



Females In Training at The Missouri Athletic Center

FIT-MAC NEWSLETTER

(573) 449-2606

info@fit-mac.com

August/September 07

Mark Your Calendars

August 13th—27th

Indoor pool closed.

August 19th 1:30 pm

Introducing Body Step

August 20th Indoor soccer and USA Swim Team (year round) practices begin

August 21st

New pool hours

August 25th 9:00—11:00am

Starts&Turns swim clinic

August 25th 11:15am

Back to Basics class for FIT ladies.

September

Fabiola's Lunch Bunch will start again. See the front desk for days×.

September 3rd Labor Day

FIT & MAC Summer Club open 12:00—6:00

September 8th 10-4pm

Wilson's 25th Anniversary Celebration

September 10th

Fall session of swim lessons begin.

To Be Announced

Ladies Night at the MAC. Date & time coming soon.

USA Swim Team

Fall season practice begins August 20th at the MAC outdoor pool.

Indoor Soccer

Fall season practice begins August 20th.

Registration

Forms & information for soccer and swimming are available at our front desk and on line soccermac.com.

Outdoor Pool Hours

Starting August 21st, the MAC Summer Club hours will change:
4:00pm—8:00pm Monday - Friday, Saturday 11-8 & Sunday 12-8.

Body Step join us August 19th 1:30pm at South for the launch of this great new program. Everyone is invited for the class & the chance to win prizes.

FIT Indoor pool

will be closed for maintenance **August 13th—27th.**
FIT members are welcome to use the pool at South during this time. All FIT aqua classes will be held outside.

Starts & Turns Clinic

Hosted by Anne Sievers
Saturday August 25th from 9-11 am at the MAC outdoor pool. Register at FIT macsharkswimming.com

Back 2 Basics

The math & science behind the results you want.

Find out how to get the most out of your work out. This class is for FIT ladies. It will be held in the FIT aerobics room at 11:15 on August 25th. Hosted by Lauren Oakley, Our FIT Training Director. There is no cost for this class, just register at our front desk.

Aerobic&Aqua classes

new schedule to begin September 1st.

Labor Day Sept. 3rd

Last Blast of Summer family fun day! FIT & the MAC pool will be open from 12 -6pm.

Wilson's 25th

Anniversary Celebration September 8th!

We will re-open the pool for that day, have games, giveaways and activities for the whole family.

Soccer Minutes

The MAC had 17 soccer teams participate in the Show Me State Games! Those teams consisted of players ages under 6 to over 50.

Combined, they brought home 2 golds 1 silver and 2 bronze medals.

Congratulations MAC soccer players!

Soccer Director
Chris Viers
442-kick
soccermac.com

Swim Team Minutes

The MAC USA Swim Team had many kids qualify & compete in Division II & Division I Championships

They brought home lots of medals and we had 2 swimmers qualify for Zone Championships!

Congratulations MAC Sharks!

Shark Swim Coaches
Ty Hubbard
Amanda Morford
Kristen DuCharme
449-2606
macsharkswimming.com

Amanda won gold (more than once) in swimming at this years Show Me State Games. Congratulations Amanda!!

MAC Summer Splash Savings

Don't miss your chance for special 2008 summer season pricing! Renew your MAC Summer Club for the 08 season before 9/4/07 & keep your current rate or Join before 9/4/07 and get **2006** pricing for the 2008 season!
Contact Julie or Lara at 449-2606 or come talk to us anytime.