



# Group Exercise Class Schedule

## January 2026

MCAC Hours: Monday-Friday 6:00am-9pm  
Saturday 7:30am-5pm Sunday 7:30am-4pm

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 *UPPER BODY with Marianne	8:15 AM SPINNING with Vana	8:15 AM *STRENGTH & STRETCH with Jenn	8:15 AM SPINNING with Chris	8:15 AM *INTERVAL+ with Marianne	8:30 AM SPINNING with Emily
8:15 AM *TOTAL BODY STATIONS with Marianne	9:30 AM *BARRE with Jenn	8:15 AM *CARDIO & CORE with Marianne	9:30 AM *PILATES MAT with Pam	8:15 AM *CARDIO BALL CIRCUIT with Marianne	9:15 AM ROW + TRX with Jenn	9:30 AM *YOGA with Jayne
					9:30 AM *BARRE with Jenn	9:15 AM SPINNING with Brandon
					4:30 PM *PILATES MAT with Pam	4:30 PM *PILATES/YOGA with Jan
5:30 PM *FULL BODY STRENGTH with Rebecca	5:30 PM ROW + TRX with Rebecca	5:30 PM *STRENGTH & STRETCH with Jenn	5:30 PM MY DANCE CLASS with Mac			
5:30 PM SPIN 60 with Peter	5:30 PM POWER YOGA with Jayne	5:30 PM SPINNING with Emily	5:30 PM SPIN 60 with Peter			

**You must sign up for all classes including Zoom classes on your Member Portal**  
**PLEASE NOTE: New 3-Days ahead sign up policy.**      \* = Available on Zoom

Please sign up for only ONE morning class each day.

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.

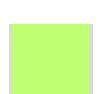
If you do not show up for a class you are registered for you will be charged a \$10 no-show fee.



Spinning Studio  
First Floor



Group Ex Studio  
Second Floor



Not included in  
membership, additional  
charges apply

# Group Exercise Class Descriptions

All group exercise classes (with the exception of Spinning) are located on the second floor of MCAC.

## ALL CLASSES 50 MINUTES UNLESS OTHERWISE STATED

### Barre (Medium Intensity)

Barre is a fusion of ballet, pilates, yoga, and strength training in each workout. May use light weights, glider discs, and a barre or chair if at home. This progressive workout gets more challenging and is new each month.

### Cardio Ball Circuit (High Intensity)

An energizing workout that combines core strength and high-energy cardio intervals using a stability ball. This class targets all major muscle groups, enhances your cardiovascular fitness, and improves overall stability.

### Cardio & Core (High Intensity)

This is a timed interval workout, using only your body weight. Class consists of four circuits, each containing cardio and core moves. Impact exercises will always be given a low impact option. New workout each month.

### Full Body Strength (Medium/High Intensity)

Timed intervals with a combination of mobility, strength, and high-intensity cardio in each circuit or round. Each round focuses on frontal, sagittal, or transverse movement patterns. May use weights, glide discs, small balls, and a step. New workout each month.

### Interval+ (High Intensity)

Interval+ class takes interval workouts to the next level. With constantly shifting intensity levels, this class keeps your body guessing and your mind engaged. Designed for all fitness levels, Interval+ combines bursts of high-energy effort with strategic recovery periods to maximize calorie burn, build endurance, and improve strength.

### Power Yoga (High Intensity)

Power Yoga is a dynamic, high-intensity practice that combines strength, flexibility, and endurance. This class focuses on building muscle, increasing flexibility, and improving cardiovascular health through flowing sequences and challenging poses. It's perfect for those looking to energize their body and mind while pushing their physical limits.

### Pilates/Yoga (Lower 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.

### Pilates Mat (Medium Intensity)

This mat-based class focuses on strength, flexibility, and stability. Small props may be used. Suitable for all levels. New workout each week.

### Strength & Stretch (High Intensity)

Strength and Stretch is a dynamic group exercise class that combines muscle-building strength training with flexibility-enhancing stretching. Designed for all fitness levels, this class helps improve overall muscle strength, posture, and mobility. Expect a balanced workout that challenges your muscles and leaves you feeling strong, limber, and refreshed. Perfect for anyone looking to build strength while promoting recovery and relaxation.

### 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.

### 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 workout each week.

### Upper Body + Core (High Intensity)

This upper body and core fitness class targets the arms, shoulders, back, chest, and core with a mix of body weight, resistance, and functional exercises. Suitable for all fitness levels, it focuses on building strength, endurance, and stability to help you feel stronger and more energized.

New workout each week.

### Yoga (Low Intensity) 75-minute class

All levels are encouraged. Stretching, salutations, breathing, and balance.

### My Dance Class - THURSDAYS at 5:30 PM

A high-energy cardio dance class with original choreography, great music, and scalable for all levels of dancers.

Email [mydanceclasscc@gmail.com](mailto:mydanceclasscc@gmail.com) for more information

### Row & TRX (50 Min) (additional charge applies)

WaterRower machines are powered by water and a unique flywheel technology that allows you to create your own resistance and give an experience more authentic to rowing on the water. Each machine features a monitor that provides instant feedback on pace, distance, and more allowing individuals to gauge improvement in each class and over time.

With the addition of the TRX suspension trainers, Barres, and other small equipment the class is taught with intervals on and off the Rowers. This small group class is limited to 6 people and allows for more personal attention in each class.