

# MAC Cardio & Strength

**BOSU:** The BOSU® Balance Trainer or BOSU® Ball (which stands for “Both Sides Utilized”) allows you to train for multiple components of fitness, including balance, stability, strengthening the core and more. These skills are important for accomplishing everyday activities. Challenge your coordination and functional strength like never before with BOSU ball training. BOSU will provide a complete workout—total body strength, cardio and balance training—like you have never experienced before.

**FIT 4 GOLD:** Focus on improving strength, balance and core muscles with segments devoted to increasing joint range of motion and flexibility; modifications are offered for all fitness levels in a non-threatening environment. GOLD Classes are designed for those beginning a fitness regimen, those who prefer low-impact exercises and those who prefer classes with limited choreography.

**MAC BOOTCAMP:** A challenging, fun and supportive workout! The workout consists of cardiovascular conditioning (running or walking, plyometrics), strength training (weights, stability balls, resistance bands, medicine balls, Glides, kettle bells) and stretching.

**MAC CARDIO INTERVALS:** This class encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. This class targets all muscle groups by engaging in dynamic and isometric movements. The workouts will be done with high intensity and high energy. It is designed to promote strength, cardiovascular endurance, lean muscle growth, and excess fat loss. This class may be taught in a circuit style, to the music, or time intervals depending on the instructor.

**MAC COMPLETE:** Want it all in one class? This class is for you. Cardio, strength, core, and flexibility training rolled into one. Depending on the instructor this class may start with cardio, go to strength and core, then to a stretch or it may be mixed up through the entire class! Get a complete workout in under an hour.

**MAC GOLDEN FIT:** This class incorporates gentle aerobic movements to increase cardiovascular endurance, and incorporates strength, balance, and flexibility stretches to ease muscles stiffness and soreness while building bone density for osteoporosis prevention. This class can be done seated or standing behind a chair.

**MAC STEP AND SCULPT:** Get moving with this cardio-step based class that incorporates plyometrics, strength training and fun choreographed cardio moves. Bring up your heart rate, break a sweat, have a blast with upbeat music.

**NIA:** This mind/body physical conditioning program that initially stood for Non-Impact Aerobics, a health and fitness alternative that emerged in the '80's, and evolved to include neurological integrative practices and teachings. This class is open to all fitness levels, all members age 13 and up.

**SWEATIN' GOLD:** Low impact, cardio with concentration on cardiovascular endurance rather than combinations and choreography. Finish class with a cool down and weights if requested.

**ZUMBA TONING:** Zumba Toning is for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.