

YOUR MAFC INSTRUCTORS

Cindy Benton	Mick Beverly	Camy Hutchison	Christen Jewell
Barbara Carter	Susan Coon	Laurie Cooper	Mandy Shofner
Debora deCorrevont	Len Dollar	Bryan Fowler	Bethany-Rose Eaton
Bob Harper	Mamie Jones	Emily Summerhill	
Alison Koterak	April Martin		

STRETCHING AND FLEXIBILITY CLASSES

Beginning Yoga Learn the beginning postures of yoga, correct breathing and relaxation techniques. Enhances balance and stability. (60-70 minutes)

Chair Yoga Increase strength and improve flexibility by building on the basics of yoga with the use of a chair to assist with balance. (45 minutes)

Power Yoga A combination of exciting and challenging yoga poses that will increase flexibility, increase your cardiovascular system and sculpt a balanced body. (60 minutes)

Yoga for Health Increase strength and improve flexibility by building on the basics of yoga. Classes include a variety of flow series and stationary postures. (45-60 minutes)

Yoga Intermediate Flow This flowing practice will be a combination of sequenced poses and Vinyasa. Moderate to intermediate intensity level. (75 minutes)

Yoga Level I-II Open to all. Beginning poses to early intermediate. (65 minutes)

Yoga Level I-III Somewhat more difficult than Level I-II. Mixed level class including some harder poses, and may include very easy poses. (65 minutes)

FITNESS CLASSES

Belly Dancing 60 minutes of fun and exercise. Belly Dancing is for all ages and body types.

Bench/Weights/Abs 60 minutes Half hour step cardio/ 10 minutes weights/ 10 minutes abs/stretch

Cardio/Pilates Mat Class Combination intermediate hi/lo aerobics and Pilates mat class
Aerobics works the body to increase strength of the heart muscle and increase cardiovascular endurance.

Pilates works the core of the body to increase strength in the trunk (back/abs) (70 minutes)

Cardio/Bench/Abs Hi/Lo cardio, step, and abdominal workout (60-70 minutes)

Cardio Dance Party a fun, simple fitness dance class featuring fitness interval songs, novelty songs, hiphop, striptease aerobics, pop music and original line dances.

Cardio/Strength Total body workout from punches to lunges. (60 minutes).

Cardio/Toning 45 minute class that offers a variety of cardio moves (floor or step) ending with muscle endurance exercises.

Cycling/Cycling Extreme 45 minutes Group indoor cycling

Cycling Rip 'N' Ride (60 minutes) Group indoor cycling (40 minutes), sculpting (15 minutes) and stretch.

Floor Cardio Hi/Lo Impact make it high or keep it low in this floor aerobics class (60 minutes)

Hi/Lo Interval /Strength Training 60 minutes of hi/lo aerobics, strength training and Abdominal work.

Hi/Lo/Strength Training 60 minutes of step aerobics, hi/lo aerobics and strength training.

Hip Hop Hustle tm This class takes the fun factor up a notch with super hot moves that will have everyone wanting more! (30 minutes)

Navy Seals Running, swimming, push-ups, pull-ups and abs (Intermediate/Advanced). (60 minutes)

Pilates Mat Class Pilates promotes functional strength of the back and abdominal muscles, which results in strength and control and enhances daily activities, sports and recreation. (60-70 minutes)

Pilates Sculpting Pilates and Sculpting are combined to make your workout even more effective. Strengthen and lengthen muscles with a focus on the CORE (abs, lower back, glutes, hip and thighs) (45 minutes)

Rip 'n' Ride Cycling 60 minutes of group indoor cycling. Time will fly when your enjoying the ride.

Sculpt/Sculpting/Toning Muscle strengthening resistance exercises for all fitness levels (30-60 minutes)

Senior Strength Class held in cardio studio A and on fitness floor concentrating on increasing heart rate, and regaining strength, flexibility and balance (60 minutes)

Slanted Riser Interval New Class! (30/45 minutes) Experience the best of both worlds with this incredibly unique cardio/strength interval workout. A power packed athletic-based interval training routine.

Step/Cardio One hour of cardio aerobics and step.

Step Interval 60 minutes of interval training using the step and hand weights. Abdominal work at the end of class.

Step Cardio/Toning 30 minutes cardio step/30 minutes toning.

Step, Pump & Abs 60 minutes

Sunrise Core Workout Power Pilates on the mat. This class includes a cardio section and focuses on core strength.

Toning/Pilates 45 minutes of muscle toning incorporating Pilates core strength moves

Turbo Kick TM This is the hottest exercise class around! Sure, it's kickboxing, but it's so much more! You'll kick, punch and groove the calories away in this action-packed, super fun, super safe and effective cardiovascular workout

Turbo Step Body Blast 60 minutes Faster step cardio/ interval with weights/ 10 minutes abs/stretch

Zumba TM (45 minutes) Fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. A "feel-happy" workout that is great for both the body and the mind.

YOUR MAFC AQUATIC INSTRUCTORS

Barbara Carter
Mamie Jones
Rebecca Alden

Sherry Hart
Kriss McLain
Suzanne Robbins

CLASS DESCRIPTIONS

Adult/Advanced Kids Swim Class (30-45 minutes) No prior swim experience necessary. A class for adults wanting to learn to swim, or for swimmers wanting to improve and refine skills in the water.

Aqua Talk Water-walk between classes. No instruction. (30 minutes)

Arthritis Wellness Meets the special needs of people with arthritis. Helps reduce pain and stiffness, and increases joint mobility. This is a gentle, non-jarring class. (45 minutes)

Aquatic Fitness One hour of water aerobics featuring aerobic conditioning, resistance training and flexibility.

Family Swim Special time set aside for members to bring their children (ages 9 and under) to swim. Adult supervision is required for children ages 13 and under. Children 10+ must be on family membership to use pool, fitness floor equipment or track.

Hydro-Walk/Cardio/Sculpt (60 minutes) 20 minutes of water walking, 20 minutes of aquatic cardio ending with sculpt/stretch.

Kids-N-You Special time set aside for members to bring their young children (infant-7 years old) to swim. Parents are required to stay with kids. Small children are asked to wear swim pants.

Wet Area Reminders:

Children under the age of 10 are not allowed in the pool except during Family Swim, Kids-N-You, or if enrolled in Swim Class.

Children age 10 and up required to be on parent's membership to participate in any activity at MAFC.

No lifeguard on duty. Running, jumping and diving not allowed.

Help keep wet areas clean. Please shower off all perfumes, deodorants and lotions before entering pool or whirlpool. No Band-Aids or chewing gum allowed in pool or whirlpool.

Please report any accidents immediately to the Member Services Desk.

