



MEMORIAL
ATHLETIC
CLUB FOR
Women

Kid's Summer Fitness Classes at MAC

June 3rd-August 9th

No classes July 1st-5th

Ages 4-12*

All classes are 45 minutes

****Monday 11am MACKids Bootcamp** in Studio B with Armin

Monday 4pm Ballet I/II in Studio B with Sandra

Tuesday 4pm MACKids DrumFit in Studio B with Sandra

Tuesday 5pm MACKids Bootcamp in Studio B with Armin

****Wednesday 10:30am MACKids Core/Stretch** in Studio B with Armin

Wednesday 4pm MACKids Yoga in Studio B with Sandra

Wednesday 4:45pm Ballet I/II in Studio B with Sandra

****Thursday 10:30am MACKids Mix It Up** in Studio B with Kevin

Thursday 5pm MACKids Bootcamp in Studio B with Armin

****Friday 11am MACKids Yoga** in Studio B with Betsy

****Friday 1pm \$\$BOGAFIT for Kids Indoor Pool**

\$12 members/\$15 non member

***some exceptions apply based on maturity and experience of younger ones so please talk to instructor.**

**** These classes are offered during the summer only**

See back for more details

At the MAC for Women

****\$\$Aerial Yoga for Girls**

Ages 11-15

Tuesday & Thursday's at 2pm

\$10 members/\$20 non member

See back for more details



Summer MAC Kids Class Descriptions

MACKids Bootcamp

MACKids Bootcamp is a high energy, fun filled exercise class for kids that will help to increase the overall health and fitness level of children in a fun, safe, positive and motivating environment.

MACKids Core & Stretch

This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles.

The instructor may include a variety of equipment.

MACKids Yoga

Kids will be challenged in an exciting, inspirational fun environment that combine simple yoga poses with interactive stories and games while increasing concentration, lung capacity, flexibility, muscle tone and balance.

MACKids Mix It Up

Our Zumba instructor Kevin will designed a perfect combination of dance and drumming for kids with kids friendly routines and music the kids will love to grove to. This class includes Zumba, Hip-Hop, Drumming fun and more.

\$\$BOGAFIT for Kids—\$12 member/\$15 non member

The BOGAFit Mat is a training platform in the pool that provides a new fun and dynamic way to exercise. Kids must be a level one swimmer and must feels safe in the water.

Registration will be available the week of May 20th. To register go to mindbodyonline.com and select the BogaFit classes you would like to attend.

No class 6/28 and 7/5. Class is limited to 7 participants.

At Mac for Women

\$\$Aerial Yoga for Girls—\$10 members/\$20 non member

AERIAL YOGA uses hammocks to suspend so gravity helps with de-compression of the spine, lengthening and strengthening the muscles around it.

To register go to mindbodyonline.com or

Call the front desk 281-558-6691

Space is limited