

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.



OUR PROGRAMS

*Mind.Body. schedule is subject to change.

MONDAY			
	5:00am - 60min	HardCORE Pilates	Cori
	9:30am - 60min	Hot Yoga	Jenn
	5:30pm - 60min	Hot Yoga	Kayla
TUESDAY			
	9:30am - 60min	Yoga	Bobbi
WEDNESDAY			
	9:30am - 60min	Hot Yoga	Amanda R./Liz
	5:30pm - 45min	Pilates	Lynn
THURSDAY			
	9:30am - 60min	Sweat & Sculpt Yoga	Gerri
FRIDAY			
	5:00am - 60min	HardCORE Pilates	Cori
	9:30am - 60min	Gentle Yoga	Cammy
SATURDAY			
	9:00am - 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.

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

319.377.7758

Mind & Body schedule is online at
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.