



MEMORIAL ATHLETIC CLUB  
AND AQUATIC CENTER

MEMORIAL ATHLETIC CLUB  
14690 MEMORIAL DRIVE  
HOUSTON, TX 77079  
BUS. 281-497-7570  
WWW.FITMAC.COM

# MACAC Group Exercise Schedule

## MACAC Spring Fitness



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/Becky	5:15 AM Total Body Conditioning Studio A/Katy	5:15 AM SPINNING** Studio-B/Rotation	5:15 AM Total Body Conditioning Studio A/Katy	5:15 AM SPINNING** Studio-B/Rotation
5:45 AM P90X Remix Studio A/Debbie C	5:45 AM SPIN & STRETCH*** Studio B/Jeff	5:45 AM P90X Remix Studio A/Debbie C	5:15 AM SPINNING** Studio-B/Rotation	5:45 AM P90X Remix Studio A/Debbie C
6:00 AM SPINNING Studio-B/Heather	6:00 AM POWER YOGA Studio-A/Heidi	6:00 AM SPINNING Studio-B/Becky	6:00 AM POWER YOGA Studio-A/Carmen	6:00 AM SPINNING Studio-B/Rotation
7:00 AM DrumFit COMBO Studio-A/Beth	7:00 AM MUSCLE BLAST Studio-A/Felipe	7:00 AM CARDIO COMBO Studio-A/Carolyn	6:00 AM SPINNING Studio-B/Jeff	7:00 AM CARDIO COMBO Studio-A/Diane
7:30AM HATHA YOGA Studio-B/Debbie S	7:15 AM YOGA BASICS Studio-B/Heidi	7:30 AM HATHA YOGA Studio B/Marta	7:00 AM MUSCLE BLAST Studio-A/Felipe	8:00 AM ACTIVE VINYASA YOGA Studio-B/Heidi
8:00AM STEP & STRENGTH INTERVALS Studio-A/Betsy	8:00 AM MUSCLE BLAST Studio-A/Felipe	8:00 AM CORE/BUNS/ABS Studio-A/Felipe	7:15 AM YOGA BASICS Studio-B/Carmen	8:00 AM SUPER STEP Studio-A/Cathy
9:00 AM SPINNING Studio-B/Heather	8:30 AM SPINLATES**** Studio-B/Sue	9:00 AM STEP & STRENGTH INTERVALS*** Studio-A/ Cathy	8:00 AM STRENGTH CIRCUIT w/TRX Studio-A/Felipe	9:00 AM MUSCLE WORKS Studio-A/Cathy
9:00AM CARDIO TABATA EXPRESS* Studio-A/Cathy	9:00 AM DrumFit Studio-A/Beth	9:00 AM SPINNING Studio-B/Felipe	9:00 AM CARDIO TABATA EXPRESS* Studio-A/ Betsy	9:15 AM SPINNING Studio-B/Betsy
9:30AM BARBELL STRENGTH** Studio-A/Cathy	10:00 AM YOGA BASICS Studio-A/Heidi	10:15 AM STRENGTH CIRCUIT W/TRX Studio-A/Felipe	9:30 AM MUSCLE EXPRESS* Studio-A/ Betsy	10:00 AM ACTIVE VINYASA YOGA Studio-A/Susan
10:30AM ADVANCED VINYASA *** Studio-A/Debby Aromatherapy may be used	10:30 AM Preschool Play Yoga** Studio B/Amy	11:00 AM BARRE ABOVE Studio A/Sarah	9:00 AM SPIN & CORE Studio-B/Alice	11:00 AM ZUMBA Studio-A/Julia
12:00 PM MUSCLE WORKS Studio-A/Megan	11:00 AM RESTORATIVE RELAXATION YIN YOGA Studio A/Heidi	11:30 AM SPINNING**** Studio-B/Betsy	10:00 AM YOGA BASICS Studio-A/Heidi	12:00 PM MUSCLE WORKS Studio-A/Felipe
