

# MMAC GROUP FITNESS

# AUTUMN

## SCHEDULE

MON	TIME	DURATION	CLASS	LOCATION	INSTRUCTOR	CODE
	5:30 AM	45 min	Wake Up Call	Studio 2	Crista	306221-01
	7:30 AM	45 min	Simple Stretch**	Studio 1	Marisa	306230-01
	8:20 AM	45 min	Essentials**	Studio 1	Marisa	306234-01
	9:10 AM	45 min	Outdoor Intervals**	Outside	Marisa	306202-01
	10:00 AM	45 min	AOA Cardio	MMAC Gym 2	Lou Ann	306217-01
	4:50 PM	45 min	TRX	Studio 1	Alisyn	306233-01
	6:00 PM	45 min	Yoga**	Studio 2	Marisa	306206-01
	6:00 PM	45 min	Circuit Training	Studio 1	Whitney	306224-01
	6:50 PM	45 min	Essentials**	Studio 2	Marisa	306234-02
	7:45 PM	45 min	Zumba Step*	Studio 2	Cinthia	306252-01
TUE	TIME	DURATION	CLASS	LOCATION	INSTRUCTOR	CODE
	5:30 AM	55 min	Boot Camp	MMAC Gym 2	John	306223-01
	6:30 AM	45 min	Yoga	Studio 2	Kelly	306206-02
	8:15 AM	55 min	Muscle Up	Studio 2	Tom	306203-01
	9:00 AM	45 min	AOA Strength	MMAC Gym 2	Lou Ann	306217-02
	10:00 AM	45 min	Exhale	Studio 2	Lou Ann	306300-01
	6:00 PM	45 min	Train with a Trainer	Studio 2	Lou Ann	306238-01
	7:00 PM	55 min	Kick/Sculpt/Core*	Studio 2	Cinthia	306201-01
WED	TIME	DURATION	CLASS	LOCATION	INSTRUCTOR	CODE
	5:30 AM	45 min	Wake Up Call	Studio 2	Crista	306221-02
	6:30 AM	50 min	CORE-4-MORE	Studio 2	Lou Ann	306208-01
	7:30 AM	45 min	Gentle AM Yoga**	Studio 1	Marisa	306210-01
	8:00 AM	45 min	Cardio, Strength, Intervals	Studio 2	Crista	306248-01
	8:20 AM	45 min	Barre**	Studio 1	Marisa	306256-01
	8:50 AM	45 min	Fab Abs & Serious Stretch	Studio 2	Crista	306222-01
	9:10 AM	45 min	Outdoor Intervals**	Outside	Marisa	306202-02
	6:00 PM	55 min	Circuit Training	Studio 1	John	306224-02
	6:00 PM	45 min	Yoga Fusion**	Studio 2	Marisa	306254-01
	6:50 PM	45 min	On the Ball**	Studio 2	Marisa	306216-01
	7:00 PM	55 min	Boot Camp	Studio 1	John	306223-02
THUR	TIME	DURATION	CLASS	LOCATION	INSTRUCTOR	CODE
	5:30 AM	55 min	Boot Camp	MMAC Gym 2	John	306223-03
	6:30 AM	45 min	Yoga	Studio 2	Kelly	306206-03
	8:15 AM	55 min	Muscle Up	Studio 2	Tom	306203-02
	9:00 AM	45 min	AOA Strength	MMAC Gym 2	Lou Ann	306217-03
	4:50 PM	45 min	TRX	Studio 1	Alisyn	306233-02
	6:00 PM	45 min	Simple Stretch**	Studio 2	Marisa	306230-02
	6:15 PM	45 min	Yoga	Studio 1	Mary Ann	306206-04
	6:50 PM	45 min	Essentials**	Studio 2	Marisa	306234-03
FRI	TIME	DURATION	CLASS	LOCATION	INSTRUCTOR	CODE
	7:30 AM	45 min	Simple Stretch**	Studio 1	Marisa	306230-03
	8:20 AM	45 min	Essentials**	Studio 1	Marisa	306284-04
	8:30 AM	45 min	Zumba*	Studio 2	Cinthia	306205-01
	9:10 AM	45 min	Outdoor Intervals**	Studio 1	Marisa	306202-03
	9:30 AM	45 min	Sculpt & Abs*	Studio 2	Cinthia	306249-01
	5:30 PM	45 min	Circuit Training	Studio 1	Tom	306224-03
SAT	TIME	DURATION	CLASS	LOCATION	INSTRUCTOR	CODE
	7:00 AM	55 min	Boot Camp	MMAC Gym 2	John	306223-04
	8:00 AM	45 min	Pilates & Stretch	Studio 1	Whitney	306225-01
	9:00 AM	50 min	Core Body Strength	MMAC Gym 2	Lou Ann	306208-01
SUN	TIME	DURATION	CLASS	LOCATION	INSTRUCTOR	CODE
	7:45 AM	55 min	Vinyasa Flow Yoga	Studio 2	Katie	306207-01
	9:00 AM	45 min	Kettleball Strength & Conditioning	Studio 2	Tom	306260-01

## 14 WEEK SESSION

09/09 - 12/22

\*Classes Run: 09/09 - 10/15

\*\*Classes Run: 09/09 - 10/18

Class Will Not Meet On: 11/25 - 12/01

Group Fitness Unlimited is available as an add-on for MMAC Annual, or Continuous Members and includes unlimited access to all group fitness classes.

