



## ~ Attention CRAAR Members & Affiliates ~

**It is time to renew again through the CRAAR/MAC Membership Discount!**

- Enrollment will take place at MAC Xtreme or MAC South from October 15th – November 30<sup>th</sup>, Monday-Friday from 8am to 8pm or Saturday from 8am to 1pm.
- 6 Month Discounted Membership Running November 1<sup>st</sup> – April 30<sup>th</sup>. No Pro-rated Memberships. Late Fee Applied after November 30th.
- All 6 locations (Xtreme, South, and 24/7 Xpress locations found in Fairfax, The Fountains C.R., Downtown C.R. and Marion)
- **\$175.00 – 6 Month Membership** (Valued at \$509.32! Savings of over 65%)
  - **FREE Kids Club and Co-op Membership Included**
- Same Discount Applies for Spouse/Dependent
- Member must provide proof of Affiliation with CRAAR.

### Check out all the Amenities The MAC offers:

- Variety of Cardiovascular Equipment
- Circuit Training Equipment, Free Weights & Kettlebells
- FREE Ms. M.A.C. - Women's Only Area
- Saunas & Steam Rooms
- Whirlpool
- 3 – Lane Lap Pool
- Swim Lessons\*
- FREE Aqua Aerobics
- FREE Group Exercise Classes
- FREE Cycle/Spin Classes
- Mind & Body Classes\* (Yoga, Hot Yoga, Pilates, Barre & more!)
- Outdoor Walking Trail
- YOUTH FIT\* (required under the age of 16)
- Personal Training Packages\*
- Racquetball Court & Basketball Court
- FREE Quarterly On Site Services
- Tanning\*
- Free Kids Club Facility (Ages 11 & under)
- FULL Locker Facilities
- Executive Locker Rooms\*
- 40% discount off selected pro shop items, Smoothie Xpress & more!
- FREE XPRESS 24/7 access (one time \$25 activation fee)
- FREE MAC FIT & InBody Testing

\*Additional Charge

**For Questions Please Contact Kyle Knock at (319) 377-7758 or [kknock@the-mac.com](mailto:kknock@the-mac.com)**

# EVERY. BODY.

A reflection of the 'EVERY. BODY.' text, appearing as a lighter, semi-transparent version of the text below the main logo.