

## Group Fitness Programs

A wide range of Group Fitness classes are offered with varying intensity levels for your enjoyment each week. In order to achieve the benefits of cross training, we encourage participation in a variety of classes while exercising at a comfortable, yet challenging level. For a more detailed description of classes and intensity levels, please contact:

**Teri Harmon, Group Fitness Director**  
 tharmon@ehac.com  
 956-8003, ext. 246

**Jennie Jorstad, Group Fitness Assistant**  
 956-8003, ext. 346

Contact Teri Harmon  
 to set up your Complimentary Consultation.

## ABOUT OUR INSTRUCTORS

The MAC Group Fitness Team attends in-service training, off-site workshops, seminars and conventions. Our certified instructors bring variety and uniqueness to each class they teach. Please enjoy the individuality of each instructor.

Karene Alton	Jola Lanier
Judy Bouley	Terri McElwee
Margo Burian	Emilie Meyering
Deb Buchan	Stephanie Millis
Leah Carpenter	Maribeth Mulvey
Cheryl Clements	Mark Ondersma
Kevin Collins	Steve Parsh
Lisa Eldersveld	Stacy Pulley
Dan Gelderloos	Shelley Roberts
Lisa Graff	Marqie Schaeffer
Elizabeth Hager	Sandy Seville
Sarah Hall	Jenny Tole
Teri Harmon	Jane Tornga
Cathy Harrall	Mary White
Angie Horjus	Susan Wilson
Jennie Jorstad	Courtney Yarch

### MONDAY

5:45-6:00	Core Conditioning-15	G
5:45-6:45	TurboKick	2
6:00-7:00	Cycling	1
8:45-9:45	BodyPUMP	1
9:00-9:15	Core Conditioning-15	G
9:15-10:15	20/20/20	2
9:15-10:15	Aqua Fit▲*	P
9:50-10:50	Stretch & Flex Yoga▲*	1
5:30-6:30	S.P.E.W.	1
5:45-6:25	Pilates Mat-40*	2
6:00-7:00	Tap Dance	4
6:30-7:30	BodyPUMP	1
6:30-7:30	Zumba*	2
7:30-8:15	Cycling-45	1

### TUESDAY

5:30-6:30	BodyPUMP	1
5:30-6:30	FINS	P
6:00-7:00	Core Conditioning	2
8:00-9:00	Pilates Mat*	2
8:30-9:15	Cardio Mix-45	1
9:30-10:30	Zumba*	1
12:00-1:00	Cycling + Core	1
4:30-5:30	Aqua Challenge▲*	P
4:45-5:30	BodyPUMP-45	1
5:30--6:30	BodyVive▲	1
6:40-7:40	TurboKick	2
6:00-7:00	\$ Pilates Reformer	4
6:30-7:30	Yoga*	1

### WEDNESDAY

5:30-6:30	Step Interval	2
5:30-6:45	Cycling-75	1
5:45-6:00	Core Conditioning-15	G
6:00-6:45	Aqua Challenge-45▲*P	
8:45-9:45	BodyPUMP	1
9:00-9:15	Core Conditioning-15	G
9:00-9:45	Pilates Basics-45*	2
9:15-10:00	AquaFit-45▲*	P
9:45-10:30	Cycle Lite-45	1
10:00-10:30	Aqua Yoga-30	P
5:30-6:30	S.P.E.W.	1
5:30-6:30	Zumba*	2
6:30-7:30	BodyPUMP	1
7:30-8:15	Cycling-45	1

### THURSDAY

5:30-6:30	BodyPUMP	1	Lisa G.
5:30-6:30	FINS	P	Swim Staff
8:30-9:30	BodyVive▲	1	Cathy
9:30-10:30	Zumba*	1	Cathy
10:00-11:00	\$ Pilates Reformer	4	Jane
12:00-1:00	Cycling + Core	1	Dan/Maribeth
4:30-5:30	Aqua Challenge▲*	P	Lisa
4:45-5:45	BodyPUMP	1	Courtney
6:00-7:00	TurboKick*	1	Jennie
6:30-7:30	Yoga*	4	Jenny T.

### FRIDAY

5:45-6:00	Core Conditioning-15	G	Terri M.
5:45-6:45	BodyVive	2	Stacey
6:00-6:45	Cycling-45	1	Elizabeth
8:15-9:00	Pilates Mat-45*	2	Sue
8:45-9:45	BodyPUMP	1	Angie
9:00-9:15	Core Conditioning-15	G	Terri M.
9:15-10:00	Aqua Fit-45▲*	P	Sue
9:50-10:50	Stretch & Flex Yoga▲*	1	Marqie
10:00-10:30	Aqua Yoga-30	P	Sue
11:00-12:00	BodyVive▲	1	Cathy/Jennie
5:30-6:30	S.P.E.W.	1	Sandy

### SATURDAY

7:20-8:20	BodyPUMP	1	Mary W
8:30-9:15	Pilates Mat-45*	2	Mary W
8:30-9:30	Aqua Challenge▲*	P	Lisa E
8:30-9:30	Cycling	1	Jenny T
9:30-10:30	TurboKick*	1	Karene/Stacy
9:30-10:30	Advanced Yoga*	4	Jenny T.