## REGISTRATION

Group Fitness Class	MMAC Member	R/NR Fee
Drop-ins	\$5	\$8/\$10
14-Week Session	\$56	\$98/\$126
Unlimited	FREE	FREE

## WHAT TO BRING TO CLASS

Water | Mat | Towel

## DROP-INS

Non-member, drop-in participants must arrive 15 minutes prior to the start of each session to fill out a waiver and information sheet.



## AOA | ACTIVE OLDER ADULTS

This new AOA addition brings new energy your way: 30 minutes of Cardio mixed with stretching, strength, and weekly wellness challenges. Cardio will be on Mondays, strength will be on Tuesdays and Thursdays.

## BARRE

A total body, low impact workout to strengthen your core, sculpt the glutes and thighs, and tone the arms.

## BOOT CAMP

Boot Camp combines cardiovascular endurance and strength training using dumbbells, barbells, tubes, and body weight exercises. Through challenging, yet fun and safe exercises you will get a total body workout.

## CARDIO, CORE & MORE

Cardio exercises combined with resistance training for a total body workout. Using light weights and body resistance you will sculpt your abs, glutes, and arms in this body toning workout all while strengthening your core.

## CARDIO, STRENGTH, INTERVALS

This class incorporates a cardiovascular workout with high intensity interval, resistance, and strength training (*using tubes, dumbbells and one's own body weight*) all in one hour! Abdominals will also be targeted. This class is suitable for all fitness levels. You will burn fat, build endurance, define, and strengthen your muscles. Participants must bring their own mat.

## CIRCUIT TRAINING

Get a full body, high intensity workout while targeting specific muscle groups.

## CORE-4-MORE/CORE BODY STRENGTH

Get stronger with the fusion of free weights, resistance bands, body bars, stability balls, rigorous mat work, and routines that are far from predictable.

## ESSENTIALS

A perfectly blended workout using body resistance and light weights to target the entire body. The class is designed to target the core, sculpt the glutes and thighs, and tone the arms.

## EXHALE

Take time to stretch out those muscles while also practicing breathing techniques.

## FAB ABS & SERIOUS STRETCH

A concentrated core workout with great stretches to keep your week going.

## GENTLE A.M. YOGA

Develop fundamental postures, breath control, and relaxation. This class is structured for those new to yoga or those revisiting yoga after many years.

## KETTLEBALL STRENGTH & CONDITIONING

A high intensity dynamic workout that combines strength, cardio, and core.

## KICK/SCULPT/CORE

Your favorite cardio kickbox class will be done in an easy to follow boot camp style format. This class is designed for all fitness levels and will keep your body blasting calories hours past your workout.

## MUSCLE UP

Build strength, endurance, and definition with weight training movements.

## OUTDOOR INTERVALS

This class combines cardiovascular endurance and strength training using dumbbells and body weight, while incorporating necessary abdominal exercises.

## PILATES & STRETCH

Pilates focuses on muscle strength and flexibility with an emphasis on core muscles. Stretching helps decrease injuries, improves posture, and increases range of motion.

## SCULPT & ABS

This class combines cardiovascular endurance and strength training using dumbbells and body weight while incorporating necessary abdominal exercises.

## SIMPLE STRETCH

Stretch it out and relax without the intensity of a yoga class.

## TRAIN WITH A TRAINER

This class is a small group training hybrid class, led by a certified personal trainer/exercise physiologist. Workouts are unique weekly and provide: body strength exercises using diverse functional equipment; flexibility; and the physiology underneath the process. All fitness levels have a place in this class.

## TRX

Suspension training with high intensity efforts. TRX can be scaled to fit any individual. Other equipment maybe used, including but not limited to weights and cardio bursts.

## VINYASA FLOW YOGA

Enjoy a blend of yoga postures with synchronized breath and smooth movement. Vinyasa Flow Yoga increases strength and flexibility while calming and steadying the mind.

## WAKE UP CALL

**Monday - Cardio Strength Interval** - Join us for a total body workout. This class will incorporate a cardiovascular workout with interval, resistance, and strength training. Abdominals will also be targeted. This class is suitable for all fitness levels. You will burn fat, build endurance, define, and strengthen your muscles. Please bring a yoga mat.

**Wednesday - Cardio and Core with Ball** - Improve muscle strength, flexibility, balance, and focus with the use of a stability ball. Perform a wide variety of movements and exercises to improve your core strength and cardiovascular endurance. The ball, is also very effective for stretching and strengthening the core muscles. Please bring a stability ball and yoga mat.

## YOGA

Invigorate your mind and body, and relax from a busy day while you sweat and strengthen your body in this high energy workout.

## ZUMBA

An aerobic/fitness interval training workout that combines fast and slow rhythms with dance inspired exercises to tone and sculpt your body, top to bottom. Zumba is a fun, easy, "feel happy" workout.

## ZUMBA STEP

Zumba Step is a combination of step training and a regular Zumba class. It combines all the toning and strengthening of step with the Zumba fitness-party everyone loves. Burn calories while toning and strengthening legs and glutes.

**MMAcLOMBARD.COM | 630.519.5859**

*Please note: Facility hours and available amenities are subject to change, including group fitness. Visit [mmaclombard.com](http://mmaclombard.com) and/or subscribe to our e-newsletter to stay up-to-date.*