



get FIT, have FUN,
make FRIENDS!



MAC GOODLIFE

ACTIVE OLDER ADULT PROGRAMMING

All scheduled classes are designed with the active older adult in mind. Classes are formatted to improve flexibility, conditioning, cardiovascular and functional fitness for the MAC GOODLIFE.

SCHEDULE BEGINS 06/08/09

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30am			Women's Club-Hatha Yoga/Marta		Women's Club-Hatha Yoga/Debra
12:00pm	Pool-Water Aerobics/Flora-Jackie Women's Club-Osteopilates/Pam		Pool-Water Aerobics/Flora-Jackie	Women's Club-Osteopilates/Morven	Pool-Water Aerobics/Flora-Jackie
12:15pm		Studio A-Lunch Express/Vicki	Studio A-Lunch Express/Carrie	Studio A-Lunch Express/Carrie	
12:30pm		Women's Club-Machine Circuit/Sue		Women's Club-Machine Circuit/Sue	
1:00pm	Studio A-Silver Sneakers™/Carrie Pool-Arthritis H2O/Flora	Studio A-Cardio Conditioning/Carrie	Studio A-Silver Sneakers™/Phyllis Pool-Arthritis H2O/Flora	Studio A- Cardio Conditioning/Carrie	Studio A-Silver Sneakers™/Carrie Pool-Water Relaxation/Flora
1:00pm			Studio B- Cardio Conditioning Express/Vicki		

DESCRIPTIONS ON BACK PAGE

- MACGoodlife™ members attend the club after 12pm and before 3:30pm and can participate in all activities during those times.
- All older adult members can attend Silver Sneakers classes. You do not have to be a Silver Sneakers member.
- All members are invited to attend aquatics and any older adult programming.
- Most of our OAP is during the mid-day hours to prevent overcrowded classes and allow for specialty programs.
- For monthly workshops, socials and or special events. Contact Vicki 281-497-7570, check with front desk or check newsletter for information.

Water Aerobics: Our Water Aerobics classes are designed for everyone to enjoy. More info on Aqua schedule.

Arthritis H2o: This class is taught in warmer water and is designed to help with mobility. More info on Aqua schedule.

Machine Circuit: It is always suggested to visit with one of our fitness advisors before coming to this class so you understand the weight equipment. Held at MACW. Learn strength and cardio fundamentals.

Osteopilates: Gentle form of Pilates that focus on strength and flexibility of the core muscles necessary for balance and coordination. It is always advised to take Basic Principles if you are new to Pilates.

Cardio Conditioning/Express: A low impact work-out focusing on cardiovascular fitness and core work.

Silver Sneakers™: A signature class designed to enhance muscular strength, coordination and balance.

Lunch Express: This class is a little of everything in 45 minutes. Strength, core and fitness endurance, that gets it all.

Hatha Yoga: Although this class is added to the OAP schedule it is recommended for everyone. This class is designed for all ages however like any fitness class you must learn fundamentals first. It is advised to take Yoga Basics with Bob on Saturday morning if you are new to yoga.