



NEW ADULT PROGRAMS

SUMMER 2 2021

MAC Group Yoga (Ages 16+) 10 MAX PARTICIPANTS - A gentle yoga practice utilizing breathing techniques and controlled movement to stimulate muscles while protecting joint structures. Chairs, blocks, blankets, balls, and straps will be utilized. --- -
- Ashley Stull

Cost: \$42.00 (\$32.00 MAC Members)
Times: 9:00 a.m.—10:00 a.m.
Location: MAC Studio A
Dates: Tuesdays, June 8 – July 13- (6 Total Classes)

MAC Circuit & Strength Group Training- (Ages 16+) 10 MAX PARTICIPANTS - Class will be focused on toning muscle groups and working the entire body. May require patrons to bring hand weights or yoga mats. Will include light stretching post workout. -
- Heather Barr

Cost: \$56.00 (\$44.00 MAC Members)
Times: Tuesdays & Thursdays 4:30 p.m.— 5:10 p.m.
Location: MAC Studio A
Dates: Tuesdays & Thursdays (July 6 – July 29) - (8 Total Classes)

MAC Indoor Spin Cycling - (Ages 16+) 11 MAX PARTICIPANTS - Spin classes provide a high-energy cardio workout using stationary spin bikes. Each class will include a combination of speed, hills, and interval training using high-energy music. This class can be adapted by each participant, so your workout can be as easy or grueling as you want it to be! - **Heather Barr**

Cost: \$56.00 (\$44.00 MAC Members)
Times: Tuesdays & Thursdays 5:30 p.m. – 6:00 p.m.
Location: MAC Studio B
Dates: Tues & Thurs. (July 6 – July 29) - (8 Total Classes)

***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: _____

In consideration for being permitted to participate with the Meade Activity Center for any purpose including but not limited to utilization and/or observation of its facilities, services, and programs, without respect to location, the undersigned, for himself or herself and any personal representatives, assigns, heirs, and next of kin hereby agrees to release, waive and discharge the MAC, its directors, officers, Board of Directors, employees, and agents from all liability for any loss or damage to personal property, and/or any claims or demands therefor on account of injury or death of the undersigned. The undersigned agrees that the forgoing Release and waiver of Liability is intended to be as broad and inclusive as is permitted by the law of the Commonwealth of Kentucky. The Undersigned also acknowledges that he/she has both read and voluntarily signed this Release and Waiver of Liability. I have read the Release.

Name of Participant (Print) _____ Signature _____ Parent or Guardian Signature _____

I give the MAC permission to use my photo in promotional literature: _____ Yes _____ No

INDOOR CYCLING _____ CIRCUIT/STRENGTH TRAINING _____ GROUP YOGA _____