MUSCLE BLAST Studio A/Felipe	6:00 AM SPINNING Studio B/Rotation
6:00 AM \$\$ TFW-Hurricane Parisi	8:00 AM MUSCLE BLAST Studio A/Felipe	6:00 AM \$\$ TFW-EC Parisi	8:00 AM STRENGTH CIRCUIT W/TRX Studio A/Felipe	6:00 AM \$\$ TFW-Strength Parisi
7:00 AM CARDIO COMBO Studio A/Carolyn	8:30AM SPINNING Studio-B/Sue	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	9:00 AM DRUMFIT Studio A/Beth	8:00 AM CORE/BUNS/ABS Studio A/Felipe	9:00 AM SPIN & CORE Studio B/Alice	8:00AM YOGA BASICS Studio-B/Heidi
8:15 AM AQUA AEROBICS Indoor Pool	9:30 AM \$\$ TFW-Strength Parisi	8:15 AM \$\$ BOGAFIT Indoor Pool	9:00 AM MIX IT UP Studio-A/Betsy	8:00 AM SUPER STEP Studio A/Michelle
8:00 AM STEP & STRENGTH INTERVALS Studio A/Angie	9:30 AM AQUA AEROBICS Indoor Pool	9:00 AM STEP & STRENGTH INTERVALS*** Studio-A/Cathy	9:30 AM \$\$ TFW-EC Parisi	9:00 AM BARBELL STRENGTH Studio-A/Michelle
9:00 AM TABATA CARDIO EXP* Studio A/Cathy	10:00 AM YOGA BASICS Studio-A/Heidi	9:00 AM SPINNING Studio B/Felipe	9:30 AM AQUA AEROBICS Indoor Pool	9:15 AM SPINNING Studio B/Betsy
9:00 AM SPINNING Studio A/Heather	10:30 AM MACKids Bootcamp** Studio B/Armin	9:30 AM \$\$ TFW-EC Parisi	10:00 AM YOGA BASICS Studio-A/Heidi	9:30 AM \$\$ TFW—Strength Parisi
9:30 AM \$\$ TFW-Hurricane Parisi	11:00 AM RESTORATIVE & RELAXATION YOGA Studio A/Heidi	9:30 AM AQUA AEROBICS Indoor Pool	10:30 AM MACKids Yoga** Studio B/Sarah	9:30 AM AQUA AEROBICS Indoor Pool
9:30 AM BARBELL STRENGTH Studio-A/Cathy	11:00 AM \$\$ BOGAFIT Indoor Pool	10:15 AM STRENGTH CIRCUIT w/TRX Studio A/Felipe	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	10:30 AM MACKids Core/Stretch Studio B/Armin	12:15 PM MUSCLE WORKS Studio-A/Carrie	10:45 AM WATER WALKING Indoor Pool
10:30 AM MACKids Drumfit** Studio B/Cathy	4:00 PM MACKids Drumfit** Studio B/Sandra	10:45 AM WATER WALKING Indoor Pool	1:00 PM CARDIO CONDITIONING Studio A/Carrie	11:00 AM ZUMBA Studio A/Julia
10:30 AM VINYASA YOGA*** Studio-A/Jennifer J	4:00 PM CARDIO COMBO** Studio A/Sarah	11:00 AM BARRE ABOVE Studio A/Sarah	4:00 PM TAI CHI Studio B/Heidi	11:30 AM GOODLIFE AQUA Indoor Pool
10:45 AM WATER WALKING Indoor Pool	4:45 PM BARRE ABOVE** Studio A/Sarah	11:30 AM GOODLIFE AQUA Indoor Pool	5:00 PM MACKids Bootcamp** Studio B/Armin	12:00 PM MUSCLE WORKS Studio-A/Felipe
11:30 AM GOODLIFE AQUA Indoor Pool	5:30 PM PILATES with Props Studio A/Raintree	12:00 PM ZUMBA Studio A/Sarah	5:00 PM MUSCLE BLAST** Studio-A/Felipe	1:00 PM GOODLIFE CHAIR Studio-A/Sandra
12:00 PM MUSCLE WORKS Studio-A/Megan	6:30 PM AQUA AEROBICS Indoor Pool	1:00 PM GOODLIFE CHAIR Studio-A/Carrie	5:45 PM STRENGTH CIRCUIT W/TRX** Studio A/Felipe	1:00 PM \$\$ YOUTH BOGAFIT Indoor Pool
1:00 PM GOODLIFE CHAIR Studio-A/Carrie	6:30 PM SPINNING Studio B/Alice	4:00 PM MACKids Yoga** Studio B/Sandra	6:30 PM SPINNING Studio-B/Foss	4:15 PM SPINNING Studio B/Allison
4:00 PM BALLET I/II** Studio B/Sandra	6:30 PM MASTERS SWIM Outdoor Pool	4:30 PM BARBELL STRENGTH Studio-A/Donna	7:00 PM ZUMBA Studio A/Cheri	6:00 PM \$\$ TFW - EC Parisi
4:30 PM BARBELL STRENGTH Studio A/Carrie	7:00 PM ZUMBA Studio-A/Desiree	5:30 PM BODY BLAST Studio-A/Katy	6:30 PM AQUA AEROBICS Indoor Pool	<b>Blue-Spinning</b> (*See Spin Schedule)
5:30 PM HIIT CONDITIONING Studio-A/Allison	7:30 PM \$\$ TFW—Strength Parisi	6:30 PM HATHA YOGA**** Studio-A/Debbie S	6:30 PM MASTERS SWIM Outdoor Pool	<b>Aqua—Aquatic classes</b>
6:45 PM SPINNING Studio B/Alice		6:30 PM SPINNING Studio B	7:30 PM \$\$ TFW—Strength Parisi	<b>Green-Active Older Adult</b>
6:45 PM \$\$ BOGAFIT Indoor Pool				<b>Orange-Mind/Body</b>
7:00 PM ZUMBA Studio A/Patricia				<b>Purple—Specialty class</b>



