



# Group Exercise Class Schedule

## APRIL 2021

MCAC 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
8:00 AM *TRX BOOT CAMP with Linda	*SPECIALTY CLASS Additional Charge applies, see Member Portal/Website	8:00 AM *TRX BOOT CAMP with Linda		8:15 AM CARDIO KICK with Linda  Zoom	8:15 AM SPINNING with Brandon	8:15 AM SPINNING with _____
8:15 AM SPINNING with Brandon  Zoom	8:15 AM BAND SCULPT with Marianne  Zoom	8:15 AM SPINNING with Brandon  Zoom	8:15 AM TABATA with Jenn  Zoom	8:15 AM SPINNING with Vana	8:15 AM SCULPT CIRCUIT with Marianne  Zoom	9:30 AM YOGA with Jayne  Zoom
9:30 AM HIIT with Marianne  Zoom	9:30 AM POP PILATES with Marie  Zoom	9:30 AM WEIGHTS with Linda  Zoom	9:30 AM BALL BLAST with Marianne  Zoom	9:30 AM BARRE ABOVE with Jenn  Zoom	9:30 AM INDO ROW & TRX with Jenn	
	9:30 AM INDO ROW & TRX with Jenn/Justine		9:30 AM INDO ROW & TRX with Jenn		9:30 AM ZUMBA with Alena  Zoom	
			4:30 PM PILATES/YOGA with Jan  Zoom			
5:30 PM CORE BODY STRENGTH with Marie  Zoom	5:30 PM ZUMBA with Eduardo	5:30 PM CARDIO BARRE with Marie  Zoom	5:30 PM ZUMBA with Rick			
5:30 PM SPINNING with Peter		5:30 PM SPINNING with Linda	5:30 PM SPINNING with Peter			
5:30 PM INDO ROW & TRX with Rebecca	6:00 PM ZOOM ONLY SPINNING with Jon		6:00 PM ZOOM ONLY SPINNING with Jon			

Registration opens 7 days before the class. You must sign up for ALL CLASSES 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 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 14 ppl indoors.



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



In Row Studio, additional charges apply. - Loft top floor.

# 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

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

### 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 Body Strength

Total body workout that utilizes weights, bands, and more for strength, interspersed with short bursts of cardio and a core focus.

### 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 exercises to finish.

### Indo Row (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.

### 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.

### 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.

### Tabata

High-intensity interval training consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

### Yoga

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

### 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!