



GROUP FITNESS SCHEDULE

FALL: SEPTEMBER - DECEMBER 2017

XTREME: 4700 TAMA ST. SE (319) 377-7758

	GROUP FITNESS STUDIO			CYCLE STUDIO			AQUATICS		
M O N	6:00 am - 45	Step Interval	Stacy	6:00 am - 45	Cycle	Karie	8:30 am - 50	Fluid Motion	Brenda
	8:00 am - 60	Forever Fit	Kat	9:00 am - 40	Cycle Xpress	Courtney	9:30 am - 50	H2O Variety	Renee
	9:45 am - 45	HIIT	Rachael	5:30 pm - 45	Cycle	Melissa	5:30 pm - 50	H2O Variety	Christine
	12:10 pm - 40	HIIT Xpress	Kristy						
	5:30 pm - 45	Cardio Dance	Ashley						
T U E	5:30 am - 45	Body Sculpt	Cori	5:45 am - 45	Cycle	Stacy			
	9:45 am - 45	Body Sculpt	Rachael	9:15 am - 30/45	Cycle Sculpt	Rachael	9:30 am - 50	H2O Variety	Sam
	5:00 pm - 30	Sculpt Xpress	Shawnacy	12:10 pm - 40	Cycle Xpress	Melissa	6:00 pm - 50	H2O Variety	Barb
	5:45 pm - 45	HIIT	Meri	4:30 pm - 30/30	Cycle Sculpt	Shawnacy			
W E D	6:00 am - 45	Boot Camp	Alecia G.	6:00 am - 45	Cycle	Alyssa	8:30 am - 50	Fluid Motion	Kat
	8:00 am - 60	Forever Fit	Shawnacy	9:00 am - 40	Cycle Xpress	Marcia	9:30 am - 40	Aqua HIIT Xpress	Gina
	9:45 am - 45	HIIT & Stretch	Becky						
	12:10 pm - 40	Kickboxing Xpress	Kristy						
	5:30 pm - 45	Kickboxing	Meri						
6:30 pm - 45	Cardio Dance	Alicia A.							
T H U	5:30 am - 45	Body Sculpt	Cori	5:45 am - 45	Cycle	Marcia			
	9:45 am - 45	HIIT	Bailey	9:15 am - 30/45	Cycle HIIT	Jenn E.	9:30 am - 50	H2O Variety	Kaitlyn
	12:10 pm - 40	Sculpt Xpress	Rachael	4:30 pm - 30/30	Cycle Sculpt	Melissa	6:00 pm - 40	Aqua HIIT Xpress	Elizabeth
	5:00 pm - 30	Sculpt Xpress	Melissa						
	6:00 pm - 45	Sculpt	Stacy						
F R I	6:00 am - 45	HIIT	Rachael	6:00 am - 45	Cycle	Stacy	8:30 am - 50	Fluid Motion	Gina
	8:00 am - 60	Forever Fit	Kristy	9:00 am - 40	Cycle Xpress	Amber	9:30 am - 50	H2O Variety	Brenda
	9:45 am - 45	Tabata	Cammy	12:10 pm - 40	Cycle Xpress	Tina			
S A T	8:30 am - 45	Xtreme Variety	Rotation	8:30 am - 60	Cycle	Rotation			
	1 st Saturday - 75	Super Saturday	2 Instructors	5 th Saturday - 60	Pedal & Pump	Rotation	9:00 am - 50	H2O Variety	Rotation
	5 th Saturday - 60	Pedal & Pump	Rotation	** Held in Group Fitness Studio **					
S U N	9:00 am - 60	Step Interval	Stacy	8:30 am - 45	Cycle	Rotation			

SOUTH: 1220 JACOLYN DR. SW (319) 390-7777

	GROUP FITNESS STUDIO			CYCLE STUDIO		
M O N	5:00 pm - 45	HIIT	Shelly	6:00 am - 45	Cycle	Elizabeth
				4:30 pm - 30/45	Cycle HIIT	Shelly
T U E	8:00 am - 60	Forever Fit	Jennifer K.	5:45 pm - 60	Cycle	Jim
	5:45 pm - 60	Cardio Dance	Megan	12:10 pm - 40	Cycle Xpress	Amber R.
W E D	5:45 am - 45	HIIT	Kelly	5:45 pm - 60	Cycle	Tina
	5:00 pm - 45	HIIT	Bethe	6:00 am - 45	Cycle	Feryl
				4:30 pm - 30/45	Cycle HIIT	Bethe
T H U	8:00 am - 60	Forever Fit	Kristy	5:45 pm	Cycle	Alyssa
	12:10 pm - 40	HIIT Xpress	Bethe			
F R I	5:45 pm - 60	Cardio Dance	Kathryn			
				6:00 am - 45	Cycle	Elizabeth
S A T	9:30 am - 60	Kicboxing	Kathryn			
	1 st Saturday - 90	Ultimate Kickboxing	Stacy&Kathryn	8:30 am - 60	Cycle	Rotation
S U N	9:30 am - 60	HIIT	Rotation	8:30 am - 60	Cycle	Bethe / Jim

ALL MEMBERS ARE WELCOME TO OUR GROUP FITNESS CLASSES!

If you are new, please arrive early to class and let the instructor know it is your first Group Fitness class.

If you are pregnant or have needs requiring special attention, please inform the instructor.

Our mission is to make fitness a way of life for **EVERY.BODY.**

Visit the M.A.C. website: www.the-mac.com

Green classes are Xtreme-ly fun!
Check out these fun changes!

Please note that our Group Fitness and Mind & Body schedules are subject to change.

