

# The MAC

May-August 2024



## 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 • = All levels •• = Intermediate/Advanced  
 Specialty Class 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 • Fiona 8:45-9:45 a.m.	Yoga for Everyone • Robyn 8-9 a.m.	Low Impact-Beginner • Linda 8:45-9:45 a.m.	Yoga for Everyone • Robyn 8-9 a.m.	Country Line Dance • Judy 8:30-10 a.m.
Country Line Dance • Judy 9-10 a.m.	SilverSneakers Classic® • Coleen 9:15-10:15 a.m.		SilverSneakers Classic® • Fiona 9:15-10:15 a.m.	SilverSneakers Yoga® • Meissa 9:15-10:15 a.m.
Flex & Stretch • Melissa 10:15-11:15 a.m.	Tap Dance • Lena 10:30-11:30 a.m.	Body Flex • Tracy 10:15-11:15 a.m. SilverSneakers Yoga® • Kathleen 10:30-11:30 a.m.		Flex & Stretch • Melissa 10:15-11:15 a.m.
SilverSneakers Circuit® • Linda 11:45 a.m.-12:45 p.m.		Cardio Plus - Tracy 11:45 a.m.-12:30 p.m.	Zumba Gold • Pam 11:45 a.m.-12:45 p.m.	SilverSneakers Circuit® • Linda 11:45 a.m.-12:45 p.m.
		Country Line Dance • Vera 1-2 p.m.		
SilverSneakers Yoga® • Kathleen 1-2 p.m.	Tai Chi • Elaine 1:00-2:00 p.m.	SilverSneakers Yoga® • Irene 1-2 p.m.	Tai Chi • Elaine 1:00-2:00 p.m.	
			Country Line Dance • Vera 5:30-6:30 p.m.	

\*Updated 7/9/2024

\*All classes listed are subject to change or cancellation.

# The MAC Fitness & Specialty Class Descriptions

## Body Flex

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

## 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.

## 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.

## 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.

## 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.

## \*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.