



Group Fitness Programs



A wide range of Group Fitness classes are offered with varying intensity levels for your enjoyment each week. In order to achieve the benefits of cross training, we encourage participation in a variety of classes while exercising at a comfortable, yet challenging level. For a more detailed description of classes and intensity levels, please contact:

Teri Harmon, Group Fitness Coordinator
956-8003, ext. 246
Jennie Jorstad, Group Fitness Assistant
956-8003, ext. 346

PLEASE NOTE: Any class that does not average eight or more participants may be cancelled. Cancellations will be posted on the bulletin board and at the Service Desk.



ABOUT OUR INSTRUCTORS



MAC Group Fitness instructors are certified by one or more of the following certifying bodies: ACE, AFAA, Schwinn, BodyPUMP, PHI, Stott Pilates and YogaFit. The MAC Group Fitness Team attends in-service training, off-site workshops, seminars and conventions. Our instructors bring variety and uniqueness to each class they teach. Please enjoy the individuality of each instructor.

JD Bodine	Pam Kruse
Margo Burian	Jola' Lanier
Deb Buchan	Natalie Maj
Leah Carpenter	Betsy Midkiff
Cheryl Clements	Stephanie Millis
Lisa Eldersveld	Maribeth Mulvey
Judy Fellows	Steve Parsh
Martha Ferguson	Stacy Pulley
Dan Gelderloos	Marqie Schaeffer
Elizabeth Hager	Sandy Seville
Cathy Harrall	Jenny Tole
Angie Horjus	Jane Tornga
Lisa Joppie	Theresa Umlauf
Jennie Jorstad	Mary White
	Susan Wilson

MONDAY

5:30-6:30	Cardio Fusion Plus	2	Betsy/Stacy
6:00-7:00	Sport/Speed Training	L	Stephanie
6:00-6:45	Cycling	1	Dan
8:45-9:45	BodyPUMP	1	Courtney
9:00-9:15	Just Abs	G	Staff
9:15-10:15	20/20/20	2	Deb
9:15-10:00	Aqua Fit	P	Sue
9:50-10:50	Pilates Yoga	1	Courtney
11:00-12:00	\$ Pilates Reformer*	4	Theresa
5:25-6:20	Boot Camp	1	Maribeth
5:40-6:20	Pilates Mat	2	Cheryl
6:25-7:25	BodyPUMP	1	Cheryl
7:30-8:15	Cycling	1	Martha/Pam

TUESDAY

5:30-6:30	BodyPUMP	1	Lisa
5:30-6:30	FINS	P	Swim Staff
6:00-7:00	Core Conditioning	2	Stephanie
8:00-8:55	Pilates Mat	2	Jane
8:30-9:15	Cardio Mix	1	Jennie
9:15-9:30	Ab Lab	1	Jennie
9:30-10:30	Zumba	1	Jola'
12:00-1:00	Cycling + Abs	1	Maribeth
4:30-5:25	Aqua Challenge	P	Lisa E.
4:45-5:30	BodyPUMP-45	1	Cheryl
5:30-6:15	Aqua Arthritis	P	Judy
5:35-6:05	Cycle Lite	1	Cheryl
6:05-6:20	Ab Lab	1	Cheryl
6:15-7:15	Fitness for Two**	P	Prenatal Team
6:20-7:20	Yoga: Beyond Basics	1	Margo
6:30-7:30	\$ Pilates Reformer*	4	Jane

WEDNESDAY

5:30-6:30	Super Step	2	Betsy
5:30-6:45	Cycling-75	1	JD
6:00-6:45	Aqua Challenge	P	Lisa E
8:45-9:45	20/20/20	2	Deb
8:45-9:45	BodyPUMP	1	Angie
9:00-9:15	Just Abs	G	Staff
9:15-10:00	AquaFit	P	Sue
9:50-10:50	Pilates Mat	1	Theresa
10:00-10:30	Aqua Yoga	P	Sue
5:25-6:20	NIKE Conditioning	1	Maribeth
5:30-6:30	Zumba	2	Cathy
6:25-7:25	BodyPUMP	1	Courtney
6:30-7:30	Yoga Basics	4	Jenny
7:30-8:15	Cycling	1	Martha

THURSDAY

5:30-6:30	BodyPUMP	1	Lisa
5:30-6:30	FINS	P	Swim Staff
6:30-7:30	Core Conditioning	2	Stephanie
8:50-9:20	Cycle Lite	1	Elizabeth
9:30-10:30	Zumba	1	Cathy
10:00-11:00	\$ Pilates Reformer*	4	Jane
12:00-1:00	Cycling + Abs	1	Maribeth
4:30-5:25	Aqua Challenge	P	Lisa E.
4:45-5:45	BodyPUMP	1	Steve
5:30-6:15	Aqua Arthritis	P	Judy
5:45-6:45	20/20/20	2	Stacy
6:30-7:30	Yoga	1	Margo

FRIDAY

5:30-6:30	20/20/20	2	Stacy
6:00-6:45	Cycling	1	Elizabeth
8:00-8:55	Pilates Mat	2	Sue
8:45-9:45	BodyPUMP	1	Angie
9:00-9:15	Just Abs	G	Staff
9:00-10:00	Cardio Interval	2	Jennie
9:15-10:00	Aqua Fit	P	Sue
9:30-10:30	\$ Pilates Reformer*	4	Mary
9:50-10:50	Gentle Yoga	1	Marqie
10:00-10:30	Aqua Yoga	P	Sue
10:30-11:30	\$ Pilates Reformer*	4	Mary
5:25-6:20	Boot Camp	1	Sandy

