



# Group Exercise Class Schedule

## September 2020

ZOOM, INDOOR and OUTDOOR SCHEDULE

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

MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM COURT 1 SPINNING with Maria	8:00 AM OUTDOOR & ZOOM HIIT & STRETCH with Marianne	8:00 AM COURT 1 SPINNING with Maria	8:00 AM OUTDOOR & ZOOM BAND SCULPT with Marianne	8:00 AM COURT 1 & ZOOM SPINNING with Vana	8:30 AM COURT 1 & ZOOM SPINNING with Linda	8:30 AM COURT 1 and/or ZOOM SPINNING with
9:15 AM CARDIO SCULPT with Linda ZOOM ALSO!	9:15 AM POP PILATES with Marie ZOOM ALSO!	9:15 AM WEIGHTS with Linda ZOOM ALSO!	9:15 AM YOGA with Jayne ZOOM ALSO!	9:15 AM BARRE ABOVE with Jenn ZOOM ALSO!	9:30 AM SCULPT CIRCUIT with Marianne ZOOM ALSO!	9:30 AM YOGA with Jayne ZOOM ALSO!
			4:30 PM PILATES/YOGA STARTS 9/17 with Jan ZOOM ALSO!			
5:30 PM BALLESTONE with Marie ZOOM ALSO!	5:30 PM ZUMBA (COURT 1) with Eduardo	5:30 PM YOGA STARTS 9/9 with Michele ZOOM ALSO!	5:30 PM ZUMBA (COURT 1) with Rick			
6:00 PM OUTDOOR SPINNING with Peter	6:00 PM SPINNING with Jon	6:00 PM OUTDOOR SPINNING with Peter	6:00 PM SPINNING with Jon			

**You MUST sign up for ALL CLASSES on your Member Portal**

All classes must have 2 ppl signed up 2 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 2 hours before class start. If you do not cancel and you do not show, you will be charged \$20.



OUTDOOR or on Court 1. Limited to 20 ppl. (11 for Spinning). If it's raining, or too sunny, class will be on Court 1 with garage bay open.



Indoors in the Group Ex Studio. Limited to 10 ppl indoors. If more than 10 sign up, we will move to Indoor Court 1 w garage bay open. Class registration locks 2 hours before class.



Zoom Only.

# Group Exercise Class Descriptions

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

## ALL CLASSES 45 MINUTES AND NO CONTACT INSTRUCTION

When appropriate some classes use the MyZone technology.

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

### Balletone - MyZone Class

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 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 - MyZone Class

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- MyZone Class

(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) MyZone Class

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.

### 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!