

**MAC Women**  
 14633 Memorial Drive  
 Houston, TX 77079  
 Bus. 281-558-6691  
 www.fitmac.com

# Group Exercise Schedule

## MAC4W

### Spring Fitness



MONDAY 6:30AM-8:30 PM	TUESDAY 6:30 AM-8:30 PM	WEDNESDAY 6:30 AM-8:30 PM	THURSDAY 6:30 AM-8:30 PM	FRIDAY 6:30 AM-6:00 PM
8:30 AM INTERMEDIATE PILATES Morven	6:00 AM Tabata Bootcamp Fee based class See front desk for more information		6:00 AM Tabata Bootcamp Fee based class See front desk for more information	8:30 AM PILATES BALL & BAND Intermediate Sue
9:30 AM ZUMBA Maria	8:30 AM ACTIVE VINNYASA YOGA Amy	8:30 AM INTERMEDIATE PILATES Luisa	8:30 AM ACTIVE VINNYASA YOGA Debby Aromatherapy may be used	9:30 AM ZUMBA Sarah
10:30 AM BARRE ABOVE Sarah	9:30 AM ESSENTIAL PILATES Johnsy	9:00 AM WALKING CLASS Sue	9:30 AM BARRE/YOGA FUSION Debby Aromatherapy may be used	10:30 AM P90X REMIX w/TRX Sue
11:30 AM HATHA YOGA **** Marta	10:30 AM ACTIVE VINNYASA YOGA Susan	9:30 AM ZUMBA Julia	10:30 AM ESSENTIAL PILATES Morven	11:30 AM HATHA YOGA**** Debbie S
1:00 PM OSTEOPILATES Pam	11:30 AM TABATA CARDIO EXPRESS* Angie	10:30 AM BODY WORKS Sue	11:30 AM OSTEOPILATES Morven	1:30 PM Tabata Bootcamp Fee based class See front desk for more information
	12:00 PM "ON A ROLL" ** Angie	11:30 AM HATHA YOGA**** Marta	12:30 PM MACHINE ** CIRCUIT/Weight Room Sue	5:30 PM Tabata Bootcamp Fee based class See front desk for more information
5:15 PM ACTIVE VINNYASA YOGA Heidi	12:30 PM MACHINE** CIRCUIT/Weight Room Sue	1:30 PM Tabata Bootcamp Fee based class See front desk for more information	5:15PM ACTIVE VINNYASA YOGA *** Heidi	All classes are 55 minutes unless otherwise indicated. * 30 minute class ** 45 minute class *** 75 minute class **** 90 minute class
6:00 PM ZUMBA IN THE CIRCUIT/Weight Room** Maria	12:30 PM Aerial Yoga Fee based class See front desk for more information	5:30PM GENTLE FLOW YOGA Aida	6:30 PM PILATES - ALL LEVELS Raintree	Designates Mind/Body Class
6:30 PM PILATES - ALL LEVELS Luisa	5:30 PM Tabata Bootcamp Fee based class See front desk for more information	6:00 PM ZUMBA IN THE CIRCUIT/Weight Room** Maria		Designates Specialty Class
7:40PM P90X REMIX W/TRX Alice	7:00 PM HATHA YOGA**** Linda Shubert	6:45 PM HATHA YOGA Debbie S		Designates TRX Class
				Designates Fee Based Class

SATURDAY 8:00 AM –1:00 PM
8:30 AM INTERMEDIATE PILATES Johnsy
9:30 PiYo Edie

SATURDAY CONTINUED
10:30 AM ZUMBA Cheri
11:30 AM RESTORATIVE RELAXATION YIN YOGA Rotation

**THE GROUP STUDIO IS CO-ED FROM 6:30-8:30PM Men Welcome**

**MACKIDS ZONE Hours**  
 Daytime hours  
 Monday-Friday 8:30-1:00 PM  
 Saturday 8:30-1:00 PM  
 MACKIDS ZONE Director:  
 Sandra Batres  
 281-497-7570 OR 281-558-6691

Group Exercise Director:  
 Carrie Gimmetad  
 281-497-7570 OR 281-558-6691  
 E-mail: groupx@fitmac.com

Pilates Reformer classes are co-ed, fee based and by appointment. See our front desk to sign-up and for questions see Sue Donahoe at 281-558-6691.

