



Females In Training at The Missouri Athletic Center

# FIT-MAC NEWSLETTER

Volume 2 Issue 2

April 2007

## Mark Your Calendars

**April 21st** - Summer Swim Team Open House. Meet the coaches & get fitted for a suit. 11am—2pm in the lobby of Wilson’s Fitness Center South

**April 21st**— CAR WASH Fundraiser for our MAC USA Swim Team 8:30-12:00.

**May 19**—**OPEN HOUSE** for FIT and The MAC Summer Club. Bring your friends and the kids and have some food and fun!

**May 26th**—The MAC Summer Club Opens.

**May 29th**—First practice for swim team.

**June 1st**—Member appreciation party.

**June 4th**—Summer swim lessons begin. Morning and Evening all summer long.

**June TBA**—Summer swim team picture day and parent meeting to be announced.

**June 11th**—MAC Summer Camps begin and will run all summer long. Registration forms available at the front desk and on line at soccermac.com

**Summer is coming! Have some fun this summer by adding the MAC Summer Club, Beach Club or both to your membership? It’s easy! Talk to member services today!**

## Spring Break is over and FIT has a whole new look!

We worked hard over the break to make some changes and improvements to FIT. There are a few more things on our list, but we think you’ll agree; FIT is better than ever!

We hope you took advantage of one or both of our other locations while we were closed. You can add on to your current membership anytime! Talk to one of our FIT membership representatives today and start enjoying all that Wilson’s has to offer!

**You can get a free one year membership!** How? By bringing us only 3 new members within a one year period starting April 15th. Talk to Julie or Lara for details.

**Member Appreciation Party** June 1st murder mystery dinner and comedy. More info. in May’s newsletter

## Personal Training

Having trouble getting motivated? Need a little change in your routine or just not quite reaching your goals? Your own personal trainer is exactly what you need. Your trainer will guide and teach you how to get the most out of your time in the gym. They will also provide you with the accountability you may need to keep you motivated.

## Join Our Mailing List

We would like to send you updates about programs and information from Wilson’s, FIT and the MAC. All you need to do is add yourself to our list.

How do you do it? It’s easy; just go to wilsonsfitness.com and click on “join our mailing list”. Enter your name and e-mail address then choose the type of information you would like to receive. Or stop at our front desk and we will take care of it for you!

## Soccer Minutes

The MAC will be forming teams for the Show Me State Games again this year. For players ages under 6 to over 50. Contact Chris Viers

The MAC United competitive outdoor teams will be forming in June for the 2007-2008 seasons. For kids ages 8-14. Contact Chris Viers

cviers@soccermac.com or 442-KICK

Little kickers will continue throughout the summer. Registration forms available at the front desk and online. Soccermac.com

**The MAC Initiative** Area business owners, soccer enthusiasts and advertisers are uniting to create the MAC outdoor soccer fields. See Chris or Lara to see how you can be a part of this effort.



442-KICK

## Meet Member Services at FIT

**Lara Florea**  
General Manager  
lflorea@soccermac.com

**Julie Huebert**  
Member Services  
jhuebert@soccermac.com

**Katrina Cardwell**  
Member Services and reception  
kcardwell@soccermac.com

**Karen Pate**  
Daytime Reception Mon., Wed., Fri.  
kpate@soccermac.com

**Liz Schoborg**  
Mon., Wed. Evening & Weekend Reception  
Swim Instructor & Summer Asst. Swim Coach  
lschoborg@soccermac.com

**Aisha Ahmouda**  
Member Services and reception  
aahmouda@soccermac.com