1:00 PM THE GOOD LIFE—Chair Studio-A/Carrie	1:00 PM CARDIO CONDITIONING** Studio-A/Carrie	12:00 PM ZUMBA Studio-A/Sarah	11:00 AM RESTORATIVE RELAXATION YIN YOGA Studio A/Heidi	1:00 PM THE GOOD LIFE—Chair Studio-A/Carrie
3:30 PM # BALLET I * Studio-B/Sandra	1:45 PM STABILITY BALL STRENGTH FUN ** Studio-A/Carrie	1:00 PM THE GOOD LIFE—Chair Studio-A/Carrie	12:15 PM MUSCLE WORKS** Studio-A/Carrie	2:00 PM ZUMBA GOLD** Studio-A/Carrie
4:00 PM # BALLET II * Studio-B/Sandra	3:30 PM # MACKIDS I * Studio-B/Sandra	2:00 PM THERAPEUTIC YOGA Studio-B/Cheryl	1:00 PM CARDIO CONDITIONING** Studio-A/Carrie	4:15 PM SPINNING ** Studio-B/Allison/Heather
4:30 PM # MACKIDS Yoga * Studio-B/Sandra	4:00 PM # BALLET I & II * Studio-B/Sandra	4:00 PM # HIP HOP KIDS II /III * Studio-B/Sandra	2:00 PM TAI CHI Studio-A/Marc	5:00 PM STRENGTH CIRCUIT W/ TRX ** Studio-A/Armin
4:00 PM STRENGTH & POWER Studio-A/Carrie	4:30 PM # MACKIDS DrumFit * Studio B/Sandra	4:30 PM # MACKIDS Yoga * Studio B/Sandra	4:00 PM BARRE ABOVE Studio A/Sarah	5:30 PM HATHA YOGA Studio B/Heidi
5:00 PM BODY BLAST Studio-A/Katy	4:00 PM CARDIO COMBO Studio-A/Cathy	4:00 PM STRENGTH & POWER Studio-A/Carrie	5:00 PM #MACKIDS Bootcamp** Studio B/Armin	6:00PM TAI CHI Studio-A/Marc
5:30 PM ADVANCED VINYASA Studio-B/Jennifer	5:00 PM BARRE ABOVE** Studio-A/Sarah	5:00 PM TAI CHI Studio-B/Heidi	5:00 PM MUSCLE BLAST** Studio-A/Felipe	
6:00 PM STEP & STRENGTH Studio-A/Diane	5:00 PM ACTIVE VINYASA Studio-B/Carmen	5:00 PM ZUMBA Reloaded** Studio-A/Maria	5:45 PM STRENGTH CIRCUIT W/TRX ** Studio-A/Felipe	<b>Blue-Spinning</b> (*See Spin Schedule)
6:45 PM SPINNING Studio-B/Alice	5:45 PM XTREME FATBURNER** Studio A/Sarah	5:45 PM BODY BLAST** Studio A/Armin	6:30 PM SPINNING Studio-B/Bill -Michelle	<b>Yellow—TRX</b>
7:00 PM ZUMBA Studio-A/Patricia	6:30 PM ZUMBA Studio-A/Desiree	6:30 PM SPINNING Studio-B/Heather/Allison	6:45 PM ZUMBA Studio-A/Edie	<b>Green-Active Older Adult</b>
	6:30 PM SPINNING Studio-B/Alice	6:30 PM STRENGTH & POWER Studio A/Armin		<b>Pink-MacKids Classes</b>
			<i>All classes are 55 minutes unless otherwise indicat- ed. Please feel free to leave early if you need to.</i> * 30 minute class ** 45 minute class *** 75 minute class **** 90 minute class	<b>Orange-Mind/Body</b>
				<b>Purple-Specialty Classes</b>

