

The MAC

September - December 2021




General & Specialty Fitness Classes*

General and specialty fitness classes at City Park Fitness Center, West View, The MAC and Swim & Fitness Center are included with All-Facility and SilverSneakers® passes. Individual facility passes include all fitness classes at that facility.

NON-PASSHOLDER OPTIONS:

- General fitness classes are included with general admission.
- Specialty fitness class FlexFit 10-visit punch card: \$70
- Specialty fitness class drop-in fee: \$10

General Class
Specialty Class

• = All levels •• = Intermediate/Advanced
 = SilverSneakers® class (also for RenewActive® members)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Low Impact-Advanced • Linda 7:15-8:15 a.m.		Low Impact-Advanced •Linda 7:15-8:15 a.m.		Low Impact-Advanced • Linda 7:15-8:15 a.m.
Low Impact-Beginner • Melissa 8:45-9:45 a.m.	Yoga for Everyone • Catherine 8-9 a.m.	Low Impact-Beginner • Linda 8:45-9:45 a.m.	Yoga for Everyone • Catherine 8-9 a.m.	
Country Line Dance • Judy 9-10 a.m.	 Classic® • Carolyn 9:15-10:15 a.m.		 Classic® • Carolyn 9:15-10:15 a.m.	 Yoga® • Catherine 9:15-10:15 a.m.
Flex & Stretch • Melissa 10:15-11:15 a.m.		Body Flex • Tracy 10:15-11:15 a.m.  Yoga® • Catherine 10:30-11:30 a.m.		Flex & Stretch • Carolyn 10:15-11:15 a.m.
 Circuit® • Linda 11:45 a.m.-12:45 p.m.		 Circuit® • Kathleen 11:45 a.m.-12:45 p.m.	Zumba • Michelle 11:45 a.m.-12:45 p.m.	 Circuit® • Linda 11:45 a.m.-12:45 p.m.
 Yoga® • Kathleen 1-2 p.m.	Tai Chi • Elaine 1:00-2:00 p.m.	 Yoga® • Kathleen 1-2 p.m.	Tai Chi • Elaine 1:00-2:00 p.m.	

*All classes listed are subject to change or cancellation.

The MAC Fitness & Specialty Class Descriptions

Low Impact - Advanced

Get a full body workout with low impact exercises. This moderately paced class is a balance of cardio, strength and muscle toning.

Low Impact - Beginner

Start your path to better cardiovascular health and wellness through this low-impact, low-intensity class geared toward beginners.

Cardio Plus

Bring heart-healthy aerobics to your workout using low-impact movements. Focuses on building up-per-body and core strength with added cardio endurance.

Flex and Stretch

Build muscle, boost endurance and improve flexibility and core strength. Combines athletic drills and yoga-based stretches to give you complete benefits.

SilverSneakers® Circuit

Alternates standing low-impact moves with standing upper-body strength. A step up from SilverSneakers® Classic, and can be adapted for all fitness levels.

SilverSneakers® Classic

Strengthen muscles and increase range of motion for daily life activities. Incorporates hand weights, elastic tubing and a small fitness ball. A chair is used for seated exercises or standing support.

SilverSneakers® Yoga

Complete seated and standing yoga poses, suitable for beginners to regular yoga practitioners. This class provides breathing exercises and relaxation without the strain on your joints.

*Yoga for Everyone

Improve balance and center your mind. Introduce the linking of breath to movement for full-body strengthening and stretching. Poses are done standing, seated or lying on the floor.

*Zumba® Gold

Strut, shake and shimmy your way to world rhythms in this energetic fitness dance party. Same exhilarating experience as Zumba® focusing on lower-impact options.

Tai Chi

Re-energize, build awareness and empower your mind. Flow through gentle, thoughtful movements to relieve stress as you improve balance, posture, flexibility and internal energy.

Body Flex

Hit the weights! Utilizes barbells, hand weights and other resistance tools to build muscle, boost metabolism and increase endurance.