Pilates Coordinator: Sue Donahoe  
 281-558-6691  
 E-mail: suedonahoe@piercer@gmail.com

**SCHEDULE EFFECTIVE: April 1st, 2016**  
 Keep your classes, invite a friend  
 No cell phones or videography use in class please



# MAC4W Class Descriptions

## CARDIO, STRENGTH AND CONDITIONING

<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>BODY WORKS</b>	A choreographed strength class. Designed to tone and strengthen, upper and lower body. Can include Medicine Balls, Stability Balls, Bands, Body Bars, Gliding Discs and Tubing.
<b>CARDIO TABATA EXPRESS</b>	Tabata is a form of high intensity interval training method that offers more health benefits than traditional cardiovascular exercise and is designed to improve endurance and stimulate fat loss
<b>MACHINE CIRCUIT</b>	A great muscle workout that meets in the weight room. This class is for all levels.
<b>P90X-Remix</b>	A challenging routine that will change your results and get you in better shape in a shorter amount of time. This class will also use the TRX.
<b>TRX™</b>	The TRX is a suspension training system uses your own body weight and gravity to strengthen muscles with hundreds of exercises. Helps you build strength, balance, flexibility and core stability.
<b>ZUMBA®</b>	The high-energy fitness craze sweeping the nation. A mix of Latin, folk and international dance moves. All levels
<b>ZUMBA IN THE CIRCUIT</b>	The high octane, Latin-inspired dance rhythms of Zumba combined with the benefits of metabolism boosting strength training for one complete workout

## MIND/BODY

<b>ACTIVE VINAYASA 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>BARRE/YOGA FUSION</b>	Challenging fitness class combing the best from Yoga, Barre and Pilates, utilizing different props and sequencing each 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.
<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>ON A ROLL</b>	You will use a foam roller and practice rolling over your muscles slowly, stopping and holding on sore trigger points until the tension is released
<b>PiYo</b>	A combination of the muscle sculpting, core firming benefits of Pilates with the strength and flexibility of flowing Yoga movements. You only use your body weight to perform a series of continuous moves to define every muscle big or small.
<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. Our certified instructors break down postures, teach and demonstrate modification, transitions and option to increase the difficulty of each pose. Results include improved strength, endurance, flexibility, calmness and awareness. Props such as blocks and straps are provided and encouraged.

## MIND/BODY STOTT PILATES®

<b>BALL AND BAND</b>	Based on all Pilates principles. Balls and bands are added for control and resistance.
<b>ESSENTIAL</b>	Basic Pilates mat exercises for all levels. Modifications given throughout class. A challenge for everyone.
<b>INTERMEDIATE</b>	This is your next level from Essential. You will be moving through a faster progression. Some of the level 2-3 Stott™ exercises are incorporated for extra challenge!
<b>OSTEOPILATES</b>	Class is specific to reduce fracture risk and increase bone density.

## SPECIALTY CLASSES

<b>\$ AERIAL YOGA</b>	AERIAL YOGA uses hammocks to suspend so gravity helps with de-compression of the spine, lengthening and strengthening the muscles around it. AERIAL YOGA challenges the balance and space orientation that builds new brain and muscle connectivity, an ultimate anti-aging strategy. It is just Yoga, another experience that we can choose to have in our life, and if you haven't tried it yet, you must!
<b>WALKING CLASS (SEASONAL)</b>	US Dept of Health recommends 150 minutes a week of moderate intensity activity or 75 minutes of vigorous activity each week. This walking class will get you out with other members so you can work on feeling stronger as a group.
<b>\$ REFORMER CLASSES FOR MEN AND WOMEN</b>	Fee based class by appointment only. To register go to mindbodyonline.com. These classes will truly challenge your core. Also offering Golf and Healthy Back. These classes will truly challenge your core.
<b>\$ TABATA BOOTCAMP</b>	Tabata is a form of high intensity interval training method that offers more health benefits than traditional cardiovascular exercise and is designed to improve endurance and stimulate fat loss. See Sue Donahoe or Front Desk at 281-558-6691 for information.

### GENTLE REMINDERS

- Show up for class on time please.
- All equipment must be put away after it's use.
- Return towels after use.
- Schedule is subject to change at any time.
- Please limit the amount of perfume you use.
- Children under the age of 13 are not allowed in studio during class

MEMORIAL  
ATHLETIC  
CLUB FOR  
*Women*

**OUR CLUB IS CO-ED IN THE  
GROUP STUDIOS FROM  
6:30PM TO CLOSING.  
MEN ARE  
WELCOME AT THAT TIME.**