XPRESS 24/7

	DOWNTOWN: 227 2 nd ST. SE			FOUNTAINS: 3929 FOUNTAINS BLVD NE, # 106			MARION: 917 BARRINGTON PARKWAY		
M O N	12:10 pm - 40	Cycle Xpress	Bethe	5:30 pm - 45	Cycle	Stacy	5:30 am - 45	Cycle	Dianne
	5:30 pm - 45	Cycle	Allyssa						
T U E				5:30 am - 45	Cycle	Elizabeth			
W E D	12:10 pm - 40	Cycle Xpress	Nicky	5:30 pm - 45	Cycle	Dianne	5:30 am - 45	Cycle	Andrea
T H U				5:30 am - 45	Cycle	Jessica			
F R I	12:10 pm - 40	Cycle Xpress	Jerica				5:30 am - 45	Cycle	Andrea

CLASS DESCRIPTIONS

GROUP FITNESS, CYCLE, AND AQUA

CYCLE | CYCLE SCULPT | CYCLE HIIT

Ride up hills, jump curbs and sprint your way into fitness on a stationary bike. ***Cycle Sculpt** is 30 minutes of cycling followed by **Sculpt**. ***Cycle HIIT** is 30 minutes of cycling followed by **HIIT**.

- Bring water to Cycle classes.
- New participants to Cycle should arrive 10 minutes early for proper bike set-up and instructions.
- First come, first serve basis.
- Work at your own comfortable level.

BODY SCULPT | SCULPT | SCULPT XPRESS

Similar to Body Pump, this workout strengthens all major muscle groups. This class incorporates movements from traditional weight training, functional training and core stability. ***Xpress** classes are quick 40 minute classes.

BOOT CAMP

Advance your endurance and stamina through drills and obstacle courses. A heart-pumping way to build strength for the heart and body. Class may be held on the basketball court.

HIIT (High Intensity Interval Training) | HIIT XPRESS

Studies have shown interval training leads to better, faster results. This class is high intensity, low choreography. Combine cardio intervals with weights to get your whole workout in one! Each instructor will give their own personal flare for added variety. ***Xpress** classes are quick 40 minute classes.

TABATA

Tabata training is a type of high intensity interval training that follows a specific format: 20 seconds of a high intensity exercise and 10 seconds of rest.

CARDIO DANCE

Similar to Zumba, this class fuses a variety of dance steps with a total party vibe! This dance fitness class will make you forget you're working out!

XTREME VARIETY

Every Saturday will be Xtreme-ly fun with varying workouts and instructors!

1st Saturday: **Super Saturday** will be extra fun with two instructors and a different format each month.

2nd Saturday: **Step**

3rd Saturday: **HIIT**

4th Saturday: **Step**

5th Saturday: **Pedal & Pump** is a cycling and strength training interval class. Bikes will be moved to the Group Fitness Studio.

KICKBOXING | KICKBOXING XPRESS | ULTIMATE KICKBOXING

Punch and kick your way into fitness! Knock out those calories by incorporating traditional boxing moves into combinations and drills. Sparring will get your heart rate up. ***Xpress** classes are quick 40 minute classes. ***Ultimate Kickboxing** is a 90 minute workout with two instructors. Strength training will be included for an all over fitness class.

STEP | STEP INTERVAL

Using a step and fun choreography to creatively burn calories will get you sweating and the heart pumping in this classic workout. ***Step Interval** incorporates strength training.

FOREVER FIT

Friendship will blossom in this safe and effective class for all ages and fitness levels. Formats may vary from week to week. Great for seniors, if pregnant, or new to group fitness.

AQUA HIIT XPRESS

High Intensity Interval Training...aqua style! Be challenged in this 40 minute class to push yourself to new levels. Shallow and deep areas of the pool may be used.

FLUID MOTION

This is a well-rounded, low impact water workout for all ages. It is also great for pregnant participants.

H2O VARIETY

Add variety to your workout. This will get the heart going and work your muscles in a different way without the impact.

MIND & BODY

Please see our Mind & Body schedule for a full class list.

Mind & Body Schedule include classes like Barre, Gentle Yoga, Hot Yoga, Yoga, Pilates, Tri-Pilates, Yogalates.

SOLO and **SEMI-SOLO** personal sessions available for classes mentioned.

Regarding Mind & Body:
mindbody@the-mac.com

HYDRO WORKOUT

Workout with your very own Hydro Coach!
Packages include 3 - 50 minute sessions

Private Hydro Workout
\$99 + tax for Members
Semi-Private Hydro Workouts
\$89 + tax per Member

Regarding Aquatics Program:
aquatics@the-mac.com

KIDS CLUB HOURS

Monday – Thursday: 8:00 am - 8:00 pm
Friday: 8:00 am - 6:00 pm
Saturday and Sunday: 8:00 am - 1:00 pm

GROUP FITNESS TEAM

Contact the **Group Fitness Team** regarding classes and the schedule at:
groupfitness@the-mac.com

JOIN US

FACEBOOK: Follow us, **Midwest Athletic Club – The MAC.**
MAC APP: Download **Midwest Athletic Club** from your app store.



: Track your workouts, reach goals and join challenges with our wearable heart rate technology.

WINTER WEATHER CANCELLATION POLICY – Effective November 1st

When Cedar Rapids School District has a 2 hour delay: Group Fitness classes and Kids club will begin at noon.
When CRSD has an early out due to weather: Group Fitness classes will cancel for the rest of the day. Kids Club will close at 4pm.
When CRSD cancels for the day: There will be no Group Fitness classes or Kids Club.