### SUNDAY

9:00-10:00	BodyPUMP	1	Steve
2:00-3:00	\$Ballroom Dance	2	Jola
4:00-5:00	BodyVive▲	1	Staff
5:10-6:10	Stretch & Flex Yoga▲*	1	Steve
6:15-7:15	Turbo Kick*	1	Karene

1 = Studio 1      2 = Studio 2      4 = Studio 4  
 P = Pool            G = Gym

▲Fitness For Two Classes are FREE for Members, punchcard available to Pre/postnatal NM \$8.00/class  
 \$ Paid Program for Members and Non-members.  
 \* Youth ages 8-13 may participate when accompanied by a parent.

## CLASS DESCRIPTIONS

### AQUA

**Aqua Challenge**-Challenge your cardiovascular system and muscles at the same time. Multi-level

**Aqua Fit**-A gentle-on-your-joints aqua fitness class for those seeking a great workout in a fun and friendly environment. Fitness Seeker/Special Populations

**Aqua Yoga**-A combination of traditional yoga poses and other dynamic moves that improve joint range of motion, balance, flexibility, muscle tone and muscular strength. Multi-Level

**FINS**-Fitness in Swimming-an ongoing program designed for adults who want a challenging, organized lap swim workout.

### CARDIO

**Cardio Mix**-This 45-minute class throws you a good mix of cardio options from Kickboxing to Step or traditional Hi/Lo combinations. Multi-Level

**Cycling**-The original and most popular indoor cycling program. A great non-impact, high-calorie burning workout! Multi-Level

**Cycling Lite**-A cycle class for the beginner or those who prefer a shorter cardio workout. If you are new to this form of exercise, show up a little early for your first class. Fitness Seeker

**Step Interval**- Tradition free-style step intervals with additional cardio and strength options for the perfect "wake-me-up" early morning workout. Multi-Level

**TurboKick**-The hottest kickboxing class around! Turbo Kick combines athletic moves, sports drills, hip-hop flavor and mixes it all up to the very best music. Multi Level.

[www.TurboKick.com](http://www.TurboKick.com)

**Zumba**-A fusion of Latin and International music & dance themes, creating a dynamic, exciting, highly effective fitness class. No experience necessary. Multi-Level. [www.Zumba.com](http://www.Zumba.com)

### COMBINATION CLASSES

**BodyVive**-This fabulous multi-generational program that can serve numerous purposes. BodyVive is as intense as you make it so seniors, teens, novices, and weekend warriors all see tremendous benefit from the program. For the intense athlete in danger of over training, BodyVive offers an active alternative to a day "off". Multi Level. [www.lesmills.com](http://www.lesmills.com)

**S.P.E.W. Supreme Physical Exertion Workout**-High-end cardio & strength boot camp style intervals for the brave enthusiast. Fitness Enthusiasts.

**20/20/20**-Twenty minutes of cardio, twenty minutes of strength, twenty minutes of core, yoga and pilates. Multi-Level

### MIND, BODY & FLEXIBILITY

**Advanced Yoga**-A powerful class emphasizing correct body alignment, strength, flexibility and balance when performing more advanced asanas (poses) such as inversions, arm supports and backbends. Previous yoga experience required. Multi-Level

**Pilates Mat**-Mind/Body class utilizing the exercises developed by Joseph Pilates to strengthen your entire core. Multi-Level

**Pilates Basics**-Learn the fundamentals of Pilates and improve your core strength and flexibility. Fitness Seeker.

**Stretch and Flex Yoga (Yoga Basics)**-Learn the basics or review the fundamentals. Emphasis on detailed instruction, basic alignment and body/breath awareness. Multi-Level

**Yoga**-Improve your balance, get stronger and relieve stress in this great all-around class. Multi-Level

### STRENGTH

**BodyPump**-The fastest way in the universe to change your body. Experience the original barbell workout for yourself. Multi-Level. [www.lesmills.com](http://www.lesmills.com)

**Core Conditioning**-A class will strengthen your abdominals and back while utilizing various equipment. Multi Level

### ▲FITNESS FOR TWO▲

Our Fitness For Two program is FREE for Members. A punchcard is available to Pre/post natal NM \$8.00/class. For pre/post natal participants, please choose from the following classes: Aqua Challenge, Aqua Fit, Aqua Yoga (MAC only), BodyFlow (EH only), Body Vive, Cycle Lite, Mommy Boot Camp (EH only), Stretch & Flex Yoga, STAY Fit (EH only). For more class selections:[www.ehac.com](http://www.ehac.com).

#### Les Mills Programs

The MAC offers 2 of the World-reknown Les Mills Choreographed Programs: BodyPump and BodyVive. For more information, go to [www.lesmills.com](http://www.lesmills.com)

#### Class Levels

**Fitness Seeker/Special Populations:** These classes are designed for individuals that are either beginning their fitness program or those that may be young at heart. These classes would also be post rehabilitation, pregnancy and postpartum friendly.

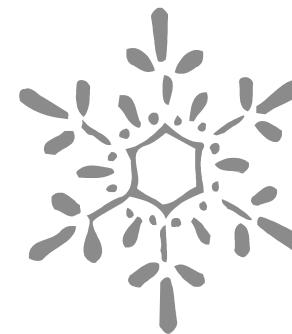
**Multi-level:** These classes are appropriate for most ability levels and can be easily modified to meet individual needs.

**Fitness Enthusiasts:** These classes may be of a slightly higher intensity and geared for individuals with a pre-existing fitness base.



THE MAC

# Group Fitness WINTER Schedule



Effective  
January 4, 2010

2500 Burton SE  
Grand Rapids, MI 49546  
(616) 956-0944