



NEW ADULT PROGRAMS



Cardio Pump (Ages 16+)

Cardio Pump is a high energy, effective use of cardio and strength training that is sure to generate maximum calorie burn and muscle tone. This class is designed for all fitness levels. Hand Weights, Resistance bands, and other equipment will be utilized in this class.

Cost: One Time per Week for 6 Weeks: \$30.00 (\$24.00 MAC Members)

Two Times/Week for 6 Weeks: \$50.00 (\$40.00 MAC Members)

Times: Thursdays 6:00 p.m. - 7:00 p.m. / Saturdays 8:00 a.m. – 9:00 a.m.

Location: MAC

Dates: Thursdays Jan. 7— Feb. 11 & Saturdays Jan. 9 – Feb. 13

Zumba (Ages 16 +)

Zumba® combines Latin and international music with dance moves for a fun and effective workout. Zumba® fitness classes take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Cost: One Time per Week for 6 Weeks: \$30.00 (\$24.00 MAC Members)

Two Times/Week for 6 Weeks: \$50.00 (\$40.00 MAC Members)

Times: Tuesdays 6:30 p.m. - 7:30 p.m. / Saturdays 8:00 a.m. – 9:00 a.m.

Location: MAC

Dates: Tuesdays Jan. 5— Feb. 9 & Saturdays Jan. 9 – Feb. 13

Seated Hatha Yoga Class (Ages 18+) Features Yoga style postures and exercises utilizing a chair and rhythmic breathing.

Exercises and breathing are focused on movements that may help to alleviate excess joint and muscle tension. This class is designed for those that may have difficulty due to injury, impairment or maturity. Blocks, blankets and yoga balls or straps will be utilized.

Cost: \$30.00 (\$24.00 MAC Members)

Times: 9:30 a.m.—10:30 a.m.

Location: MAC

Dates: Mondays, January 4—February 8

Floor Hatha Yoga Class (Ages 16+) A gentle yoga practice utilizing breathing techniques and controlled movement to stimulate muscles while protecting joint structures. This class is designed to move from the floor to standing to ending with floor exercises that lead into a supine meditation. Chairs, blocks, blankets and yoga balls and straps will be utilized. This class is designed for the exercise beginner to the moderate athlete desiring stress reduction and an overall feeling of harmony.

Cost: \$30.00 (\$24.00 MAC Members)

Times: 6:30 p.m.—7:30 p.m.

Location: MAC

Dates: Mondays, January 4—February