

# STUDIO200

# MIND. BODY.

Y O G A

Our Mind Body classes are designed to improve the health, performance and mental acuity of athletes or individuals of fitness.



\*Mind.Body. schedule is subject to change.

## OUR PROGRAMS

MONDAY			
	5:00am - 60min	HardCORE Pilates	Cori
	9:30am - 60min	Hot Yoga	Liz
	5:30pm - 60min	Hot Yoga	Kayla
TUESDAY			
	6:00am - 50min	Yoga	Andrea
	9:30am - 60min	Yoga	Bobbi
WEDNESDAY			
	9:30am - 60min	Hot Yoga	Jenn
	5:30pm - 45min	Pilates	Megan T.
THURSDAY			
	9:30am - 60min	Sweat & Sculpt Yoga	Gerri
FRIDAY			
	5:00am - 60min	HardCORE Pilates	Cori
	9:30am - 60min	Gentle Yoga	Cammy
SATURDAY			
	8:30am - 60min	Hot Yoga	Kayla
SUNDAY			
	9:00am - 60min	Hot Yoga	Leslie

### GENTLE YOGA

Bring balance and harmony to the mind, body, and spirit in this slower paced practice. Focusing on longer held stretches for more flexibility and better balance. \*All levels. Great for beginners.

### HOT YOGA

A Vinyasa flow that is both challenging and for all levels. Teachers create opportunities to make it your own whether you are just beginning or a yogi veteran. \*All levels.

### SWEAT & SCULPT YOGA

It's Hot Yoga with strength training! Using hand weights, bands, or body weight to increase your strength and muscle endurance while you sweat! \*All levels.

### PILATES / HARDCORE PILATES

This class is a wonderful tool for obtaining a strong powerhouse. Pilates is great for strengthening the core and lengthening the spine for better posture.



# OUR MISSION IS TO MAKE HEALTH AND FITNESS A WAY OF LIFE FOR EVERY.BODY.

## MEMBERSHIP

Annual Fee.....	\$39.99
Unlimited Classes.....	\$30 + tax/bi-weekly
Unlimited 30 Days.....	\$100 + tax
Drop-In.....	\$20 + tax

## **iGYM MEMBERS**

Unlimited Classes.....	\$10 + tax/bi-weekly
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## **M.A.C. MEMBERS**

Unlimited Classes.....	\$10 + tax/bi-weekly
Unlimited 30 Days.....	\$30 + tax
Drop-In.....	\$7 + tax

## BENEFITS

- Boosts metabolism and promotes weight loss
- Relieves stress, anxiety, tension and depression
- Increases your energy level
- Relieves many chronic conditions like arthritis, back pain and knee pain
- Regulates cholesterol in the blood lubricates joints and strengthens bones
- Supplies oxygen and nutrients to parts of the body that has been stagnant
- Removes toxins from the body
- Flushes the lymphatic system
- Improves spinal health
- Expands lung capacity
- Strengthens the heart, improving circulation
- Improves balance and coordination
- Balanced glandular system
- Improves posture and spinal alignment
- Increases mental well-being and clarity
- Benefits sport activities

## MIND & BODY ETTIQUETTE

- Arrive 5-10 minutes early
- Remove your shoes
- Check your ego at the door
- Minimize conversation
- Shut down your devices
- Spread good Karma
- Bring a water, towel and a mat



## HOST AN EVENT

If interested in corporate or team building events, please contact [mindbody@the-mac.com](mailto:mindbody@the-mac.com).

## SOLO SESSIONS

### PACKAGE DETAILS

Three 50-minute Solo sessions with your personal coach.

### COST

**Solo**.....\$100 + tax

**Semi-Solo**.....\$89 + tax / participant

## JOIN US!

FACEBOOK: Midwest Athletic Club - The MAC / Studio 200 Yoga

MAC APP: Download the Midwest Athletic Club app from your app store.

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

## CONTACT US!

[MINDBODY@THE-MAC.COM](mailto:MINDBODY@THE-MAC.COM)

319.377.7758

Mind & Body schedule is online at  
[www.the-mac.com](http://www.the-mac.com)

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All of the classes offered in Studio 200 are taught with options to avoid injury and allow participants at different levels to enjoy their practice.