



Females In Training at The Missouri Athletic Center

FIT-MAC NEWSLETTER

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Issue 4

July 2007

Mark Your Calendars

June 30th

Back by popular demand!
The MAC Snack Shack will
open on Saturday the 30th!

June 30th 5pm—8pm

Family Fun night at the
MAC Summer club. We
will have games and activi-
ties for the kids and the
bounce house will be out!

July 4th Hours

FIT and MAC Summer
Club open from 12:00-6:00.
**4th of July Party at the
Pool**

Games and activities for the
kids all day! We will be
tie-dyeing t-shirts and
Simma Down will be here
making smoothies!

July 13th

Member appreciation party
at déjà vu. All Wilson's
Fitness & FIT members are
invited to the early comedy
show. Look for more infor-
mation coming soon!

Saturday July 14th

Swim Championships.
MAC Summer Club will be
closed all day. Please be
our guest at the Beach Club.
FIT will have normal hours.

Would you like to get
this newsletter and
other information via e-
mail?

Go to

Wilsonsfitness.com and
"join our mailing list".

MAC Outdoor Pool Hours and Info

Monday through **Saturday**
11:00AM until 8:00PM

Sunday

12:00pm – 8:00 pm

If you have not received your
guest passes please check
with the front desk.

The MAC Shark Swim Team
will practice in the lap pool
4:30—5:30 Tuesdays and
Thursdays until July 12th.
The other two pools are open
for your enjoyment

FIT Water Aerobics

*The diving pool will be
closed for one hour on
Tuesday and Thursday
evenings 6:15pm-7:15pm.*

*Our FIT aqua size class will
be using the pool. (Not a FIT
member? Ask for FIT info at our
front desk)*

Swim Team News

Upcoming meets

June 27th— at CCMO

Country Club of Missouri
(Forum Blvd)

Warm ups start at 4:00pm

Kids must be entered by
morning of the 26th

July 11th— at Southwest

(Rollins Rd.)

Warm ups start at 4:00pm

Kids must be entered by
morning of the 10th

July 14th Championships at Home

Warm ups start:

10 & under 8 am

11 & up Noon

or 20 minutes after morn-
ing session ends. **Swim**

**team must park in back
lot.**

**The end of year banquet
date & Show Me Games
info will be posted on the
web site soon.**

Soccer Minutes

442-kick

The fall soccer
schedules &
registration forms
will be available
July 1st.

We still have room
in some of our camps
so register today.
They run one week
at a time and you
can choose morning
or afternoon or both.
Registration forms
are available at our
front desk and on
line now at
soccermac.com.

Swim Lessons

The sun is out &
the water is warm-
ing up. It's a great
time for swim les-
sons at the MAC.
Learn as a group or
get individual at-
tention with private
lessons. Registra-
tion forms available
on line & at our
front desk

Simma Down

(located right next door)

**We are pleased to offer
deliveries from Simma Down
starting Monday July 2nd.**

Menus will soon be ready letting you
know about all the delicious items
available as well as hours and
delivery times.

Summer Swim Parties at the MAC

**For birthdays or just
for fun!!**

**Ask about our MAC
after hours night owl
parties & have your
own private pool!**