**August 2015** MORE CLASSES ADDED DAILY. PLEASE GO TO [www.martinezathleticclub.com](http://www.martinezathleticclub.com) FOR UPDATED SCHEDULE.  ****

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| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **9:00am \*FREE\* No Excuse Mom Meetup** **10:00am - Bootcamp** | **6:30pm – Bootcamp****5:30pm- Spin** | **5:00am -Bootcamp****9:00am-MAC Express****12:00pm - Bootcamp****6:30pm- Mat Pilates w/Denae****7:30pm-Spin** | **12:00pm –Spin****5:30pm-Spin****6:30pm -Bootcamp**  | **5:00am - Bootcamp****9:00am –MAC Express****12:00pm –MAC Express****6:30pm – Level I/11 Yoga w/Denae****7:30pm- Spin** | **6:30pm - Bootcamp** | **7:00am – Spin****9am - Yoga Level I/II w/Denae** |
| **9** | **10** | **11** | **12** | **13** | **14** | **15** |
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| **16** | **17** | **18** | **19** | **20** | **21** | **22** |
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| **23** | **24** | **25** | **26** | **27** | **28** | **29** |
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| **30** | **31** | **1** | **2** | **3** | **4** | **5** |
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Questions? Call or text us at (925) 849-7128. Class times subject to change

**MAC CLASS DESCRIPTIONS** **** ****

**Bootcamp** – MAC Bootcamps are designed to make the most of your time with a variety of different exercises designed to promote cardiovascular activity, increase strength, and lose body fat. This is an awesome workout for those who get bored at the gym or need more support when exercising as you’ll be under the instruction of a certified personal trainer. Each bootcamp consists of a different routing and you may find yourself lifting weights, swinging kettlebells, throwing medicine balls but always meeting great people. All fitness levels welcome.

Time: 60 minutes

**Spin** – MAC Spin is a fantastic heart-pumping workout. Taught on a stationary bike, you will climb, sprint, and train to incredible music and extraordinary instruction. All fitness levels welcome.

Time: 60 minutes

**Disco Spin** – MAC Disco Spin puts the “club” in Martinez Athletic Club! An hour of indoor cycling set to the beat of awesome music and disco lighting. You’ll have so much fun you won’t realize how intense your workout is. All fitness levels welcome.

Time: 60 minutes

**MAC Express** – MAC Express consists of 30 minutes of spin and 30 minutes of Bootcamp, resulting in maximum results. All fitness levels welcome.

Time: 60 minutes

**Level I/II Yoga** – MAC Yoga explores the 30 core postures, sun salutes, and introduce breathing techniques; all while improving mental and physical strength, endurance, and increasing flexibility of the spine. This class is perfect for new yogis, those returning to fitness, or the athlete who needs a great stretch! All fitness levels welcome.

Time: 60 minutes

**Mat Pilates** – This class explores Stott Pilates, which is based on the five basic principles of breathing, pelvic placement, rib cage placement, scapular movement, and cervical placement. In our mat class, we will challenge endurance, balance, and increase flexibility. The result is a longer, leaner, stronger aligned body and focused mind.

Time: 60 minutes