



macactivities

APRIL 2021 | MICHIGAN ATHLETIC CLUB MONTHLY PROGRAM GUIDE



Sparrow
Michigan Athletic Club

MAC UPDATES

- Group exercise – Check out the schedule [here](#)
- New MAC App for your iPhone or Android
- The Gratitude Board is back. Submit what you love about the MAC to KErickson@TheMac.org to have your thoughts displayed at the Service Desk.
- Seeking Positive News! We'd like to spotlight the positive impact the MAC has had on your lives. Each month, we'll pick one story to highlight in MACTivities. Please forward your uplifting success stories to NBrillantes@TheMac.org.
- Cold plunges, hot tubs, steam rooms, and saunas are now open for one person.
- Courtside Grill now open!
 - Kids Klub is open! Register your kids today by calling the service desk or on the member portal.
 - Summer registration is open. Register in the member portal or call the concierge today.

Check out the MAC's new website
at Sparrow.org/MAC

Download the Sparrow MAC App!

Manage your Sparrow MAC membership on the go! Download our app today and our easy-to-use system can help with your monthly statement, your payment method, registering for your favorite class or program or holds your membership key tag. Stop by the membership office for additional information.



April Trainer Tip

Kelli Brumbaugh brings you April's Trainer Tip. Don't over push yourself after being off pre-COVID workout intensity for some time. Focus on small steps and buildup endurance. It may take several weeks or months to get back to where you were, but DO NOT get discouraged and DO NOT quit. You can do anything you set your mind and heart to.



Kids Klub is Back!

Enjoy your workout while the kids have fun in Kids Klub! Reservations are required during our Phase 1 opening.

Ages 16 months-12 years and potty trained

Masks are required

Please email Jen Gabriel at JGabriel@TheMac.org for more information on our Phase 1 opening.

Need to Burn Some Energy for Your Kids?

Private Tumbling Lessons

Sign up for private tumbling lessons with one of our great instructors. Lessons can accommodate up to three children in the same household. Lessons are structured around your child's skill level from beginner to advanced! Email Jen at JGabriel@TheMac.org.

Energy Burn for Kids

April 13-May 4

4-week Session

Need an energy burn for your children as they do school from home? Try this 30-minute class for your kids to unwind. A great class to take a break from virtual school or while you get a quick workout too. Let one of our certified trainers lead them through a fun, safe, and effective workout meant to tire them out.

Where: Virtual via WebEx

Who & When: Ages 3-5 | Tuesdays 10:30-11 a.m.
Ages 5-7 | Tuesdays 2-2:30 p.m.

Cost: Members | \$45
Guests | \$60

Purchase: Call the Concierge Desk at 517.364.8800 or visit Sparrow.org/MACportal

fitness

Group Fitness Updates



Mama's Got Muscles ▶

Ready to get back in shape post-baby but not sure where to start? We're here for you. Learn safe and effective exercises that you can do anywhere and have fun with other mamas!

Semi-Private Pilates Classes

Certified Pilates instructors offering a 7-week semi-private Pilates program with one 45-minute session per week. Classes will utilize Pilates equipment including the reformer, chair, tower, and spine corrector. Pilates works to strengthen the core musculature, tone muscles, improve coordination and balance, and supports the spine!

Date: April 12-May 28

Cost: Members | \$175
Guests | \$230

JUMP Pilates Class

New Pilates drop-in classes! Jump Pilates facilitates plyometric movements against spring tension, for a low-impact, high energy workout that won't stress your joints. Utilizing the jump board on the reformer is proven to increase bone density. Because your spine is supported on the apparatus, it's a wonderful way for those with special conditions to be able to actively participate in cardiovascular exercise without the excess impact of gravity on the joints. Come sweat it out in this fun, full-body Pilates class!

Date: Every Monday Night at 6:00 p.m. starting April 12

Cost: Members | \$35
Guests | \$55

Youth Power Fitness

8 week sessions begin April 12th

Let one of the MAC trainers take over and teach your child the basics of exercise and how to develop safe fitness routines, all while enjoying a workout with other kids their age.

When: Ages 8-10 Mondays 6-6:45 p.m.
Ages 11-15 Wednesdays 5-5:45 p.m.

Cost: Members | \$165
Guests | \$215

Parent Power Fitness

8 week sessions begin April 12th

While the kids are at Youth Power Fitness or playing in Kids Klub, join other parents for a fun workout with a MAC trainer. Learn new skills, crush your goals, and get your sweat on!

