



# Group Exercise Class Schedule

## MARCH 2024

MCAC Hours: Monday-Friday 6:00am-9pm  
Saturday 7:30am-6pm Sunday 7:30am-5pm

Contact us at [midcapeathletic.com](http://midcapeathletic.com) and at 508-394-3511

MON	TUE	WED	THU	FRI	SAT	SUN	
8:15 AM SPINNING with Vana	8:15 AM *TOTAL BODY STATIONS with Marianne	8:15 AM SPINNING with Vana	8:15 AM *STRENGTH & CONDITIONING with Jenn	8:15 AM SPINNING with Evelyn	8:15 AM *STRENGTH CIRCUIT with Marianne	8:30 AM SPINNING with rotating instructors	
8:15 AM *CARDIO FIT with Marianne	9:30 AM *BARRE with Jenn	8:15 AM ROW CIRCUIT with Amy	9:30 AM *STRETCH with Rebecca	8:15 AM *KICK & CORE with Marianne	8:30 AM READY TO ROW with Amy	9:30 AM *YOGA with Jayne	
		9:30 AM *HIIT & STRENGTH with Jenn		9:30 AM *BARRE with Jenn	9 AM ROW CIRCUIT with Amy		
					9:15 AM SPINNING with Brandon		
	4:30 PM *PILATES with Rebecca		4:30 PM *YOGA-PILATES with Jan		9:30 AM ZUMBA with Alena		
5:30 PM *STRENGTH & CONDITIONING with Jenn	5:30 PM ZUMBA with Alena	5:30 PM *STRENGTH & CONDITIONING+ with Rebecca	5:30 PM ZUMBA with Rick	<div style="background-color: #00b050; border-radius: 20px; padding: 10px; text-align: center;"> <p>FRIDAY NIGHT St Paddy's Pop Music Dance Party! Friday, March 15 5:30 PM with Rick  FREE FOR MEMBERS</p> </div>		<div style="background-color: #388e3c; border-radius: 20px; padding: 10px; text-align: center;"> <p>Special Class Friday, March 8 5-6 PM Restorative Sound Bath Yoga with Jayne  Charges apply, sign up on your Member Portal</p> </div>	
5:30 PM SPIN 60 with Peter	5:30 PM ROW + TRX with Rebecca	6:35 PM YOGA FLOW with Sid	5:30 PM SPIN 60 with Peter				

You must sign up for all classes including Zoom classes on your Member Portal

\* = Available on Zoom

MONDAY- FRIDAY, please sign up for ONE morning class only.

If you cannot attend a class you signed up for, you may cancel for free up to 12 hours before class starts.

If you unregister in under 12 hours you will be charged a \$5 fee.

If you do not show up for a class you are registered for you will be charged a \$10 no-show fee.

New Member Classes

Spinning Studio  
First Floor

Group Ex Studio  
Second Floor

Rowing Studio  
Loft - Additional Charges  
Apply

# Group Exercise Class Descriptions

All group exercise classes (with the exception of Spinning) are located on the second floor of MCAC.  
You must be able to climb the stairs and get to the floor level in class in order to attend classes.

## ALL CLASSES 50 MINUTES UNLESS OTHERWISE STATED

### NEW MEMBER CLASS:

20-30 minute classes with the NEW Member in mind. Get familiar with equipment, learn form, and try a little taster of class so you'll be ready to join in a full length class.

### Barre (Medium Intensity)

Barre is a fusion of ballet, pilates, yoga, and strength training in each workout. May use light weights (2-5lbs), glider discs, and a barre or chair if at home. This is a progressive workout that gets more challenging as the month goes on and is new each month.

### Cardio Fit (High Intensity)

Variable-intensity interval training (VIIT) program. You will experience 3 different workouts in which you rotate between high-intensity interval training (HIIT) with medium-intensity (strength) and low-intensity (recovery) periods for a more efficient workout.  
New class each week.

### Hiit & Strength (High Intensity)

This workout class delivers intervals of intense cardio and/or strength exercises paired with active recovery. Through a variety of simple, yet intense exercises, no matter what your workout goals are, each class will deliver what you are looking for.  
New workout each week.

### Kick & Core (High Intensity)

A high-energy mix of fun, cardio kick-boxing exercises, along with some core & stretching.

### Pilates (Medium Intensity)

A total body strength based workout that focuses on compound, core based exercises. Appropriate for all levels, with a focus on endurance training while engaging core strength. A progressive workout that gets more challenging as the month goes on and is new each month.

### Pilates/Yoga (45 minutes) (Low Intensity)

A blend of mat-based pilates exercises and yoga-based exercises. Straps and blocks will be used to aid in stretching. Savasana to end each class. Class changes each month.

### Spinning = 45 min/Spin 60 = 60 Minutes (High Intensity)

A multi-level indoor cycling class. Work at your proper level with a suggested heart rate monitor. All levels are welcome. Come early to get set up and choose your bike.

### Strength & Conditioning (High Intensity)

Typically, 4-6 blocks of progressive, weighted combinations including mobility, dynamic balance, strength, and metabolic conditioning. You will use various weights and props, including bender balls, gliding discs, and mini bands.  
New class each week.

### Strength Circuit (High Intensity)

Timed intervals with a focus on strength in each circuit or round, but may also include some cardio. May use weights, glide discs, small balls, and a step.  
New class each week.

### Stretch (Low Intensity)

Warm up with some dynamic movement for mobility and awareness, and include some static positions to allow muscles to release and relax.  
New class each week.

### Total Body Stations (High Intensity)

Cardio & Strength circuit style class as you move from station to station. Will include upper body, lower body, compound exercises, and cardio stations that you will visit during class.  
New class each week.

### Yoga (Low Intensity)

75 minute class. All levels are encouraged. Stretching, salutations, breathing, and balance.

### Yoga Flow (Medium Intensity)

A moderate-intensity yoga class that will include poses that flow together. Will include floor and standing poses, and shavanasa finale.

### Zumba (Medium Intensity)

A Latin-inspired cardio dance class. Have fun and get in shape at the same time. Easy to follow dance routines using great music & great moves, including Salsa, Samba, Merengue, Hip Hop, Cumbia & Calypso!

### Row & TRX /Row Circuit (45-60 Min) (additional charge applies)

Indo-Rowers burn calories, sculpt muscle, and enjoy a fun interval workout in a uniquely motivating, team-oriented fitness environment. Each machine features the Indo-Row® Race/Pace Coach monitor that provides instant feedback on pace, distance, and calories, allowing individuals to gauge improvement in each class and over time. Indo-Rowers see progression quickly and consistently return to match or better their performance.