



## NEW ADULT PROGRAMS



### **NEW! Total Body Blast – (Ages 16+)**

Class will be focused on “blasting” muscle groups and toning the entire body. This class will have participants utilizing free weights and some energy within. Will include light stretching post workout. - **Instructor: Brittany Barr**

Cost: \$42.00 (\$30.00 MAC Members)

Times: Saturdays, 8:45 a.m. – 9:30 a.m.

Location: MAC Studio A

Dates: Saturdays, Feb. 23 – Mar. 30

Cost: \$42.00 (\$30.00 MAC Members)

Times: Tuesdays 6:00 p.m. – 6:45 p.m.

Location: MAC Studio A

Dates: Tuesdays, Feb. 19 – Mar. 26

### **NEW! High Intensity Interval Training – (Ages 16+)**

Class will be built around interval and bodyweight training. This class will be crafted into a 30 minute high-energy intense workout. - **Instructor: Brittany Barr**

Cost: \$42.00 (\$30.00 MAC Members)

Times: Saturdays 9:45 a.m. – 10:15 a.m.

Location: MAC Studio A

Dates: Saturdays, Feb. 23 – Mar. 30

**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.

**Instructor: Debbie McKinnon**

**Cost:** \$35.00 (\$24.00 MAC Members)

**Times:** 6:30 p.m. – 7:30 p.m.

**Location:** MAC Studio A

**Dates:** Mondays, March 4 – April 15 (No class on April 1)

**NEW! Spin Cycling - (Ages 16+)** Spin classes provide a high-energy cardio workout using stationary spin bikes. This Class will get your heart and legs pumping. Each class will include a workout combining sitting, standing, and interval training using high-energy music. This class can be adapted by each participant, so your workout can be as easy/tough as you want it to be! - **Instructor: Aaron Greenwell (M) / Leigh Ann Lusk (T)**

**Cost:** (\$18.00 MAC Members Only)

**Times:** 5:30 p.m. – 6:00 p.m.

**Location:** MAC Studio B

**Dates:** Mondays, Feb. 25 – Mar. 25

OR

**Cost:** (\$18.00 MAC Members Only)

**Times:** 5:30 p.m. – 6:00 p.m.

**Location:** MAC Studio B

**Dates:** Tues. March 5 – April 16 (No class April 2)

**REGISTRATION FORM ON BACK**



# NEW ADULT PROGRAMS



## 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: \_\_\_\_\_ Race/Ethnicity: \_\_\_\_\_

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 (Please check the class or classes you are enrolling in)***

\_\_\_\_\_ ***Total Body Blast - Tuesday (\$30/\$42)***

\_\_\_\_\_ ***Total Body Blast - Saturday (\$30/\$42)***

\_\_\_\_\_ ***H.I.I.T. – Saturday (\$30/\$42)***

\_\_\_\_\_ ***Spin Class - Mondays (\$18 Members Only)***

\_\_\_\_\_ ***Spin Class – Tuesdays (\$18 Members Only)***

\_\_\_\_\_ ***Floor Hatha Yoga – Monday (\$24/\$35)***