When: Mondays 6-6:45 p.m. or Wednesdays 5-5:45 p.m.

Cost: Members | \$165
Guests | \$215

Circuit Strength

April 13 - May 6

4-week Session

This is an intermediate full-body workout that focuses on the fundamentals of functional movement, power, and endurance training. It features a circuit training format and has participants working in small groups to achieve their strength goals! The class focuses on building strength using free weights, resistance bands, barbells, and more for a total body workout.

When: Tuesday & Thursday 6-7 a.m. or 5-6 p.m.

Cost: Members | \$150
Guests | \$195

Medical Swipe Program ▶

The Medical Swipe Program is returning with a new format. Join our certified water fitness instructors for a medically based aqua fitness class. Classes are held in the exercise pool, kept between 85 and 87 degrees and are 45 minutes in length. This is a six-week program with two classes a week. A doctor's note and completion of an emergency contact/medical release form is required to enroll in the program.

if you have left over swipes, we can substitute them for this program

Date: April 19-May 26

When: Monday and Wednesday

Time: 12 p.m.

Cost: \$90 for six weeks

Sign up now by calling the Concierge at 517.364.8800 or visit Sparrow.org/MACportal

aquatics

Sign Up for Aquatics Lessons!

MAC Swim School

The MAC Swim School is now open to help swimmers of all ages grow in their swim skills and water safety knowledge.

- \$20 enrollment per Member, up to \$40 for a family
- \$50 a month per swimmer
- Comes with a swim bag, t-shirt, goggles, and towel

Private Swim Lessons

- 30 minutes | \$30
- 45 minutes | \$45
- 60 minutes | \$60

Call the Concierge for more information at 517.364.8800.

Group Swim Lessons

April 10-May 19

6-week season

Our Learn to Swim program is based on the American Red Cross guidelines. We have developed our program to emphasize safety, parent involvement, and one of the smallest instructor-to-student ratios in the mid-Michigan area (3:1 Ratio).

On the first day of class, we will place participants with instructors based on specific abilities within their age group.

At the end of the last week of class, students will receive a report card that will show their progression through each level.

Cost: Members | \$66
Guests | \$99



	Saturday, April 10-May 15	Monday, April 12-May 17	Wednesday, April 14-May 19
<i>Parent Tot</i>	10 a.m.	6 p.m.	6 p.m.
<i>Super Tot</i>	11:20 a.m.	4:20 p.m. 6 p.m.	4:20 p.m. 6 p.m.
<i>Ages 3-5</i>	10 a.m. 10:40 a.m. 11:20 a.m.	4:20 p.m. 5:10 p.m.	4:20 p.m. 5:10 p.m.
<i>Ages 5-7</i>	9:10 a.m. 10:40 a.m.	5:10 p.m. 6 p.m.	5:10 p.m. 6 p.m.
<i>Ages 7-9</i>	10 a.m. 11:20 a.m.	4:20 p.m. 5:10 p.m.	4:20 p.m.
<i>Ages 9-12</i>	9:10 a.m.	6:50 p.m.	5:10 p.m. 6:50 p.m.
<i>Adult 13+</i>	8:20 a.m.	6:50 p.m.	6:50 p.m.



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tennis

Junior and Adult Tennis

Private Lessons

Private lessons are a great option for players wanting to fast track their improvement or fine tune their skills. Please contact Rich Thom at 517.364.8817 for scheduling information.

Junior Programs ▶

Check out the great summer camps.

Adult Programs ▶

Highlight Liveball schedule

Liveball — if you like doubles, socializing with an added dose of competitive zing, then liveball is your game!

We offer level-based liveball 3 times a week.

- 3.5 – Sunday 12-1:30 p.m.
- 4.0 – Sunday 12-1:30 p.m.
- 4.0 – Thursday 6-7:30 p.m.

Cost: Members | \$15
Guests | \$25

If you are unsure of your rating please contact Rich Thom prior to registering for class.

Highlight Cardio Schedule

Our Cardio tennis lineup combines tennis drills with calorie burning exercises to give you the best sports workout around!

We offer 3 different Cardio classes focused on your desired intensity level.

Cardio Tennis

Meant for those who are serious about their calorie burn.

When: Sunday 11:30 a.m. and 12:30 p.m.
Tuesday 11 a.m.
Saturday 9:30 a.m. and 10:30 a.m.

Cardio Lite

Ideal for players who are wanting to combine tennis with a lite, less intense cardio workout.

