



# Group Exercise Class Schedule

April 2025

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 *UPPER BODY + CORE with Marianne	8:15 AM SPINNING with Vana	8:15 AM *LOWER BODY CIRCUIT with Jenn	8:15 AM SPINNING with Chris	8:15 AM *TOTAL BODY STATIONS with Marianne	8:30 AM SPINNING with Emily
8:15 AM *CARDIO FIT with Marianne	9:30 AM *BARRE with Jenn	9:30 AM *FULL BODY STRENGTH with Marianne		NEW CLASS! 8:15 AM *CARDIO & CORE with Marianne	9:15 AM SPINNING with Brandon	9:30 AM *YOGA with Jayne
				9:30 AM *BARRE with Jenn	9:30 AM ROW + TRX with Jenn	
	4:30 PM *PILATES with Jan					
	5:30 PM *POWER YOGA with Jayne		4:30 PM *PILATES/YOGA with Jan			
5:30 PM *FULL BODY STRENGTH with Rebecca	5:30 PM SPINNING with Emily	5:30 PM *HIIT & STRENGTH with Jenn	5:30 PM MY DANCE CLASS with Mac			
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

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 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 workout each week.

### 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.

### Hiit & Strength (High Intensity)

This workout class delivers intervals of intense cardio and/or strength exercises paired with active recovery. New workout each week.

### Lower Body Circuit (High Intensity)

This class will focus on building strength and definition in your lower body, using a variety of positions and movements, and bursts of cardio. Props may include weights, mini bands, & gliders. New workout each week.

### Pilates (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.

### 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. New workout each month.

### 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.

### 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.

### Yoga Flow (Medium Intensity)

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

### 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.