

WELLNESS

FORMULA for SUCCESS

Even members who've dialed in their fitness equations can find accountability on the fly with MAC Wellness' new take on a "modified subscription service."



MAC's classic program for fitness recalibration, Fit in 5 is designed to create great habits.

WI, AC, NE, SF, PA, SC, WO



Free classes abound at the club, and mix nicely with the accountability of Nutrition Intuition.

SC, WO



Tailored fitness programs offer personalized approaches to individual fitness goals.

AC, SF, PA, WO

Come, go and get what you need. A la carte format perfectly augments other club offerings.

WI, AC, NE, SF, PA, SC, LT



WEIGH-INS



ACCOUNTABILITY



**NUTRITION
EDUCATION**



**SCHEDULING
FLEXIBILITY**



**PERSONAL
ATTENTION**



**SENSE OF
COMMUNITY**



**WORK
OUTS**



**LITTLE TIME
COMMITMENT**