



# Group Exercise Class Schedule

## DECEMBER 2020

MCAC December Hours: Monday- Friday 6:30am-9pm  
Saturday 7:30am-6pm Sunday 7:30am-5pm

Contact us at [midcapeathletic.com](http://midcapeathletic.com) and at 508-394-3511

MON	TUE	WED	THU	FRI	SAT	SUN
8:15 AM SPINNING with Linda  Zoom	8:15 AM HIIT & STRETCH with Marianne  Zoom	8:15 AM SPINNING with Linda  Zoom	8:15 AM BAND SCULPT with Marianne  Zoom	8:15 AM SPINNING with Vana  Zoom	8:30 AM SPINNING with Linda/Peter	8:30 AM SPINNING with  Zoom
9:30 AM CARDIO SCULPT with Linda  Zoom	9:30 AM POP PILATES with Marie  Zoom	9:30 AM WEIGHTS with Linda  Zoom	<u>9:45 AM</u> ZUMBA with Alena  Zoom	9:30 AM BARRE ABOVE with Jenn  Zoom	8:30 AM SCULPT CIRCUIT with Marianne  Zoom	9:30 AM YOGA with Jayne  Zoom
			4:30 PM PILATES/YOGA with Jan  Zoom		9:30 AM INDO ROW with Jennifer	
5:30 PM BALLESTONE with Marie  Zoom	5:30 PM ZUMBA with Eduardo	5:30 PM BARRE with Marie  Zoom	5:30 PM ZUMBA with Rick		<u>9:45 AM</u> ZUMBA with Alena  Zoom	Check your Member Portal or the additional flyer for POP UP CLASSES all month!
5:30 PM SPINNING with Peter		5:30 PM SPINNING with Peter	5:30 PM SPINNING with Peter		CLOSED December 25 Have a safe and happy holiday!	
5:30 PM INDO ROW with Rebecca	6:00 PM SPINNING with Jon		6:00 PM SPINNING with Jon			

Registration opens 7 days before class  
You must sign up for ALL CLASSES on your Member Portal

Did you know MCAC now has a Mobile App?

Download on Google Play or your Apple App store today.

All classes must have 2 ppl signed up 12 hours before class start time or class will be canceled. If you cannot attend a class you signed up for, you may cancel for free, up to 12 hours before class start.

If you do not cancel and you do not show, you will be charged \$20.



Indoors in the Spin studio & Zoom when stated. Limited to 9 members.



Indoors in the Group Ex Studio AND on Zoom when stated. Limited to 10 ppl indoors.



Zoom Only. Spin w Jon Tuesday & Thursday at 6pm!



In Row Studio- Loft top floor. Call to sign up!

# Group Exercise Class Descriptions

For full descriptions and to sign up for classes, please see your member portal at [MidCapeAthletic.com](https://MidCapeAthletic.com)

## ALL CLASSES 45 MINUTES AND NO CONTACT INSTRUCTION

### Balletone

Balletone™ takes influences from Pilates through centering and flowing transitions that are gentle and slow, with no jarring movements. Additionally, Balletone™ fuses the best of fitness through movement in multiple planes, movement coordination, and focus on strength, aerobic endurance, and flexibility.

### Band Sculpt

Using rubber tubing (bands) this class is a total body, strength based workout.

### Barre

Barre is a fun class with upbeat music that incorporates ballet bars or a chair. It is the perfect combination of ballet, strength, and flexibility, combined into a cardio format without jumping or impact on the joints. We use light weights, resistance bands, and gliders.

### Barre Above

Barre Above® blends the latest exercise science with the principles of the Lotte Burke method (the genesis of the Barre movement) delivering a fusion of ballet, pilates, yoga and strength training in each workout.

### Cardio Sculpt

This class will focus on getting your heart rate up while using various props and lighter weights for a total body, complete workout.

### Hiit & Stretch

(High Intensity Interval Training)

Total Body cardio based workout that will include short, intense intervals to get your heart rate way up for 30 minutes and stretch and strength moves to finish.

### Pop Pilates

POP Pilates® is where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat.

### Spinning 45 min/60 Minutes)

A multi-level indoor cycling class. Work at your proper level with a suggested heart rate monitor. All levels welcome. Come early to get set up and choose your bike.

### Stretch & Sculpt

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

### Sculpt Circuit

Using weights and other equipment, this class gives you a strength based workout in timed bursts of activity.

### Pilates/Yoga

A blend of yoga based movement and pilates strength & stretching. May use props.

### Yoga

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

### Kind Yoga

1 hour class. Breathe, stretch, balance, move while honoring your physical ability and personal expression of yoga. All levels encouraged.

### Weights

Strength based class using various equipment and heavier weights.

### 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!