

# MAC MINICLINICS



experience personal training *on us*



## February

IF YOU'VE ALWAYS WANTED TO WORK WITH A PERSONAL TRAINER, BUT NOT SURE WHICH ONE OR WHAT TO TRY... **LOOK FOR OUR MONTHLY CALENDAR OF MAC MINI CLINICS.**



**SATURDAY, FEBRUARY 4TH | 9:00-10:00AM**  
CORE STRENGTH CLINIC | SCOTT THOMPSON

Get a strong core with just your body weight learn a sequence of poses including plank, inchworm, cobra and other exercises designed to build core strength- no toys needed.



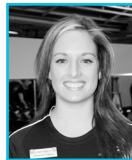
**TUESDAY, FEBRUARY 21ST | 5:30-6:30PM**  
CORE AND BALANCE | VYTAS MACIUNAS

Strengthen your core and balance using a number of different tools including the BOSU balance trainer, stability disc, weights and physioball.



**TUESDAY, FEBRUARY 7TH | 5:30-6:30PM**  
PLYOMETRICS | ALEX MEYERS

Work on speed, explosiveness, cardio conditioning, balance and agility skills with this plyometric workout.



**WEDNESDAY, FEBRUARY 22ND | 5:30-6:30PM**  
BOSU TRAINING | STACY KELLY

BOSU stands for both sides up. Come experience how both sides can build strength and balance with BOSU training.



**SATURDAY, FEBRUARY 11TH | 9:00-10:00AM**  
TRX TRAINING | ERIN OLSEN

All the rage in functional training- learn how these famous yellow straps that hang from the ceiling can transform your body into a lean, fighting machine.



**SATURDAY, FEBRUARY 25TH | 9:00-10:00AM**  
INTERVAL TRAINING | CARLOS DORSEY

This boot camp style clinic will get your metabolism cranking, your heart rate up and build strength.



**TUESDAY, FEBRUARY 14TH | 5:30-6:30PM**  
SENIOR STRENGTH & BALANCE | MARGO GOUDY

Use stability ball and free weights to gain strength and balance to help you in everyday life.



**TUESDAY, FEBRUARY 28TH | 5:30-6:30PM**  
BOSU TRAINING | ERICK BAIER

BOSU stands for both sides up. Come experience how both sides can build strength and balance with BOSU training.



**SATURDAY, FEBRUARY 18TH | 9:00-10:00AM**  
KETTLE-BELL CLINIC | VLAD STROYVANS

Learn the 5 basic Kettle-bell exercises designed to work your body as one unit.

