



Group Exercise Class Schedule

March 2020

March 1 - March 31

Contact us at midcapeathletic.com and at 508-394-3511

MON	TUE	WED	THU	FRI	SAT	SUN
8:15 AM CORE POLE** with Marianne	8:15 AM STRETCH & STRENGTH with Jennifer MZ	8:15 AM HIGH ENERGY CARDIO MZ ----- 8:45 AM CORE POLE** with Marianne	8:15 AM CARDIO SCULPT with Marianne	8:15 AM STRETCH & STRENGTH with Eduardo MZ	8:15 AM BODY BLAST with Wendy	8:15 AM SPINNING** 3/1: Eduardo 3/8: Vana 3/15: Jim 3/22: Vana 3/29: Christine
9:30 AM SPINNING** with Christine MZ	9:30 AM POWER SCULPT with Marianne	8:15 AM SPIN 60** with Vana MZ	9:30 AM CARDIO DANCE with Rebecca MZ	9:30AM SPINNING** with Eduardo MZ	9:30 AM SPIN 60** with Peter MZ	
9:30 AM CARDIO & TONE CIRCUIT with Marianne MZ	9:30 AM INDO ROW+TRX* with Jennifer	9:30 AM PILATES MAT with Rebecca	9:30 AM INDO ROW & RECOVER* with Jennifer	9:30 AM BARRE ABOVE with Jennifer	9:30AM ZUMBA with Eduardo	9:30 AM KIND YOGA** with Jayne
10:35 AM GENTLE YOGA** with Maria	10:35 AM YOGA** with Jennifer	10:30 AM INDO ROW + BARRE* with Rebecca		10:35 AM GENTLE YOGA** with Jennifer	9:30 AM INDO ROW+TRX* with Jennifer	
	3:30 PM INDO ROW+TRX* with Jennifer	3/11, 3/25 ONLY 11 AM CHAIR YOGA** with Jayne		10:30 AM INDO ROW + BARRE* with Rebecca	10:30 AM PILATES w PROPS with Marian	
4:15 PM TOTAL BARRE* with Marian	4:15 PM PILATES w PROPS with Marian	4:15 PM HIIT MIX with Michele MZ	4:15 PM YOGA-LATES with Jan		10:30 AM INDO ROW & REFORM* with Rebecca	
5:30 PM BODY BLAST with Wendy		5:30 PM YOGA** with Michele	5:30 PM ZUMBA with Rick			
5:30 PM INDO ROW+TRX* with Rebecca	5:30 PM SPINNING** with Christine MZ		5:30 PM SPIN 60** with Peter MZ			
	5:30 PM ZUMBA with Eduardo MZ					

MZ = Class uses the MyZone Technology.
Wear your belt or buy or borrow one at the front desk

- FREE INTRO CLASS - SIGN UP ON MEMBER PORTAL
- MUST BE TOTAL CLUB MEMBER **MEMBER PORTAL SIGN UP
- TEAM TRAINING OR SPECIAL CLASS *ADDITIONAL FEE APPLIES; SIGN UP IN ADVANCE

CLUB HOURS
MON-FRI 6 AM - 9 PM
SAT 7:30 AM - 6 PM SUN 7:30 AM - 5 PM

Group Exercise Class Descriptions

For full descriptions and to sign up for classes, please see your member portal at MidCapeAthletic.com

CLASSES

55 minutes unless otherwise stated

When appropriate some classes use the MyZone technology.

Wear your belt or buy/borrow one at our front desk.

Barre Above

Full-body strength focused conditioning class. The trifecta low impact workout that incorporates lower, upper, and core exercises with a focus on flexibility, balance, and stability.

Body Blast

A muscle conditioning class set to motivating music! Have fun while you sculpt your muscles with light to moderate weights and high repetitions. Come early to set up your STEP as a bench and gather your various props, including free weights, tubing and more.

Cardio Dance - MyZone Class

Whether you're a seasoned dancer or like to dance like no one is watching, you can enjoy the benefits of this heart pumping class. Simple choreography and fun music make this cardio based class perfect for ALL.

Cardio & Tone Circuit - MyZone Class

Total body workout! Group stations will be set up and you will perform specific cardio or strength exercises while timed, moving to the next station once complete. Recommended for experienced exercisers.

Cardio Sculpt

Keep your heart rate up and your body moving as you build strength using various props including bands, lighter weights and MORE!

**Core Pole

** SIGN UP ON MEMBER PORTAL

This is a strength based class using the Core Pole apparatus which has different levels of resistance bands attached. Improve strength, flexibility and balance as you tone every muscle. Perfect for all fitness levels.

Pilates With Props

Bring your soft foam roller to this class to start with a gentle warm up. Some simple cardio exercises and pilates mat will be included. Great for all levels.

Pilates Mat

A total body workout designed to build endurance, enhance flexibility, and tone using carefully selected exercises to help stretch, strengthen and lengthen the body. Great for all levels.

Power Sculpt

Build strength, stamina and flexibility in a safe, effective & non-competitive environment. Heavier weights are used with a focus on slow, controlled movement.

High Energy Cardio - MyZone Class

This 20-30 minute class will focus on getting your heart rate UP! Low to medium impact, but can be modified. Little or no equipment, this will be the perfect warm up for your day or going into the next class.

Hiit Mix - MyZone Class

(High Intensity Interval Training)

Total Body cardio based workout that will include short, intense intervals to get your heart rate way up and stretch and strength moves in between intervals.

Stretch & Strength

Release tight and sore muscles with a dynamic stretch and build strength using various props.

**Spinning (45 min)/Spin 60 = 60 Minutes)- MyZone Class

** SIGN UP ON MEMBER PORTAL

A multi-level indoor cycling class. Work at your proper level with your MyZone Belt (buy or try your own at the Front Desk). All levels welcome. Come early to get set up and choose your bike.

** Yoga

** SIGN UP ON MEMBER PORTAL

All levels encouraged. Instructor will base class on participants level and may include flow, vinyasa. and yin style Yoga.

**Gentle Yoga

** SIGN UP ON MEMBER PORTAL

All levels encouraged. This class focuses on flexibility and the calming, restorative benefits of Yoga.

**Kind Yoga

** SIGN UP ON MEMBER PORTAL

Breathe, stretch, balance, move while honoring your physical ability and personal expression of yoga. All levels encouraged. May offer a light energy or hand assist as well as essential oils. Please let your instructor know if you'd prefer hands off, or no scent.

Zumba

A Latin-inspired cardio dance class. Have fun and get in shape at the same time. Easy to follow dance routines using great music & great moves, including Salsa, Samba, Merengue, Hip Hop, Cumbia & Calypso!