Let's Get Started!

The MAC fitness trainers are here to help you achieve a healthy, active lifestyle!

**Fitness Orientation**: FREE

**Fitness Assessment**: $25 or FREE with "The WHOLE Package"

**Fitness Training (per session)**: $25

- **Package Deals**:
  - 3 Sessions: $70
  - 5 sessions: $110
  - 10 sessions: $210

**The WHOLE Package**: $90

- Full Fitness Assessment, three sessions with a Fitness Trainer, Fitness orientation with a personal ACSM workout plan and a Workout Log.

**Workout Partner Discount**: 20%/person per session (2 - 5 people)

- Not applicable to "The Whole Package"

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DID YOU KNOW???

- It's a goal of the MAC to assist our community in making positive health and fitness decisions!
- According to the current national 2010 statistics, **Oklahoma City** ranks among the top 10 Fattest cities in America and is among the top 3 with the fastest growing obesity rates. Studies have shown that obesity can lead to more severe health ailments such as coronary heart disease, ischemia, stroke, hypertension, type 2 diabetes and certain cancers, while regular physical activity has been shown to decrease risk of disease and increase overall health. Because the recommendations for at least 30 minutes of physical activity a day at least 3 days a week are still not being met, **heart disease has replaced cancer as the leading cause of death in the United States**!

Beginning a program can be tricky business, **BUT the MAC is here to help you**! Our Fitness Training program will assist you in getting the jump start you desire. Basic programs will be designed using national guidelines and recommendations around your needs.

Contact us to make an appointment today!
**Fitness Assessments**

A **Fitness Assessment** is an evaluation in which a Fitness Trainer measures your height, weight, resting heart rate, blood pressure, and circumference measurements. In addition, a Fitness Trainer will assess all five of the following health related areas:

- **Cardiorespiratory Endurance**
  Ability of your cardiovascular and respiratory systems to provide oxygen to working muscles.

- **Muscular Strength**
  Ability of your muscles to exert force.

- **Muscular Endurance**
  Ability of your muscles to contract repeatedly over time.

- **Flexibility**
  Ability to move your joints and muscles in a full range of motion.

- **Body Composition**
  The relative amounts of adipose tissue (fat) and lean tissue (muscle) in your body.

**Fitness Orientations**

A **Fitness Orientation** consists of an overview of our cardiovascular and strength training equipment with a Fitness Trainer. This orientation will help you become more knowledgeable and comfortable with the use of the weight and cardio machines and their benefits. You will also learn how to use the equipment safely and efficiently. The orientation includes an informational tour of the facility, which introduces all of the services and amenities of the MAC and facility policies.

**Fitness Training**

Each **Fitness Training Program** begins with an initial consultation with a Fitness Trainer where you will discuss your goals, limitations, and availability. This is also a time for you to ask questions or express concerns with a workout plan.

A workout plan which meets essential guidelines will be created to fit your personal needs. Your Fitness Trainer will then assist you through your workout plan, making sure you’re working efficiently and effectively.

You will also receive a Workout Log that will help you keep track of your daily workouts, allowing you and your Fitness Trainer to notice your improvements and any challenges you may be having.