

The MAC.

EVERY. BODY.

MAC Corporate Onsite Visit Menu

InBody Testing: \$100.00 - \$250.00

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!

The InBody pricing is based on number involved. 0-15 Employees: \$100, 16-30 Employees: \$150, 31-50 Employees: \$200 & 50+ Employees: \$250. If numbers are higher than 50 the visit may be spread out over multiple days.

Nutrition 101: \$100.00

Start with the basics! A breakdown of nutrition to help make a clear path to a healthier you! Learn about the importance of Macro nutrition and planning your meals to meet your macro requirements (Protein, Carbs, and Fats).

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

Studio 200 Mind.Body. Yoga/Pilates: \$100.00

Enjoy a restorative Yoga or Pilates session with one of our Certified Yoga/Pilates instructors from our Studio 200 Mind.Body.

In Office Transformation Challenge: Price based on Inbody Testing

Bring on the competition! Have your team participate in a 4 or 8 week Transformation Challenge. Challenge includes pre/post Inbody testing. This can be a team challenge or individual.

Small Group Training: \$100.00 (Extra Fees for More Than 12 Participants)

Let us come to you for a fun and interactive team bonding workout Small Group Training (SGT) style! 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!***