Group Exercise Class Schedule

JULY 2021

MCAC Hours: Monday- Friday 6:00am-9pm
Saturday 7:30am-3pm Sunday 7:30am-2pm

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

MON	TUE	WED	THU	FRI	SAT	SUN
8:15 AM SPINNING with Maria	8:15 AM BAND SCULPT with Marianne	8:15 AM SPINNING with Brandon	8:15 AM CARDIO BLAST with Marianne	8:15 AM SPINNING with Maria	8:15 AM SCULPT CIRCUIT with Marianne	8:30 AM SPINNING with Jon
9:15 AM HIIT + with Marianne	9:15 AM BARRE ABOVE with Jenn	9:15 AM WEIGHTS with Linda	9:15 AM CORE POLE with Marianne	8:15 AM CARDIO KICK with Linda	8:30 AM SPINNING with Brandon	9:30 AM YOGA with Jayne
	9:30 AM INDO ROW & TRX with Justine		9:30 AM INDO ROW & TRX with Jenn	9:15 AM BARRE ABOVE with Jenn	9:30 AM INDO ROW & TRX with Jenn	
					9:30 AM ZUMBA with Alena	
5:30 PM CARDIO BARRE with Marie	5:30 PM ZUMBA with Eduardo	5:30 PM INTRO TO MAC'S DANCE CLASS with Mac	5:30 PM ZUMBA with Rick			
5:30 PM SPIN 60 with Peter	5:30 PM SPIN 60 with Jon	5:30 PM SPINNING with Linda	5:30 PM SPIN 60 with Peter			
5:30 PM INDO ROW & TRX with Rebecca						

Registration opens 7 days before the class. You must sign up for <u>ALL CLASSES</u> on your Member Portal

Download the MCAC mobile app on Google Play or your Apple app store today.

All classes must have 3 ppl signed up <u>12 hours</u> 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 <u>12 hours</u> 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 in your Member Portal. Limited to 14 people.
- Indoors in the Group Ex Studio AND on Zoom when stated (check your Member Portal to sign up). Class sizes are limited based on equipment availability.
- In Row Studio, additional charges apply. - Loft top floor.

Group Exercise Class Descriptions

To sign up for classes, please see your member portal at MidCapeAthletic.com or Download the MCAC app. on Google Play or the Apple app store.

ALL CLASSES 50 MINUTES UNLESS OTHERWISE STATED

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

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

Cardio Blast
Short intervals of cardio work mixed with recovery intervals of stretching. Little or no equipment.

Cardio Kick
A high-energy mix of fun, cardio kick-boxing exercises, along with some core & stretching.

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.

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

Indo Row (60 Min) (additional charge applies)
Indo-Rowers burn calories, sculpt muscle, and enjoy a fun interval workout in a uniquely motivating, team-oriented fitness environment. Each machine features the Indo-Row® Race/Pace Coach monitor that provides instant feedback on pace, distance, and calories, allowing individuals to gauge improvement in each class and over time. Indo-Rowers see progression quickly and consistently return to match or better their performance.

Hiit +
(High-Intensity Interval Training)
Timed segments of cardio work mixed with timed segments of strength work using weights.

Intro to Mac's Dance Class
Learn the choreography for Mac's Dance Class from start to finish! Perfect for the beginning dancer.

Spinning/Spin 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.

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

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

Weights
Total body strength-based class using heavier weights to challenge and build strength.

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!