

## REGISTRATION

Drop off or Mail registration form and fee to:  
Meade Activity Center  
493 Lawrence St, Brandenburg, KY 40108  
(270) 422-2227

**\*REGISTRATION DEADLINE:** 2 days prior to start date for all programs (space permitting).  
*Registration is accepted on a first-come/first-served basis. Programs will fill quickly, so please register early.*

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ M/F: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

\*Family information is needed for our collaboration with the United Way of Central Kentucky and for future grant opportunities.  
\*Financial Assistance is available for those who qualify, call the MAC Office for details.  
\*Meade Activity Center Members receive a discount on all programs.

### Adult Programs

- \_\_\_\_\_ **Cardio Pump - Thursday (\$18/\$30)**
- \_\_\_\_\_ **Cardio Pump - Saturday (\$18/\$30)**
- \_\_\_\_\_ **Cardio Pump (Thurs & Sat) (\$30/\$50)**
  
- \_\_\_\_\_ **Seated Hatha Yoga - Monday (\$18/\$30)**
- \_\_\_\_\_ **Floor Hatha Yoga - Monday (\$18/\$30)**
  
- \_\_\_\_\_ **Zumba - Tuesday (\$18/\$30 )**
- \_\_\_\_\_ **Zumba - Saturday (\$18/\$30)**
- \_\_\_\_\_ **Zumba (Tues & Sat) (\$30/\$50)**

## MAC Fitness Center

*The MAC is excited to have opened the doors to our new Health & Fitness Facility. The new center contains over 40 pieces of cardio, circuit, and strength training equipment. New Adult Fitness Programs include Yoga, Zumba, and Cardio Pump. Membership and Daily Visits can be purchased and we hope that you will consider visiting us in the near future.*

*Sincerely,  
Aaron Greenwell  
Executive Director  
Meade Activity Center*



### ADULT FITNESS CLASSES

**Session 2 2016  
February – March**

- \*Yoga**
- \*Cardio Pump**
- \*Zumba**

**MAC's MISSION**  
*To promote active lifestyles and a healthy community  
through education, wellness, and recreation  
opportunities for all.*

493 Lawrence Street  
Brandenburg, KY 40108  
(270) 422-2227  
(270) 422-7774 FAX  
info@meadeactivitycenter.org  
www.meadeactivitycenter.org

# "At the MAC, We're Serious About Having Fun"

## CARDIO PUMP

### 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 (\$18.00 MAC Members)  
Two Times/Week for 6 Weeks:  
\$50.00 (\$30.00 MAC Members)

**Times:** Thursday 6:00 p.m. – 7:00 p.m.  
Saturday 8:00 a.m. – 9:00 a.m.

**Location:** MAC Studio A

**Dates:** Thursdays Feb. 18 – Mar. 24  
Saturdays Feb. 20 – Mar. 26

## ZUMBA

### 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 (\$18.00 MAC Members)  
Two Times/Week for 6 Weeks:  
\$50.00 (\$30.00 MAC Members)

**Times:** Tuesday 6:30 p.m. – 7:30 p.m.  
Saturday 8:00 a.m. – 9:00 a.m.

**Location:** MAC Studio A

**Dates:** Tuesdays Feb. 16 – Mar. 22  
Saturdays Feb. 20 – Mar. 26

## YOGA

### 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 (\$18.00 MAC Members)

**Times:** 9:30 a.m. – 10:30 a.m.

**Location:** MAC Studio B

**Dates:** Mondays Feb. 15 – Mar. 21

## YOGA

### 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, 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 (\$18.00 MAC Members)

**Times:** 6:30 p.m. – 7:30 p.m.

**Location:** MAC Studio B

**Dates:** Mondays Feb. 15 – Mar. 21

*Financial Assistance Available to those who qualify. Contact the MAC Office for additional information.*