

The Mack Fitness Center Presents fitness on request



Classes Include:

FUSION: Invigorating vitalizing, each class is the perfect integration of yoga and Pilates moves, with attention to breath, form, flow and body balance.

VIBE: Get down, get edgy and get your groove on as world rhythms drive these multi-dimensional dance-based classes, from Latin to urban, hip-hop and more. Take the party to the floor, you'll forget you're exercising!

STOMP: Truly a "step revival"... as step was originally meant to be taught— Go up, over and around the step for a total-body, cardio-driven workout. Easy to follow yet inventive step patterns make Stomp doable and fun! Give this fresh take on step a try!

REV: Experience the "best ride" of your life with our studio cycling classes. Maximize calorie burn and increase cardio and muscle endurance with our unique mix of sprints, climbs, intervals, drills, terrain and technique, to challenge you in every class.

KINETICS: You'll never be bored with our no-nonsense total-body training programs. This multi-activity class includes sport-style cardio intervals interspersed with resistance circuits and muscle isolation work. It's the most effective way to torch calories and test your levels of fitness and endurance!

TKO: TKO is a non-stop movement to channel one's inner fighter. Benefit from the power behind the punch and total-body training. A fusion of martial arts disciplines, each class includes a combination of punches, kicks, strikes and techniques for a great knockout experience.

TRANSITIONS: A totally refreshing outlook on fitness, Transitions is about staying active, strong, sexy and vital, working out with intelligence while promoting optimum fitness and health for life. Each Transitions class features the perfect multi-level mix of cardio, resistance training, balance, mobility and awareness skills that can positively impact those in the 45+ market.

DEFINITIONS: Definitions is a straight sculpt to define, re-shape and re-contour. Ever popular for the body conscious, these 6 classes offer a focus on multi-dimensional and isolated total-body training utilizing the best of today's leading sculpt techniques.

EXPRESS: Express provides short, intense workouts that deliver results in minimal timeframe. All you need is 20 minutes. If you're ready for a quick calorie burn and focused training— jump on the Express!

Visit or call the Mack Fitness Center to learn more, 570-615-7092