SATURDAY 6:00 AM-8:00 PM	SATURDAY CONT.	SUNDAY 7:00 AM-8:00 PM	SUNDAY CONT.
7:00 AM YOGA BASICS Studio B/Lori	10:00 AM BARRE ABOVE Studio A/Sarah/Beth	8:00 AM BODY BLAST** Studio A/Armin	
7:00 AM SUPER STEP Studio-A/Rotation	10:00 AM SPINNING Studio-B/Rotation	9:00 AM MUSCLE BLAST Studio-A/Diane	10:30 AM SPINNING Studio B/ Rotation
8:00 AM MUSCLE WORKS Studio-A/Rotation	11:00 AM ACTIVE VINYASA YOGA*** Studio-A/Debby Aromatherapy may be used	9:00 AM ACTIVE VINYASA YOGA*** Studio-B/Guillermina	11:30 AM RESTORATIVE RELAXATION YIN YOGA W/ MEDITATION**** Studio A/Amy
8:00 AM POWER YOGA Studio-B/Lori	12:15 PM ZUMBA Studio A/Natalia	10:30 AM YOGA FUSION Studio A/Guillermina	1:30 PM BODY BLAST Studio A/Katy
9:00 AM YOGA BASICS Studio-A/Lori			

**MACKids Zone Hours**  
**Monday 8:00-8:30 PM**  
**Tues-Thursday 8:00-1:00 PM**  
**Tues-Thursday 3:30-8:30 PM**  
**Friday 8-1:00 PM 3:30-6:30PM**  
**Saturday 7:30-2:00 PM**  
**Sunday 9:00-3:00 PM**  
**MACKids Zone Director**  
**Sandra Batres**  
**281-497-7570**  
**Group Exercise Director:**  
**Carrie Gimmestad 281-497-7570**  
**Email: groupX@fitmac.com**

Reformer classes are held at MAC for Women, in our private Pilates Studio. Please see front desk at MAC for Women for scheduling availability or contact Sue at 281-558-6691.

*SCHEDULE BEGINS 4/1/17 No cell phones or videography use in class please  
Children under the age of 13 are not allowed in studio during class*



# 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.
BODY BLAST	A full body workout that includes choreographed sports inspired cardio & resistance to increase heart rate, sculpt arms and blast your core. The high energy intercal class will make sure that you leave the class feeling great!
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.
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.
TOTAL BODY CONDITIONING	High intensity, athletic workout that delivers both functional strength and fitness. This class is suitable for beginners AND challenges the hard core athlete.
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.
XTREME FATBURNER	40 minutes of high intensity cardio intervals along with 20 minutes abs and core
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	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.
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 MIX UP	A combination class of strength and endurance designed to burn fat and build strength and endurance. Instructor will also be using DrumFit to help with muscle conditioning, balance and flexibility.
MUSCLE WORKS	A weightlifting class for strength and endurance. Different instructors will use various resistance and strength tools.
STABILITY BALL FUN	This class is effective in building balance, stability and core strength. You must be able to get down on a matt.
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 rotaion 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
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.
THERAPEUTIC YOGA	This smaller class setting features supported postures, gentle yoga, breath work and meditation techniques. Offering hand guided assistance to help deepen your practice for unique issues. Open to all levels and is particularly effective for those recovering from or living with injury and illness. For specific mobility issues please see instructor.
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.
YOGA FUSION	Challenging fitness class to enhance the sculpting of your entire body, raise your glutes and tighten abs! The conditioning of your heart and burning major calories will bring you back for more as no two classes are the same to keep you excited and challenged. All levels welcome.
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
PRESCHOOL PLAY YOGA	Bring your preschooler and deepen your parent/child bond as you enjoy a supportive, fun-loving active yoga class. We'll sing, dance, and do some yoga as we interact with a fun story. We'll work to enhance concentration and to improve body awareness through play. This class is fun and silly, so come expecting to have a great time with your little one. Ages 2½-5
# 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