

MAC Group Fitness Classes



Register: Kentwood Recreation
 (616) 656-5270
Classes held at:
Michigan Athletic Club
 2500 Burton St SE G.R., MI 49546
 (616) 956-8003 ext. 346
Find class descriptions at -
www.michiganathleticclub.com
Limited childcare available

2012 MAC Group Fitness Classes

Session 1: January 2-February 12 (6 weeks)
 Session 2: February 13-March 25 (6 weeks)

Aqua Challenge / Aqua Yoga

| TIME | DAY | JAN 2-FEB 12 | FEB 13-MAR 25 |
|---------|---------|-----------------------|-----------------------|
| 4:30pm | Tu | #542610A \$48r/\$63nr | #542620A \$48r/\$63nr |
| 6:00am | W (45) | #542610B \$36r/\$51nr | #542620B \$36r/\$51nr |
| 4:30pm | Th | #542610C \$48r/\$63nr | #542620C \$48r/\$63nr |
| 8:30am | Sa | #542610D \$48r/\$63nr | #542620D \$48r/\$63nr |
| 10:00am | W (Y30) | #542610F \$24r/\$39nr | #542620F \$24r/\$39nr |
| 10:00am | F (Y30) | #542610G \$24r/\$39nr | #542620G \$24r/\$39nr |

Body Pump

| TIME | DAY | JAN 2-FEB 12 | FEB 13-MAR 25 |
|--------|-----|-----------------------|------------------------|
| 8:45am | M | #542611A \$48r/\$63nr | #542621A \$48r/\$63nr |
| 8:45am | W | #542611B \$48r/\$63nr | #542621B \$48r/\$63nr |
| 4:30pm | Th | #542611C \$48r/\$63nr | #542621C \$48r/\$63nr* |
| 9:00am | F | #542611D \$48r/\$63nr | #542621D \$48r/\$63nr |
| 7:20am | Sa | #542611E \$48r/\$63nr | #542621E \$48r/\$63nr |
| 9:00am | Su | #542611F \$48r/\$63nr | #542621F \$48r/\$63nr |

BodyVive

| TIME | DAY | JAN 2-FEB 12 | FEB 13-MAR 25 |
|--------|-----|-----------------------|-----------------------|
| 5:30pm | Tu | #542612B \$48r/\$63nr | #542622B \$48r/\$63nr |
| 8:30am | Th | #542612C \$48r/\$63nr | #542622C \$48r/\$63nr |
| 4:00pm | Su | #542612D \$48r/\$63nr | #542622E \$48r/\$63nr |

Cycling (M3)

| TIME | DAY | JAN 2-FEB 12 | FEB 13-MAR 25 |
|---------|-----------|-----------------------|-----------------------|
| 7:30pm | M (45) | #542613A \$36r/\$51nr | #542623A \$36r/\$51nr |
| 8:30am | Tu | #542613C \$48r/\$63nr | #542623C \$48r/\$63nr |
| 12:00pm | Tu (Core) | #542613B \$48r/\$63nr | #542623B \$48r/\$63nr |
| 7:30pm | W (45) | #542613D \$36r/\$51nr | #542623D \$36r/\$51nr |
| 12:00pm | Th (45) | #542613E \$36r/\$51nr | #542623E \$36r/\$51nr |
| 5:45am | F (45) | #542613F \$36r/\$51nr | #542623F \$36r/\$51nr |

S.P.E.W. / Free Style Strength

| TIME | DAY | JAN 2-FEB 12 | FEB 13-MAR 25 |
|--------|--------|-----------------------|-----------------------|
| 5:30pm | M SPEW | #542615C \$48r/\$63nr | #542625C \$48r/\$63nr |
| 4:30pm | Tu FSS | #542615B \$48r/\$63nr | #542625B \$48r/\$63nr |

Pilates I & II

| TIME | DAY | JAN 2-FEB 12 | FEB 13-MAR 25 |
|--------|------------|-----------------------|-----------------------|
| 8:00am | Tu (PI) | #542614A \$48r/\$63nr | #542624A \$48r/\$63nr |
| 9:45am | W (PII45) | #542614B \$36r/\$51nr | #542624B \$36r/\$51nr |
| 8:00am | F (PI) | #542614C \$48r/\$63nr | #542624C \$48r/\$63nr |
| 8:30am | Sa (PII45) | #542614D \$36r/\$51nr | #542624D \$36r/\$51nr |

Turbo Kick

| TIME | DAY | JAN 2-FEB 12 | FEB 13-MAR 25 |
|--------|-----|-----------------------|-----------------------|
| 5:30am | M | #542616A \$48r/\$63nr | #542626A \$48r/\$63nr |
| 5:30pm | Th | #542616B \$48r/\$63nr | #542626B \$48r/\$63nr |
| 8:00am | F | #542616C \$48r/\$63nr | #542626C \$48r/\$63nr |
| 9:30am | Sa | #542616D \$48r/\$63nr | #542626D \$48r/\$63nr |

Yoga I & II / PiYo

| TIME | DAY | JAN 2-FEB 12 | FEB 13-MAR 25 |
|---------|----------|-----------------------|-----------------------|
| 9:50am | M (YI) | #542617A \$48r/\$63nr | #542627A \$48r/\$63nr |
| 6:30pm | Tu (YII) | #542617E \$48r/\$63nr | #542627E \$48r/\$63nr |
| 10:00am | F (YI) | #542617C \$48r/\$63nr | #542627C \$48r/\$63nr |
| 5:10pm | Su (PY) | #542617D \$48r/\$63nr | #542627D \$48r/\$63nr |

Zumba

| TIME | DAY | JAN 2-FEB 12 | FEB 13-MAR 25 |
|--------|-----|-----------------------|-----------------------|
| 6:00pm | M | #542618A \$48r/\$63nr | #542628A \$48r/\$63nr |
| 9:30am | Tu | #542618B \$48r/\$63nr | #542628B \$48r/\$63nr |
| 5:30pm | W | #542618C \$48r/\$63nr | #542628C \$48r/\$63nr |
| 9:30am | Th | #542618D \$48r/\$63nr | #542628D \$48r/\$63nr |