SATURDAY

7:20-8:20	BodyPUMP	1	Mary W
7:50-8:20	Ab Lab	2	Lisa E.
8:30-9:15	Pilates with Props	2	Mary W
8:30-9:30	Aqua Challenge	P	Lisa E
8:30-9:30	Cycling	1	Jenny
9:40-10:40	Yoga: Beyond Basics	1	Jenny

SUNDAY

9:00-10:00	BodyPUMP	1	Steve
3:00-3:55	Zumba	1	Natalie
4:00-5:00	BodyPump	1	Natalie
5:05-6:05	Yoga Basics	1	Staff

**Non-members pay extra for these classes.
Pay for punchcard at the Service Desk.

1 = Studio 1	P = Pool
2 = Studio 2	L = Lobby
4 = Studio 4	G = Gym
\$ = Paid Program	*Consult Service Desk

CLASS DESCRIPTIONS

Ab Lab-A 15-minute class of all the best abdominal and back exercises using a variety of equipment.

Aqua Fit - A non-impact workout for all fitness levels. Uses resistance equipment to enhance your workout.

Arthritis Aqua-Consists of water exercises that are designed specifically for those with joint pain, arthritis, fibromyalgia and/or range of motion limitations. Punchcard for Non-members.

Aqua Challenge-Higher intensity class than AquaFit. Incorporates use of resistance equipment, water buoys and noodles to enhance the aquatic workout. Plyometrics and intervals are part of this challenging and fun class.

Aqua Yoga-A combination of traditional yoga poses and other dynamic moves that improve joint range of motion, balance, flexibility, muscle tone and muscular strength

BodyPUMP-The fastest way in the universe to change your body. Experience the original barbell workout for yourself. Multi Level. **A Les Mills Program**

Boot Camp-Intense workout will incorporate jogging, sprints, intervals, rope jumping, plyometrics, obstacle courses and ab work into one hour of fun.

Cardio Fusion Plus- This hour-long class is a cardio party! It may include Step, Hi-Lo, Kickboxing, Hip-Hop Hustle and more. Various equipment, including the BOSU & Gliding Discs, may be incorporated. An Ab section will conclude this class.

Cardio Interval- This class is a challenging, creative mix of cardio and strength segments. Includes Hi-Lo, Kickboxing, Step as well as various strength equipment.

Cardio Mix- This 45-minute class throws you a good mix of cardio options from Kickboxing to Step or traditional Hi/Lo combinations.

Cardio/Pilates- 30 minutes of cardio (Hi/Lo, Step, Kickboxing) coupled with 30 minutes of Pilates.

Core Conditioning- This class focuses on more than your Abs. Attending this class may improve your posture, decrease lower back pain and muscle injuries. Appropriate for beginner to advanced exercisers.

Cycling-A non-impact, challenging cardio workout in which participants "journey" on stationary bikes. Classes are 45-minutes in length unless otherwise indicated.

Cycling Lite-A 30-minute class for the beginner or those who prefer a shorter cardio workout. If you are new to this form of exercise, show up a little early for your first class. Come warmed up and ready to ride.

Fitness for Two-A Prenatal water exercise and education class for the mother-to-be. A doctor's permission is required to participate in class. Punchcard for non-members.

FINS - Fitness in Swimming-an ongoing program designed for adults who want a challenging, organized lap swim workout.

Gentle Yoga-A slow-paced yoga class with gentle limbering stretching, basic yoga poses and relaxation.

Just Abs- The name says it all.....15 minutes of Abdominal work.

NIKE Conditioning-Vary your workout and eliminate boredom with this cardio class. Challenge the athlete within. May include use of stationary bikes.

Pilates Mat-Complete a series of exercises performed while seated, kneeling or lying on the mat. Can be modified for all ability levels.

Pilates w/Props-Add intensity to Pilates matwork using a variety of props to develop long, lean muscles, flexibility and balance.

Sport & Speed Training-This is no ordinary running class! You will meet in The MAC Lobby and weather permitting, head out for a run that includes various sport and speed training drills.

Super Step-Choreographed step combinations interspersed with cardio intervals for a "super workout." This class may use multiple benches for variety.

20/20/20- Twenty minutes of cardio, twenty minutes of strength, twenty minutes of core, yoga and pilates.

Yoga- A class for the yoga practitioner looking to deepen and enhance their practice. Sanskrit terms and physical refinements through Asana practice will be explored in addition to basic yoga.

Yoga Basics -Learn the basics or review the fundamentals. Emphasis on detailed instruction, basic alignment and body/breath awareness. Multi-level class.

Yoga Beyond Basics -Deepen your practice as we refine fundamentals and build endurance. Introduction to back bends and inversions. Prior experience is recommended.

Zumba-A 60-minute dance party workout that uses music to add to the festive atmosphere of the class. No dance experience necessary.



THE MAC

GROUP FITNESS SPRING SCHEDULE



Effective
April 14, 2008

2500 Burton SE
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