



Group Exercise Class Schedule

September 2024

MCAC Hours: Monday-Friday 6:00am-9pm
 Saturday 7:30am-3pm Sunday 7:30am-2pm

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

MON	TUE	WED	THU	FRI	SAT	SUN
8:15 AM SPINNING with Vana	7:30 AM 30 min. EXPRESS *TOTAL BODY STATIONS with Marianne	8:15 AM SPINNING with Vana	7:30 AM 30 min. EXPRESS *FULL BODY STRENGTH with Linda	8:15 AM SPINNING with Linda	8:15 AM *FULL BODY STRENGTH with Marianne	8:30 AM SPINNING with Eduardo
8:15 AM *CARDIO FIT with Marianne	8:15 AM *TOTAL BODY STATIONS with Marianne	9:30 AM *WEIGHTS with Linda	8:15 AM *FULL BODY STRENGTH with Linda	8:15 AM *KICK & CORE with Marianne	8:30 AM ROW CIRCUIT with Linda	9:30 AM *YOGA with Jayne
	9:30 AM *CARDIO BARRE with Linda			9:30 AM *BARRE with Jenn	9:45 AM FALL CHALLENGE with Linda	
				Sound Bath Restorative Yoga with Jayne Friday, September 13 at 6pm	9:15 AM SPINNING with Brandon	
					Watch for NEW classes mid-month!	
5:30 PM *FULL BODY STRENGTH with Rebecca	5:30 PM ZUMBA with Alena	5:30 PM *HIIT & STRENGTH with Jenn	5:30 PM ZUMBA with Rick	Check out the new Fall Challenge with Linda! This 8 week transformation includes strength, HIIT, & nutrition guidance! More info at the desk.		
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
- Rowing Studio
Loft - 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 (2-5lbs), glider discs, and a barre or chair if at home. This is a progressive workout that gets more challenging as the month goes on 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 class each week.

Cardio Barre (Medium Intensity)

A fusion of ballet, pilates, yoga, cardio, and strength training in each workout. May include small props.
New class each week.

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 class each month.

Hiit & Strength (High Intensity)

This workout class delivers intervals of intense cardio and/or strength exercises paired with active recovery. Through a variety of simple, yet intense exercises, no matter what your workout goals are, each class will deliver what you are looking for.
New workout each week.

Kick & Core (High Intensity)

A high-energy mix of fun, cardio kick-boxing exercises, along with some core & stretching.

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.

Step & Core (High Intensity)

A cardio based workout using the step, and core based standing and mat work. This class is progressive and can get more challenging as the month goes on. The workout is based on beginner/intermediate choreography working through various planes of motion. All levels are welcome.

Step & Sculpt (High Intensity)

An all-encompassing workout that includes some cardio using the step and strength training using weights.
This class is progressive and can get more challenging as the month goes on.

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 class each week.

Vinyasa Flow (Medium Intensity)

A dynamic style of yoga that involves linking poses (asanas) together in a sequence that flows.

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 savanna finale.

Zumba (Medium Intensity)

A Latin-inspired cardio dance class. Have fun and get in shape at the same time. Easy to follow dance routines using great music & great moves, including Salsa, Samba, Merengue, Hip Hop, Cumbia & Calypso

Row & TRX / Row & Barre / Row Circuit (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.

Row Circuit = Intervals on rower + TRX