

"At The MAC, We're Serious About Having Fun"

FALL 1 GYMNASTICS

Preschool Tumbling – (Ages 3-4)

Children will learn basic stretching, movements, balance coordination, and beginning tumbling.

Cost: \$48.00 (\$39.00 MAC Members)

Times: 9:00 a.m. – 9:30 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Sep. 7 – Oct. 26

(No class Saturday, Oct 5,12)

Jumpers – (Ages 5-10)

In this class children will learn basic stretching, log rolls, forward rolls, backward rolls, basic splits, headstands, into cartwheels, and several types of jumps.

Cost: \$48.00 (\$39.00 MAC Members)

Times: 9:30 a.m. – 10:15 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Sep. 7 – Oct. 26

(No class Saturday, Oct 5,12)

Flippers – (Ages 5-10)

Children will build from the Jumpers class and will also learn how to do handstands, bridges, cartwheels, hurdles, handstand rolls, and snap downs.

Cost: \$48.00 (\$39.00 MAC Members)

Times: 10:15 a.m. – 11:00 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Sep. 7 – Oct. 26

(No class Saturday, Oct 5,12)

Springers – (Ages 9-12)

Children will build from Flippers and will learn cartwheels, roundoffs, and back hand-springs.

Cost: \$48.00 (\$39.00 MAC Members)

Times: 10:15 a.m. – 11:00 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Sep. 7 – Oct. 26

(No class Saturday, Oct 5,12)

FALL 1 ADULT PROGRAMS

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, Sep. 9 – Oct. 14

FALL 1 ADULT PROGRAMS

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

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

Times: 7:00 a.m. – 7:30 a.m.

Location: MAC Studio B

Dates: Wednesdays

Sep. 11 – Oct. 23 *(No class Oct. 9)*

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: Various (see below)

Location: MAC Studio A

Dates: Saturdays, Sep. 28 – Nov. 2

8:45 a.m. – 9:30 a.m.

Dates: Tuesdays, Sep. 24 – Oct. 29

6:00 p.m. – 6:45 p.m.

Dates: Wednesdays, Sep. 25 – Oct. 30

5:15 a.m. – 6:00 a.m.

BASKETBALL PROGRAMS



Youth Basketball – (Grades K-6)

The MAC is working with the MCHS Boys Basketball staff to provide basketball leagues focusing on fundamental skills and team building. Players will participate in sessions between 6 and 12 weeks depending on grade level. Practice and games will be held on the scheduled dates with coaches and MAC staff.

Times: TBA (A.M. HOURS FOR GAMES)

Locations: David T. Wilson Elementary/James R. Allen Freshman Academy/ Stuart Pepper Middle School

Dates: Saturdays, November – February

More information to come soon.

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