

WELCOME TO THE MABEE AEROBIC CENTER



The MAC is a modern, multi-purpose health and wellness center located on the campus of St. Gregory's University. Whether you're a fitness guru or just beginning your journey to better wellness, the MAC has something for all fitness levels!

Cardio Room - Features treadmills, ellipticals, upright and recumbent stationary bikes, stairmaster equipment and weight resistance machines ideal for circuit training routines.

Weight Room - Our newly-renovated weight room is perfect for anyone wanting to stay in top-notch shape. Members can use the free weights, benches and multiple universal and weight training pieces.

Gymnasium - The Intramural gymnasium is open to the public and is great for playing indoor soccer, basketball or volleyball.

Indoor Pool - One of the MAC's most popular features! Members can swim laps, take a water aerobics class or bring the family for open swim time.

Other features - Members can also take advantage of free fitness classes, two full-sized racquetball courts, dressing rooms, lockers and our dry sauna for post-workout relaxation.

MABEE AEROBIC CENTER HOURS OF OPERATION

Monday - Thursday	5:30 a.m. - 10:00 p.m.
Friday	5:30 a.m. - 8:00 p.m.
Saturday	9:00 a.m. - 5:00 p.m.
Sunday	2:00 p.m. - 10:00 p.m.

** Pool Hours may vary*

The MAC will be closed the following dates for respective holidays and campus events:

Spring Break

March 18

Easter

March 25 - March 27

St. Gregory's Graduation

May 14

Memorial Day

May 30

Independence Day

July 4

Labor Day

September 5

Fall Break

October 13-14

St. Gregory's Homecoming

November 5

Thanksgiving

November 24 - November 25

Christmas Break

December 24 - January 3, 2017

MABEE AEROBIC CENTER MEMBERSHIP RATES



1900 W. MacArthur St.
Shawnee, OK 74804
(405) 878-5290



STAY CONNECTED WITH THE MAC!

facebook.com/MabeeAerobicCenter

JOINING IS EASY!



1. Find the right membership to fit your fitness needs.
2. Fill out an application by visiting the front desk of the MAC.
Depending on the membership you choose, an automatic bank withdraw form may also need to be completed and a blank check may be required. One of our front desk attendants will be able answer any of your questions.
3. Get your picture taken and receive your MAC Membership Card.
4. Break a sweat and enjoy all of the great advantages of being a member of the MAC!

MABEE AEROBIC CENTER MEMBERSHIP RATES

INDIVIDUAL MEMBERSHIP

ST. GREGORY'S STUDENTS

Monthly (EFT) Free

COMMUNITY

Monthly (EFT) \$35.00

Yearly (ADVANCE) \$350.00

SENIOR CITIZENS (60+)

Monthly (EFT) \$25.00

Yearly (ADVANCE) \$250.00

INDIVIDUAL + ONE MEMBERSHIP

ST. GREGORY'S STUDENTS

Monthly (EFT) \$14.00

Yearly (ADVANCE) \$140.00

COMMUNITY

Monthly (EFT) \$45.00

Yearly (ADVANCE) \$450.00

SENIOR CITIZENS (60+)

Monthly (EFT) \$35.00

Yearly (ADVANCE) \$350.00

A INDIVIDUAL + ONE MEMBERSHIP CONSISTS OF TWO RELATED ADULTS (AGES 14+)

FAMILY MEMBERSHIP

ST. GREGORY'S STUDENTS

Monthly (EFT) \$24.00

Yearly (ADVANCE) \$240.00

COMMUNITY

Monthly (EFT) \$55.00

Yearly (ADVANCE) \$550.00

SENIOR CITIZENS (60+)

Monthly (EFT) \$45.00

Yearly (ADVANCE) \$450.00

A FAMILY MEMBERSHIP CONSISTS OF TWO RELATED ADULTS (AGES 14+) AND RELATED DEPENDENTS BETWEEN AGES 14-26. CHILDREN UNDER THE AGE OF 13 ARE NO ADDITIONAL COST.

OTHER MEMBERSHIP RATES

DAILY GUEST PASS

Adults (14-59) \$6.00

Children (13 & Under) \$5.00

Seniors (60+) \$5.00

LOCKER RENTAL FEES

Monthly (EFT) \$5.00

Yearly \$50.00

PERSONAL TRAINING

Please visit the front desk of the MAC for details and cost information on personal training.

FITNESS CLASSES

The MAC offers a variety of fitness classes for its members to take advantage of at no additional cost such as:

- Body Sculpt
- Yoga Flex
- Water Aerobics
- Self Defense
- Body Blast
- Daily Burn

Visit the front desk of the MAC for class times and descriptions.

MEMBERSHIP INFORMATION

There is a \$20.00 membership processing fee for all new memberships. This charge is per membership, not per family member. Automatic bank withdraws occur on the 10th of every month.

CANCELLATION POLICY

To cancel a membership, a cancellation form must be filled out. This can be done in person, via fax or through the mail. In order to stop an automatic bank withdraw from occurring, the membership must be canceled by the 25th of the month prior to the desired cancellation date.