

# You Are Invited!

To the MAC Summer Club and FIT (Females In Training)

## OPEN HOUSE

Thursday, May 22nd from 4:00pm – 8:00pm

Join us for sample aerobics classes and enter our drawing to win some great prizes including a full **1 year membership to FIT.**

All new members who join FIT at the Open House will receive a gift.

All current members who bring a friend that joins at the Open House will receive a complimentary **FIT101.**

### **FIT Aerobics**

Now is the time to try Yoga, Body Combat, Tone It Up or one of our other FIT classes

15 minute sample aerobics classes will start at 4:30 and run every 15 minutes until 7:30

**TRY ONE OR TRY THEM ALL!!**

### **Aquatics**

6:15– 7:15 Water Aerobics

The FIT Play Center will be open from 4:00pm -7:45pm.

Bring your children ages 3 months to 10years

### **The MAC Summer Club**

**Save money on gas and vacation at the pool this summer!**

Join the summer club; meet the staff

Sign up for swim team, swim lessons of Camp MAC

**FACE PAINTING AND BOUNCE HOUSE 4-8 PM**

**FIT is located inside the MAC at 2900 Forum Blvd. (573)449-2606  
info@fit-mac.com**