



Group Exercise Class Schedule

May 2026

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

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

MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM *TOTAL BODY STATIONS with Marianne	8:00 AM *UPPER BODY with Marianne	8:00 AM *CARDIO & CORE with Marianne	8:00 AM *SCULPT & CORE with Alayna	8:00 AM *HIIT & STRENGTH with Alayna	8:00 AM *INTERVAL+ with Marianne	8:30 AM SPINNING with Emily
8:15 AM SPINNING with Vana	9:00 AM *PILATES SCULPT with Jenn	8:15 AM SPINNING with Vana	9:00 AM *LOWER BODY with Jenn	8:15 AM SPINNING with Marianne	9:00 AM ZUMBA with Jess	9:30 AM *YOGA with Jayne
				9:00 AM *BARRE with Jenn	9:15 AM SPINNING with Brandon	
					9:30 AM ROW + TRX with Jenn	
	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 *HIIT & STRENGTH with Alayna	5:30 PM MY DANCE CLASS with Mac			
5:30 PM SPIN 60 with Peter	5:30 PM ZUMBA with Jess		5:30 PM SPIN 60 with Peter			



Afternoon and evening classes can be registered for 7 days ahead.

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

PLEASE NOTE: 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 \$20 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

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.

Cardio & Core

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.

Full Body Strength

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.

HIIT & Strength

High-energy workout that combines short bursts of cardio with full-body strength training. Expect intervals of intense effort paired with weighted exercises to build muscle, boost endurance, and maximize efficiency. Fast-paced and effective, this class is suitable for all levels with options to modify or intensify.

Interval+

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.

Lower Body

Lower Body is a strength-focused class designed to target the glutes, legs, and hips. Using a mix of weights, bands, and bodyweight, you'll build strength, improve stability, and enhance muscular endurance.

Suitable for all levels, this class offers options to challenge or modify as needed.

Pilates/Yoga

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.

Pilates Mat

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

Pilates Sculpt

All the key principals of a pilates mat class PLUS weights!

Sculpt & Core

Total-body strength class with a strong core focus. Using controlled, low-impact movements and light resistance, you'll work your arms, legs, glutes, and deep core muscles to build strength, stability, and endurance. Suitable for all levels and includes modifications and progressions so you can challenge yourself at your own pace while leaving feeling stronger, more connected, and energized.

.Spinning = 45 min/Spin 60 = 60 Minutes

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

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.

Upper Body

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.

Yoga 75-minute class

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

Zumba

A high-energy, Latin-inspired dance fitness program that blends low-intensity and high-intensity moves for an interval-style, cardio vascular workout.

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 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.