



Kid's Summer Fitness Classes at MAC

June 14th-August 13th
Ages 5-11*

All classes are 45 minutes

Monday 10:45am **MACKids Yoga Play** in Studio B with Kattie

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

Tuesday 10:45am **MACKids SuperHero Training** in Studio B with Armin

Tuesday 4pm **MACKids Drumfit** in Studio B with Sandra

Wednesday 10:45am **MACKids Creative Movement** in Studio B with Kattie

Wednesday 4pm **MACKids Ballet I/II** in Studio B with Sandra

Thursday 10:45am **MACKids SuperHero Training** in Studio B with Armin

Thursday 4pm **MACKids Zumba** in Studio B with Sarah

Friday 10:45am **MACKids Yoga Play** in Studio B with Kattie

*some exceptions apply based on maturity and experience of younger ones so please refer to instructor. Please ensure that your child brings a bottle of water and has the opportunity to take a restroom break prior to arriving to class.

See back for more details



Summer MACKids Class Descriptions

MACKids Ballet I/II

This class is designed to give students a technical foundation along with the basics of ballet while encouraging creativity and musicality.

MACKids Creative Movement

This class encourages the development of physical skills, nurtures creativity and helps children channel their energy in a healthy way using a fusion of jazz and modern dance.

MACKids Drumfit

Drumfit is a high energy workout that combines cardio, muscle conditioning, balance and flexibility through drumming.

MACKids Super Hero Training

This high energy, fun filled exercise class for kids will unleash your child's inner SuperHero through games, drills and calisthenics that help to develop confidence and team work.

MACKids Yoga Play

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.