

MAC Strength

MAC CORE: CORE conditioning with a focus on strengthening and toning the entire abdominal area to maintain balance, agility, posture and movement using weights, balls, resistance equipment and your own body weight. A complete CORE workout in 25 minutes.

MAC TIGHT & TONED: Sculpt your entire body while building muscle through small movements and isometric work. This 45-minute class will use weights, bands and body weight exercises to tone your arms, legs, butt and abs. This challenging class accommodates all fitness levels.

MAC Total Strength: This class builds endurance and develops coordination and balance. You can expect to use a variety of different equipment such as weights, bands, balls and other tools to get stronger and leaner. Combine the benefits of building strength with the motivation and positive atmosphere of a group exercise class.

MAC MS&C: Muscle strength and conditioning isolates each of the major muscle groups utilizing free weights, bar bells and resistance tubing. A personal training approach in a group setting for all fitness levels.

LES MILLS BODYPUMP: BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. The cutting-edge BODYPUMP™ choreography, and chart-topping music is refreshed every three months, so with your choice of weight and highly-trained instructors you can get the group effect and the results you've been looking for.

TRX: Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.