



# Group Exercise Schedule



MEMORIAL  
ATHLETIC  
CLUB FOR

# Women

## MAC4W

### 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	8:30 AM MAT PILATES Intermediate Luisa	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	9:30 AM MAT PILATES Essentials Johnsy	9:30 AM ZUMBA Julia	9:30 AM YOGA/BARRE FUSION - Beth	9:30 AM ZUMBA Sarah
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	10:30 AM BODY WORKS W/TRX - Sue
11:30 AM HATHA Yoga**** Marta	11:30 AM OSTEOPILATES Johnsy	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 WEIGHT ROOM CIRCUIT ** Sue	1:30 PM Tabata Bootcamp Fee based class See front desk for more information	12:30 PM WEIGHT ROOM CIRCUIT** Sue	1:30 PM Tabata Bootcamp Fee based class See front desk for more information
6:00 PM ZUMBA IN THE CIRCUIT/Weight Room ** Maria	5:30 PM Tabata Bootcamp Fee based class See front desk for more information	5:30 PM GENTLE FLOW YOGA Linda Steinbarger	5:15 PM VINYASA YOGA*** Heidi	5:30 PM Tabata Bootcamp Fee based class See front desk for more information
6:30 PM MAT PILATES All Levels Luisa	7:00 PM HATHA YOGA**** Linda Shubert	6:00 PM ZUMBA IN THE CIRCUIT/Weight Room ** Maria	6:30 PM MAT PILATES All Levels Raintree	
		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 MAT PILATES Johnsy	10:30 AM ZUMBA Cheri
9:30 AM BARRE ABOVE Beth/Sarah	11:30 AM RESTORATIVE & RELAX YOGA**** Heidi

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

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



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: January 28th, 2018**  
**Keep your classes, invite a friend**

# 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>MACHINE CIRCUIT</b>	A great muscle workout that meets in the weight room. This class is for all levels.
<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 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 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.
<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>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.
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>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 <a href="http://mindbodyonline.com">mindbodyonline.com</a> . These classes will truly challenge your core. Also offering Golf and Healthy Back.
<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

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*Women*

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