



Group Exercise Class Schedule

NOVEMBER 2023

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

Contact us at midcapeathletic.com and at 508-394-3511

MON	TUE	WED	THU	FRI	SAT	SUN
8:15 AM SPINNING with Linda	8:15 AM *TOTAL BODY CIRCUIT with Marianne	8:15 AM SPINNING with Eduardo	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 Eduardo
8:15 AM *CARDIO FIT with Marianne	9:30 AM *CARDIO BARRE with Linda	8:15 AM ROW + TRX with Linda	9:30 AM *STRETCH with Rebecca	8:15 AM *KICK & CORE with Linda	9 AM ROW + TRX with Linda	9:30 AM *YOGA with Jayne
9:30 AM *VINYASA FLOW with Julia		9:30 AM *HIIT & STRENGTH with Linda		9:30 AM *BARRE ABOVE with Jenn	9:15 AM SPINNING with Brandon	
					9:30 AM ZUMBA with Alena	
	4:30 PM *PILATES with Rebecca		4:30 PM *YOGA-PILATES with Jan			
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	Special Friday night Pop-Up Gentle Yoga class with Jan Friday, November 17 at 5 PM FREE FOR ALL!		
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			

MCAC Fall
OPEN HOUSE
Saturday, November 11
FREE CLASSES!
REFRESHMENTS!
RACQUET DEMOS!
FUN ACTIVITIES!

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 do not show up for a class you are registered for you will be charged a \$10 no-show fee. If you unregister in under 12 hours you will be charged a \$5 fee.

 NEW CLASS

 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

Barre Above (Medium Intensity)

Barre Above® is a fusion of ballet, pilates, yoga, and strength training in each workout. May use light weights (2-5lbs), glider disks, 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 Barre (Medium Intensity)

The trifecta low-impact workout incorporates lower, upper, and core exercises with a focus on flexibility, balance, and stability using small movements. Limited to 15 people. May use light weights (2-5lbs), glider disks, and a barre or chair if at home.

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. Workout is different 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 pilates 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)

Using weights and set to fun music. Typically, 4-6 blocks of progressive combinations including mobility, dynamic balance, strength, and metabolic conditioning. You will use various weights and some props, including bender balls, gliding discs, and mini bands.

Strength Circuit (High Intensity)

Timed intervals at stations with a focus on strength in each circuit, but may also use some cardio. May use weights, glide discs, small balls, and a step. Class changes each week.

Stretch (Low Intensity)

Warm up with some dynamic movement for mobility and include some static positions to allow muscles to release and relax. Class will change each week.

Total Body Circuit (High Intensity)

Cardio & Strength circuit style class. Will include upper body, lower body, compound exercises, and cardio stations that you will visit during class. Class changes weekly.

Vinyasa Flow (Low Intensity)

This class sequences a variety of yoga poses that will flow together with a focus on alignment, breath, and easy meditation. Students will learn a vinyasa-style practice creating strength and empowerment, with an emphasis on mindfulness through breath- and body awareness. The postures and flow will build upon each other, creating power and focus. All levels are welcome!

Yoga (Low Intensity)

1 hour class. All levels are encouraged. Wednesday night: The beginning of class will be Vinyasa style finishing with Restorative yoga. Will offer 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 (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.