



MEMORIAL ATHLETIC CLUB  
AND AQUATIC CENTER



# MACAC Fall Fitness Group Exercise Schedule

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

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

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

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



| SATURDAY<br>6:00 AM-8:00 PM               | SATURDAY<br>CONTINUED                         | SUNDAY<br>7:00 AM-8:00 PM   |
|---|---|---|
| 7:00 AM SUPER STEP<br>Studio-A/Rotation   | 9:00 AM YOGA BASICS<br>Studio-A/Lori          | 7:45 AM MASTERS SWIM<br>Outdoor Pool                              |
| 7:45 AM MASTERS SWIM<br>Outdoor Pool      | 10:00 AM SPINNING<br>Studio-B                 | 9:00 AM MUSCLE BLAST<br>Studio A/Diane                            |
| 8:00 AM MUSCLE WORKS<br>Studio-A/Rotation | 10:00 AM STRENGTH &<br>POWER<br>Studio A/Edie | 9:00 AM VINYASA YOGA<br>Studio B/Guillermina                      |
| 8:00 AM \$\$ TFW Energy Circuit<br>Parisi | 12:00 PM AQUA AEROBICS<br>Indoor Pool         | 10:00 AM ZUMBA<br>Studio A/Natalia                                |
| 8:00 AM POWER YOGA<br>Studio B/Lori       |   | 10:30 AM SPINNING<br>Studio B/Foss                                |
|   |   | 11:30 AM RESTORATIVE &<br>RELAXATION YOGA<br>Studio A/Guillermina |
|   |   | 4:00 PM AQUA AEROBICS<br>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-1:00 PM

**SCHEDULE BEGINS 11/6/17**  
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>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>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>HIGH Fitness</b>                     | HIGH Fitness is a hardcore, fun fitness class that incorporates aerobic interval training with popular music and intense but easy to follow fitness choreography.                      |
| <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>SPINLATES</b>                        | 45 minute NRG Spin class with 45 minutes of Pilates exercises specifically selected to help compliment your spinning program.  |
| <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</b>                     | A low impact, strength and balance workout focusing on the older adult population with most of the work done in a chair, age 55 and older  |
| <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>        | Strength, flexibility and conditioning workout that's designed to get you lifting and working hard.  |
| <b>CORE/BUNS/ABS</b>           | A 30-45 min strength class designed to increase definition in the core.  |
| <b>CORE CONDITIONING</b>       | This 30 min class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles.                                      |
| <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>MUSCLE EXPRESS</b>          | A 30 minute strength class designed to sculpt every major muscle group.  |
| <b>MUSCLE WORKS</b>            | A weightlifting class for strength and endurance. Different instructors will use various resistance and strength tools.  |
| <b>STRENGTH &amp; POWER</b>    | A barbell workout that incorporates functional strength training into an hour of power. Every movementplane is attacked using barbells, hand weights and body weight. All levels welcome.                      |
| <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

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|--|--|
| <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>PILATES BOOTCAMP</b>                | Energetic Pilates based exercise using Bosu, stability balls, and light weights, in a fast paced circuit format. Open to all Levels.   |
| <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>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 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                            |