

# The **MAC.** **EVERY. BODY.**

## **MAC Corporate Onsite Visit Menu**

### **InBody Testing: \$100.00**

We will bring our InBody machine to you! Learn your body composition breakdown: muscle mass, fat mass, bone density, body water, and basal metabolic rate. Each individual receives their personal results sheet and we will wrap up with a group presentation of what these numbers mean for your fitness journey!

### **Nutrition 101: \$100.00**

Start with the basics! A breakdown of nutrition to help make a clear path to a healthier you!

### **Desk-Ercise: \$100.00**

Learn ways to stay active at your desk and stretch out to avoid pains that can develop from sitting all day

### **Pillars of Wellness: \$100.00**

Did you know there are 7 Pillars of Wellness? Take a quiz to find out what areas of your life can be improved upon.



### **In Office Challenge: \$100.00 (MyZone Belt = \$99.99)**

Bring on the competition! Use our MyZone System to get the office moving! MyZone uses a system of Effort Points to even the playing field between all different levels of exercisers. Challenge will be ran through an App on each participant's phone, so there will be live updates of the leaderboard. (MyZone must be purchased by all individuals involved in the challenge)



### **Team Bonding: \$100.00 (Extra Fees Could Apply for Large Groups)**

Let us come to you for a fun and interactive team bonding workout XFITT style! XFITT is our Xtreme Functional Interactive Team Training program. Employees who sweat together, stay together! Or come to The MAC and experience a workout in our upscale health club.

**\*\*All onsite visits may be tailored to your specific business or employees!**