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 SUPER STEP Studio-A/Rotation	9:00 AM YOGA BASICS Studio-A/Lori	7:45 AM MASTERS SWIM Outdoor Pool
7:45 AM MASTERS SWIM Outdoor Pool	10:00 AM SPINNING Studio-B	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/Lori	2:00 PM \$\$ BOGAFIT Indoor Pool By Appointment	10:30 AM SPINNING Studio B/Foss
		11:30 AM RESTORATIVE & RELAXATION YOGA Studio A/Guillermina
		4:00 PM AQUA AEROBICS Indoor Pool

**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 6/4/18**

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

<b>BODY BLAST</b>	A full body workout that includes choreographed sports inspired cardio & resistance to increase heart rate, sculpt arms and blast your core. The high energy interval class will make sure that you leave the class feeling great!
<b>CARDIO COMBO</b>	This multi-level class consists of partial step, weights and/or Hi/low floor aerobics and core training.
<b>CARDIO CONDITIONING</b>	A low impact aerobic, cardio workout focusing on balance, conditioning and endurance.
<b>CARDIO TABATA EXPRESS</b>	High intensity interval training method that offers more health benefits than traditional cardiovascular exercise and will improve endurance and stimulate fat loss
<b>DRUMFIT</b>	High energy workout that combines cardio, muscle conditioning, balance and flexibility with all the fun of drumming.
<b>HIIT CONDITIONING</b>	A high energy, high intensity weight and cardio interval class for all fitness levels designed to keep the heart rate up. This class utilizes equipment such as barbell, weights, bands and bosu balls.
<b>MIX IT UP</b>	A combination of strength and cardio in an hour of power! This workout is designed to raise the heart rate while incorporating total body strength training.
<b>MUSCLE BLAST</b>	A weight and resistance class with added cardio intervals and some extra challenge for those who want to get it all.
<b>P90X –Remix</b>	A challenging routine that will change your results and get you in better shape in a shorter amount of time
<b>*SPINNING ®</b>	A Johnny G Cycling workout using a stationary bike. * See spin schedule for details
<b>STEP &amp; STRENGTH INTERVALS</b>	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.
<b>SUPER STEP</b>	A highly intense well-choreographed aerobic class using step. If new to step, experience step n strength pump first.
<b>THE GOODLIFE CARDIO CONDITIONING</b>	Our signature class for active older adult with cardio movements. 45 mins of heart rate up.
<b>ZUMBA®</b>	The high energy fitness craze sweeping the nation. Mix of latin and international music. All levels

## STRENGTH AND CONDITIONING

<b>BARBELL STRENGTH</b>	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.
<b>BARRE ABOVE</b>	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.
<b>CORE/BUNS/ABS</b>	A 30-45 min strength class designed to increase definition in the core.
<b>THE GOODLIFE</b>	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
<b>MUSCLE WORKS</b>	A weightlifting class for strength and endurance. Different instructors will use various resistance and strength tools.
<b>STRENGTH CIRCUIT W/ TRX</b>	This workout involves a series of exercises performed in a rotation with minimal rest using various types of equipment including the TRX
<b>TRX</b>	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

<b>ACTIVE VINYASA YOGA</b>	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.
<b>ADVANCED VINYASA YOGA</b>	This class is recommend for the intermediate and advanced yoga practitioner wanting to take their yoga experience to the next level. This class also offers a progressive series of challenging asanas with a strong focus of core moves and poses leading to arm balance and inversions. This class is NOT recommended for beginners.
<b>HATHA YOGA</b>	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.
<b>MACKIDS YOGA</b>	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
<b>POWER YOGA</b>	Challenge your mind/body thru yoga poses that build strength, flexibility and stamina. This class is designed for the intermediate to advanced
<b>RESTORATIVE RELAXATION YIN YOGA</b>	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.
<b>TAI CHI</b>	The base poses done in a series, to enhance core stability, increase strength balance and coordination.
<b>YOGA BASICS</b>	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 PROGRAMMING

<b># MACKIDS CLASSES</b>	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
<b># MACKIDS Ballet I/II</b>	This class is designed to give preschoolers a technical foundation and the basics of ballet and modern dance forms
<b># MACKIDS Bootcamp</b>	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
<b># MACKIDS DrumFit</b>	A cardio based drumming class that combines physical activity with brain fitness, resulting in the most fun kids can have. Ages 6-12
<b># MACKIDS Yoga</b>	Kids will work to decrease anxiety while increasing concentration, lung capacity, flexibility, muscle tone and balance with exercise and laughter. Ages 6-12