

EVERY. BODY.



THE M. A. C. XTREME
4700 TAMA ST. SE
CEDAR RAPIDS, IA 52403
(319) 377-7758

THE M. A. C. SOUTH
1220 JACOLYN DRIVE SW
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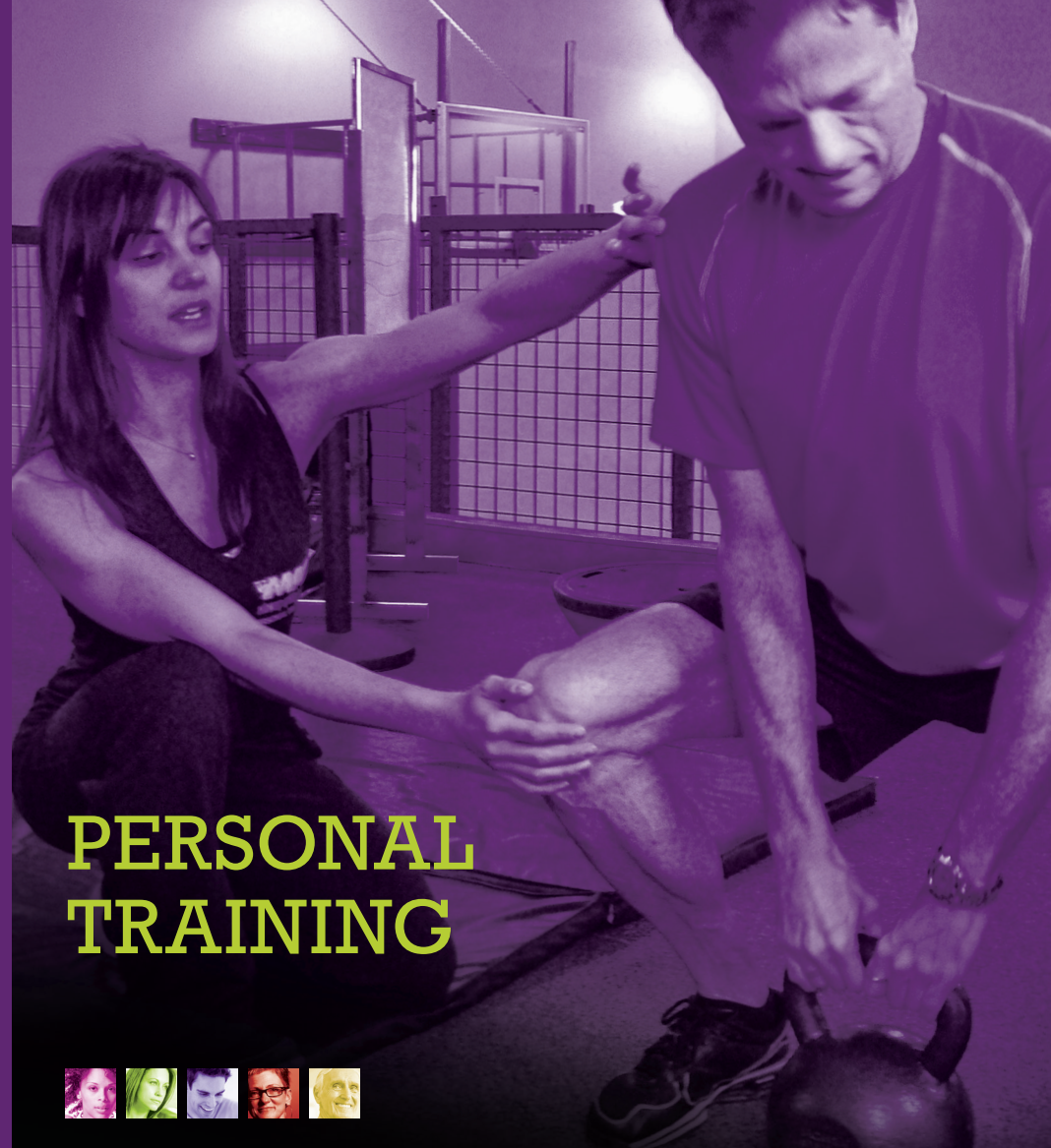
**THE M. A. C. XPRESS
AT FOUNTAINS**
3929 FOUNTAINS BLVD NE, STE 106
CEDAR RAPIDS, IA 52402
(319) 377-7758

**THE M. A. C. XPRESS
FAIRFAX 24/7**
320 80TH ST. CT.
FAIRFAX, IA 52228
(319) 390-7777

**THE M. A. C. XPRESS
DOWNTOWN 24/7**
227 2ND ST. SE
CEDAR RAPIDS, IA 52401
(319) 390-7777

**THE M. A. C. XPRESS
MARION 24/7**
917 BARRINGTON PARKWAY
MARION, IA 52302
(319) 377-7758

  WWW.THE-MAC.COM



PERSONAL
TRAINING



EVERY. BODY.



THE MAC PERSONAL TRAINING EXPERIENCE

- Firm foundation
- Exercise prescription
- Accountability
- Quick results
- Nutrition
- Workout variety

PERSONAL TRAINING STARTS HERE

The MAC FIT - Where EVERY.BODY. optimizes their results.

Spend quality time with one of our personal trainers for a FITNESS EVALUATION and a MAC PRO WORKOUT.

FITNESS EVALUATION

Meet with one of our certified personal trainers to discuss your current fitness level. Based on your goals and the results of your evaluation, the trainer will prescribe the best workout plan for you.

MAC PRO WORKOUT

Set yourself up for success. Experience a Pro Workout in a private session with one of our certified personal trainers. Learn how to work out to maximize your results. You will also hear individualized feedback from your trainer on your fitness evaluation.

Schedule your first appointment TODAY!
Whether you're new to fitness, restarting your routine or a veteran on the workout floor, MAC FIT is a MUST for EVERY.BODY.

Cost: FREE*

**Some restrictions apply*

We are here to help! Contact the Personal Training Department TODAY!
personaltraining@the-mac.com
(319) 377-7758

RATES

Private Session • 60-Minutes

For the beginner or the fit one who wants to reach their optimal fitness level.

6 sessions \$56 per session....\$336....2 payments of \$168

12 sessions \$52 per session....\$624....2 payments of \$312

18 sessions \$48 per session....\$864....3 payments of \$288

Private Session • 30-Minutes

Short on time? Need fresh ideas?

12 sessions\$30 per session....\$360....2 payments of \$180

Semi Private • 60-Minutes (2-4 members)

Grab a buddy. Experience the rewards of exercise together. It's fun and economical!

Cost Per Person

12 sessions\$30 per session....\$360....2 payments of \$180

Team Training • 60-Minutes (5+ members)

You will enjoy the benefits of personal training combined with the motivation and support of being part of a team.

Cost Per Person

12 sessions\$20 per session....\$240....2 payments of \$120

All Sessions subject to sales tax.
24 hour notice required for cancellation to avoid being charged for your appointment.

STATISTICS SHOW THAT

- 75% of the people who exercise are not getting the results they want.

But out of the

- 25% of the people getting results
- 90% are working with a personal trainer.



EVERY.BODY!

The MAC