

Group Exercise Schedule



MAC4W

MEMORIAL
ATHLETIC
CLUB FOR

Women Winter Fitness

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

MONDAY 6:30 AM- 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 MAT PILATES Intermediate Morven	6:00 AM Tabata Bootcamp Fee based class See front desk for more information COMING JANUARY 2019	8:30 AM MAT PILATES Intermediate Luisa	6:00 AM Tabata Bootcamp Fee based class See front desk for more information COMING JANUARY 2019	8:30 AM PILATES BALL & BAND Intermediate Sue
9:30 AM HIGH Fitness Lindsey	9:30 AM MAT PILATES Essentials Angela	9:30 AM ZUMBA Julia	9:30 AM YOGA/BARRE FUSION - Beth	9:30 AM HIGH Fitness Lindsey
10:30 AM BARRE ABOVE Sarah	10:30 AM VINYASA YOGA Susan S	10:30 AM BODY WORKS Sue	10:30 AM MAT PILATES Essentials Morven	10:30AM HIIT Circuit w/TRX Cardio & Strength Sue
11:30 AM HATHA Yoga**** Marta	11:30 AM OSTEOPILATES Angela	11:30 AM HATHA Yoga**** Marta	11:30 AM OSTEOPILATES Morven	11:30 AM HATHA YOGA**** Debbie S
5:30 PM VINYASA YOGA Guillermina	12:30 PM \$\$Aerial Yoga Fee based class See front desk for more information	1:30 PM Tabata Bootcamp Fee based class See front desk for more information COMING JANUARY 2019	12:30 PM WEIGHT ROOM CIRCUIT** Sue	1:30 PM Tabata Bootcamp Fee based class See front desk for more information COMING JANUARY 2019
6:00 PM ZUMBA IN THE CIRCUIT/Weight Room ** Amy	12:30 PM WEIGHT ROOM CIRCUIT ** Sue	5:30 PM GENTLE FLOW YOGA Linda Steinbarger	5:15 PM VINYASA YOGA*** Heidi	
6:30 PM MAT PILATES All Levels Luisa	5:15 PM YOGA BASICS Linda Shubert	6:00 PM ZUMBA IN THE CIRCUIT/Weight Room ** Amy	6:30 PM MAT PILATES All Levels Raintree	
	6:30 PM HATHA YOGA**** Linda Shubert	6:30 PM \$\$Aerial Yoga Fee based class See front desk for more information		

Orange-Mind/Body
Purple—Specialty class
Blue—Fee based class
All classes are 55 minutes unless otherwise indicated.
** 45 minute class
*** 75 minute class
**** 90 minute class

SATURDAY 8:00 AM- 1:00 PM	SATURDAY CONTINUED
8:30 AM INTERMEDIATE PILATES Luisa	10:30 AM ZUMBA Cheri
9:30 AM BARRE ABOVE Beth/Sarah/Jennier	11:30 AM RESTORATIVE & RELAX YOGA**** Heidi



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

MACKIDS ZONE Hours
Daytime hours
Monday-Friday 8:30AM-1:00 PM
Saturday 8:30-1:00 PM

Pilates Reformer classes are co-ed, fee based and by appointment. To register go to mindbodyonline.com or you can the front desk to sign-up For questions see Sue Donahoe at 281-558-6691.

SCHEDULE EFFECTIVE: December 10th, 2018
Keep your classes, invite a friend

MAC4W Class Descriptions

CARDIO, STRENGTH AND CONDITIONING	
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 WORKS	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.
HIGH Fitness	HIGH Fitness is choreographed interval training with cardio peaks and toning tracks that is set to music you know and love. Low impact options provided through out class. All levels welcome.
MACHINE CIRCUIT	A great muscle workout that meets in the weight room. This class is for all levels.
HIIT Conditioning w/TRX Cardio & Strength	A high energy, high intensity weight and cardio interval class for all fitness levels designed to keep the heart rate up. This class is a full body workout and utilizes equipment such as weights, bands and TRX. The TRX is a suspension training system which uses your own body weight and gravity to strengthen muscles with hundreds of exercises. Helps you build strength, balance, flexibility and core stability.
ZUMBA	High energy fitness craze sweeping the nation. Mix of Latin and international music. All levels welcome.
ZUMBA IN THE CIRCUIT	The high octane, Latin-inspired dance rhythms of Zumba combined with the benefits of metabolism boosting strength training for one complete workout
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.
BARRE/YOGA FUSION	Challenging fitness class combining 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.
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.
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.
MIND/BODY STOTT PILATES®	
BALL AND BAND	Based on all Pilates principles. Balls and bands are added for control and resistance.
ESSENTIAL	Basic Pilates mat exercises for all levels. Modifications given throughout class. A challenge for everyone.
INTERMEDIATE	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!
OSTEOPILATES	Class is specific to reduce fracture risk and increase bone density.
FEE BASED CLASSES	
\$ AERIAL YOGA	AERIAL YOGA uses hammocks to suspend so gravity helps with de-compression of the spine, lengthening and strengthening the muscles around it. It also challenges the balance and space orientation that builds new brain and muscle connectivity, an ultimate anti-aging strategy.
\$ REFORMER CLASSES FOR MEN AND WOMEN	Fee based class by appointment only. To register go to mindbodyonline.com . These classes will truly challenge your core.
\$ TABATA BOOTCAMP	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

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