



Group Exercise Class Schedule

November 2024

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
8:15 AM SPINNING with Vana	8:15 AM *TOTAL BODY STATIONS with Marianne	8:15 AM SPINNING with Vana	8:15 AM *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	9:30 AM *CARDIO BARRE with Linda	9:30 AM *WEIGHTS 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 *BARRE with Jenn	9:15 AM SPINNING with Brandon	
		Closed Thanksgiving Day so our staff can enjoy a holiday.		Sound Bath Restorative Yoga with Jayne Friday, November 8 at 6pm		
5:30 PM *FULL BODY STRENGTH with Rebecca	5:30 PM SPINNING with Emily	5:30 PM *HIIT & STRENGTH with Jenn	4:30 PM *PILATES/YOGA with Jan	Fall Open House Saturday, November 2 Free Classes! Refreshments! Membership Specials!		
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.

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. Class changes each month.

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 class each week.

Weights (Medium Intensity)

Total body strength class using a mix of lighter and heavy weights. Class changes 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 savanna finale.

Row & TRX / 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