

The MAC

GENERAL FITNESS



General & Specialty Fitness Classes*

General and specialty fitness classes at City Park Fitness Center, West View, The MAC and Swim & Fitness Center are included with All-Facility and SilverSneakers® passes. Individual facility passes include all fitness classes at that facility.

NON-PASSHOLDER OPTIONS:

- General fitness classes are included with general admission.
- Specialty fitness class FlexFit 10-visit punch card: \$100
- Specialty fitness class drop-in fee: \$12

General Class • = All levels •• = Intermediate/Advanced
 Specialty Class SilverSneakers® class (also for RenewActive® members)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| Low Impact-Advanced • Linda 7:15-8:15 a.m. | | Low Impact-Advanced • Linda 7:15-8:15 a.m. | | Low Impact-Advanced • Linda 7:15-8:15 a.m. |
| Low Impact-Beginner • Fiona 8:45-9:45 a.m. | Yoga for Everyone • Robyn 8-9 a.m. | SilverSneakers Circuit • Linda 8:45-9:45 a.m. | Yoga for Everyone • Robyn 8-9 a.m. | Country Line Dance • Judy 8:30-10 a.m. |
| Country Line Dance • Judy 9-10 a.m. | SilverSneakers Classic® • Coleen 9:15-10:15 a.m. | | SilverSneakers Classic® • Fiona 9:15-10:15 a.m. | Hi/Lo Aerobics • Amanda 9-10 a.m. |
| Flex & Stretch • Melissa 10:15-11:15 a.m. | SilverSneakers EnerChi® • Ed 10:30-11:30 a.m. | Body Flex • Tracy 10:15-11:15 a.m. SilverSneakers Yoga® • Kathleen 10:30-11:30 a.m. | SilverSneakers EnerChi® • Ed 10:30-11:30 a.m. | SilverSneakers Yoga® • Meiissa 9:15-10:15 a.m. |
| SilverSneakers Circuit® • Linda 11:45 a.m.-12:45 p.m. | | Cardio Plus - Tracy 11:45 a.m.-12:30 p.m. | Zumba Gold • Pam 11:45 a.m.-12:45 p.m. | Flex & Stretch • Melissa 10:15-11:15 a.m. |
| | | Country Line Dance • Vera 1-2 p.m. | | SilverSneakers Circuit® • Linda 11:45 a.m.-12:45 p.m. |
| SilverSneakers Yoga® • Kathleen 1-2 p.m. | Tai Chi • Elaine 1:00-2:00 p.m. | SilverSneakers Yoga® • Irene 1-2 p.m. | Tai Chi • Elaine 1:00-2:00 p.m. | |
| | | | Country Line Dance • Vera 5:30-6:30 p.m. | |

*Updated 1/12/2026
 *All classes listed are subject to change or cancellation.

The MAC

ACTIVE ADULT



General & Specialty Fitness Classes*

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