When: Monday at 12 p.m.

Cardio Blast

Built for players wanting to combine dead ball and rally based drills with cardio workouts to maximize their calorie burn.

When: Wednesday evenings at 6 p.m.

Cost: Members | \$5
Guests | \$20

Sign up for all classes can be done via concierge 517.364.8800 or by registering via the app.



Tennis Team Spotlight

Lark Foote is from Okemos, MI. She began playing tennis around the age of six with her seven siblings. Lark has played at the collegiate level, playing one season at Cedarville University in Ohio and playing three seasons at Calvin University in Grand Rapids, MI. After graduating from Calvin, Lark earned a degree in Professional Tennis Management at Hope College. While at Hope, she spent a summer working at the Hope College Academy and also helped as a

volunteer assistant coach for both Men and Women's Tennis teams. She is PTR-certified. Lark believes tennis has impacted her life in many ways, whether this is through the love of competition or the memories and friendships she has gained through the years.



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spring 2021 events

Mark your calendar for this month's events

MAC Spring Break Camp

Monday-Thursday, April 5-8

Bring the kids to the MAC and let us fill their days with fun activities including favorite gym games, swim time, crafting, and a chance to sample even more of what the MAC has to offer!

Register by calling the Concierge Desk at 517.364.8800 or visit

Sparrow.org/MACportal

Pickleball Event Round Robin Tune Up for Nationals

Saturday, April 10 | 9 a.m.-12 p.m.

Events are 3.5, 4.0, 4.5

Sign up at concierge or through the app.

Tennis UTR Verified Matchplay

Sunday, April 18 | 9 a.m.

Level based matchplay.

Register by visiting

app.myutr.com/events/42747

Parent's Night Out

Friday, April 23 | 5-8 p.m.

Help us celebrate SPRING at the MAC!

Bring the kids to the MAC for an evening of spring fun. We'd love to see our MAC kids during this special evening of fun, friendship, and safe socialization.

Spring into Fitness & Nutrition

Saturday, April 24 | 10 a.m.-12 p.m.

Join Mariel Gampe, RD MS and Natalie Greener, CPT for a two hour long Fitness and Nutrition program.

Included in this program:

- 45-minute exercise (suitable for all levels)
- Food demo and tasting for healthy spring snacks
- Nutritional seminar

Members | \$25

Guests | \$40

wellness

Massage available at the MAC!



Add Massage to your health and wellness regimen. Try a Sports, Deep tissue or Relaxation massage.

Come see massage therapist Janet Tenhove, Claire Bowman or Darci Howe to reduce pain, muscle tension, arthritis, fibromyalgia, lower back pain and neck pain. Contact the concierge desk for available times to schedule a session with one of our licensed massage therapists.

Call 517-364-8888 to schedule your appointment today.

Interested in personal training? Purchase a 5, 10 or 20 pack today to get you started on your goals and stay committed. ▶

THE MAC MEDICAL DOCTOR SERIES

invites you to a Webex with Dr. Saffarian!



Topic: Return to Fitness during the COVID Pandemic

When: April 28, 2021 at 6 p.m.

Join Zoom Meeting ▶

**SPARROW MAC IS
30 YEARS
YOUNG!**

The MAC is 30 and you can Refer a new member and receive the \$50 credit.

Let your friends know it's a good time to join with our special offer of \$30 enrollment fee with one jump start. Contact the membership office today at 517.364.8888.



Member Spotlight ▶



Joann Hoezkzema has been a Sparrow MAC member for over 10 years. Joann enjoys the MAC indoor pool and comes in to swim a few times per week. She has taken many aquatics group exercise classes at the MAC

with Lori and Kelly, who have shared tips to keep her body healthy as she deals with arthritis. She loves the hot tubs for post-workout relaxation and appreciates that they are open. After her workout, she also enjoys her favorite MAC smoothie at the MAC Courtside Grill, the Recovery smoothie.

Joann deeply appreciates the MAC Caregivers and all that they do to keep the club clean and safe. She has met many friends at the MAC and loves to socialize.

We appreciate Joann for her loyalty to the MAC and thank her for letting us share her story!

Share your MAC Member Spotlight, please send to NBrillantes@TheMac.org.

The Heat is open and taking appointments.

The Heat is social distanced and following best practices to ensure your health and safety. Call **517.575.6273** or email **HeatSalonEastLansing@gmail.com** to get your appointment scheduled.

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