



MEMORIAL ATHLETIC CLUB
AND AQUATIC CENTER



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/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	9:00 AM STEP & STRENGTH INTERVALS*** Studio-A/Cathy	9:00 AM TABATA CARDIO EXP* Studio-A/Betsy	8:00 AM SUPER STEP Studio A/Cathy
8:00 AM STEP & STRENGTH INTERVALS Studio A/Angie	9:30 AM AQUA AEROBICS Indoor Pool	9:00 AM SPINNING Studio B/Felipe	9:30 AM MUSCLE WORKS EXP* Studio-A/Betsy	9:00 AM MUSCLE WORKS Studio-A/Cathy
9:00 AM TABATA CARDIO EXP* Studio A/Cathy	10:00 AM YOGA BASICS Studio-A/Heidi	9:30 AM \$\$ TFW-EC Parisi	9:30 AM \$\$ TFW-EC Parisi	9:15 AM SPINNING Studio B/Betsy
9:00 AM SPINNING Studio A/Heather	11:00 AM RESTORATIVE & RELAXATION YOGA 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	1:00 PM CARDIO CONDITIONING Studio A/Carrie	10:15 AM STRENGTH CIRCUIT w/TRX 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	4:00 PM MACKids Drumfit** Studio B/Sandra	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	4:00 PM CARDIO COMBO** Studio A/Sarah	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 VINYASA YOGA*** Studio-A/Jennifer J	4:45 PM BARRE ABOVE** Studio A/Sarah	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	5:30 PM PILATES with Props Studio A/Raintree	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	6:30 PM ZUMBA Studio-A/Desiree	1:00 PM GOODLIFE CHAIR Studio-A/Carrie	5:00 PM MACKids Bootcamp** Studio B/Armin	12:00 PM MUSCLE WORKS Studio-A/Felipe
12:00 PM MUSCLE WORKS Studio-A/Megan	6:30 PM AQUA AEROBICS Indoor Pool	4:00 PM MACKids Yoga** Studio B/Sandra	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 SPINNING Studio B/Alice	4:30 PM STRENGTH & POWER Studio-A/Donna	5:45 PM STRENGTH CIRCUIT W/TRX** Studio A/Felipe	4:15 PM SPINNING Studio B/Allison
4:00 PM BALLET III** Studio B/Sandra	6:30 PM MASTERS SWIM Outdoor Pool	5:30 PM HIIT CONDITIONING Studio-A/Allison	6:30 PM SPINNING Studio-B/Foss	6:00 PM \$\$ TFW - EC Parisi
4:30 PM STRENGTH & POWER Studio A/Carrie	7:30 PM \$\$ TFW—Strength Parisi	6:30 PM HATHA YOGA**** Studio-A/Debbie S	6:30 PM ZUMBA Studio A/Edie	
5:30 PM HIGH Fitness Studio-A/Aly		6:30 PM SPINNING Studio B	6:30 PM AQUA AEROBICS Indoor Pool	
6:45 PM SPINNING Studio B/Alice		7:30 PM \$\$ TFW - EC Parisi	6:30 PM MASTERS SWIM Outdoor Pool	
7:00 PM ZUMBA Studio A/Patricia			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/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 STRENGTH & POWER Studio A/Edie	9:00 AM VINYASA YOGA Studio B/Guillermina
8:00 AM \$\$ TFW Energy Circuit Parisi	12:00 PM AQUA AEROBICS Indoor Pool	10:00 AM ZUMBA Studio A/Natalia
8:00 AM POWER YOGA Studio B/Lori		10:30 AM SPINNING Studio B/Foss
		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-1:00 PM

SCHEDULE BEGINS 01/8/18
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

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.
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.
CARDIO TABATA EXPRESS	High intensity interval training method that offers more health benefits than traditional cardiovascular exercise and will improve endurance and stimulate fat loss
DRUMFIT	High energy workout that combines cardio, muscle conditioning, balance and flexibility with all the fun of drumming.
HIGH Fitness	HIGH Fitness is a hardcore, fun fitness class that incorporates aerobic interval training with popular music and intense but easy to follow fitness choreography.
HIIT CONDITIONING	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.
P90X –Remix	A challenging routine that will change your results and get you in better shape in a shorter amount of time
SPINLATES	45 minute NRG Spin class with 45 minutes of Pilates exercises specifically selected to help compliment your spinning program.
*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	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
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

STRENGTH AND CONDITIONING

BARBELL STRENGTH	Strength, flexibility and conditioning workout that's designed to get you lifting and working hard.
CORE/BUNS/ABS	A 30-45 min strength class designed to increase definition in the core.
CORE CONDITIONING	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.
MUSCLE BLAST	A weight and resistance class with added cardio intervals and some extra challenge for those who want to get it all.
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 & POWER	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.
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.
ADVANCED VINYASA YOGA	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.
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
PILATES BOOTCAMP	Energetic Pilates based exercise using Bosu, stability balls, and light weights, in a fast paced circuit format. Open to all Levels.
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.
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 PROGRAMMING

# 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 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