

WHICH MAC IS BEST FOR YOU?



MAC HARBOR EAST 54,000 SQ. FT.

- 60 cardio stations with personal viewing screens
- 25 yard, 6-lane lap / exercise pool
- 4 salt water pools
- Award winning aquatics programs
- Nutrition services
- Certified Personal Trainers
- 4 international singles squash courts
- 6 group exercise studios for Spinning, Pilates, Yoga, Kinesis and more
- Steam room & sauna
- Kids Club and internet café

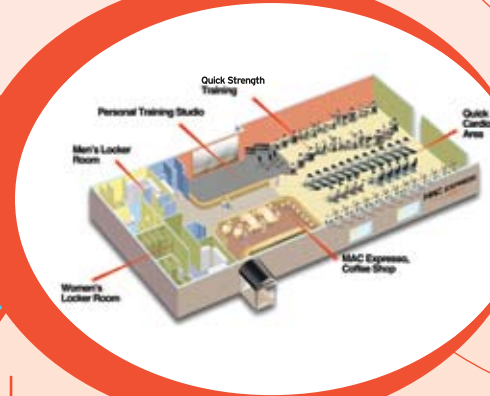
655 President Street
Baltimore, MD 21202
410.625.5000



MAC TIMONIUM 64,000 SQ. FT.

- Results guaranteed programs
- Weight loss programs
- Nutrition services
- More than 100 pieces of the latest cardio equipment
- More than 100 strength stations
- 25 meter, 6-lane lap/exercise pool
- 2 warm-water therapy pools
- Award winning aquatics programs
- Certified Personal Trainers
- Full court suspended wood floor gymnasium
- Spinning, Pilates, Yoga, Qi Gong & Tai Chi classes
- Steam room & sauna
- Kids Club
- MAC Café & pro shop

110 West Timonium Road
Timonium, MD 21093
410.453.9111



MAC EXPRESS 7,500 SQ. FT.

- Quick cardio & strength training
- 20 minute circuit training system
- On-site personal trainers and fitness specialists
- Locker rooms with showers, hair dryers and more
- MAC Espresso coffee bar

11212 McCormick Road
Hunt Valley, MD 21031
410.584.7888

MAC
Achieve WellnessSM

macwellness.com