



2024 has been incredibly busy here at the MAC. We welcome all of our new and returning members and hope that everyone is working towards their fitness goals. Youth Basketball is at capacity again this session, and adult fitness classes are running almost daily. February is always the “longest” month of the year to me despite it only containing 28 days. This year we’re lucky enough to get 29:) I encourage anyone who struggles with the winter blues to follow my lead and try something new this month, even if you failed to do so in January. I’ve enjoyed getting back into teaching cycling classes again. It’s great both physically and mentally to find a form of exercise/recreation that you are passionate about. It’s never too late to start, and half the battle is getting yourself to the venue!

Aaron Greenwell
Executive Director

Fitness Center

We are excited to announce that all MAC Unlimited Members are now eligible to take Spin Cycling Classes Free of Charge! If you are interested and have questions, please email me at aaron.greenwell@meadeactivitycenter.org. If you would like to see the schedule and sign up the link is listed below:

<https://www.signupgenius.com/go/10C0F4DA5A92CABFEC70-47464745-february/161750351#/>

- ***HOURS AT THE FRONT DESK FOR FEBRUARY WILL BE 9:00 am—7:00 pm on Weekdays***
- ***HOURS AT THE FRONT DESK FOR FEBRUARY WILL BE 9:00 am– 6:00 pm on Weekends.***

Fitness Center Reminders

- **24/7 Cards will only work on the exterior doors when we are not staffed.**
- **When there is a staff member present the front door will be unlocked for access and members should check-in / scan-in at the front desk.**
- **Please Try your best to leave the fitness center in better shape than you found it. This includes: throwing away trash, wiping down equipment, putting away loose weights, and wearing proper (CLEAN) footwear in the gym.**
- **Please do NOT let others in the gym after hours. If they have been granted 24/7 Access then they have a card that allows them to open the door and for us to get an accurate assessment of who entered overnight.**

Gym Policies for Kids

Couple of reminders about minors at the fitness center:

- ◆ All minors under the age of 15 have to be accompanied by an adult 18+
- ◆ No children under the age of 6 should be on the fitness floor at any time.
- ◆ Parents and Guardians need to be aware of their kids at all times. Please assure minors are utilizing equipment properly and not using equipment for long periods of time while other adults are waiting.

Membership Rates:

Beginning April 1st all Golf Plus and Founders Club—MAC Unlimited dues will increase by \$5.00 monthly.

*This will be reflected on both family and individual memberships.

**All Fitness, Pool & Tennis, Fitness Plus, and non Founders Club- MAC Unlimited Memberships will not increase.

River Trace Golf

January didn’t provide much chance to get on the golf course. Despite extremely cold nights for most of January it’s nice to see green fairways from our bluegrass project that was completed a few years back. Please try and help keep conditions in their current state. Any damage we cause to fairways and greens will take until the spring to remedy. The more we can control cart traffic the better the turf will be for everyone in the offseason.

We ask for everyone's help during the off season. We are observing MATS ONLY on the Driving Range. Please fix ball marks and sand your divots in the fairways. PLEASE DRIVE CARTS ON PATH AS MUCH AS POSSIBLE. Thanks in advance for your cooperation.

We will begin accepting registrations / renewals for USGA Handicaps this month. Handicap Fees will be \$39 for 2024. Anyone who does not renew their handicap by March 30th will be removed from the active roster. **In addition to registrations for handicaps, we are also accepting applications for the Doe Valley / River Trace 2 Man Invitational.**

Proposed 2024 Tournament Schedule:

| | |
|-------------------------|---|
| April 13-14: | River Trace & Doe Valley 2 Man Scramble Tourney |
| June 7 th : | Ryder Cup vs. Doe Valley @ River Trace |
| July 4 th : | Red, White, & Blue 4 Person Scramble |
| July 12 th : | MCHS Boys Basketball Glow Ball Scramble |
| August 3-4: | Belles & Beaus Couples Tourney |
| September 7-8: | Member/Member or Member/Guest 2 Man |
| October 12-13: | River Trace Fall Classic 2 Person Tourney |
| December 15: | Santa's Best Ball 2 Person Tourney |

DOE VALLEY / RIVER TRACE 2-MAN INVITATIONAL April 13th & 14th 2024

ENTRY FEE: \$220/ Team for Doe Valley/River Trace Members \$250/ Team for Non-Members

ALL AMATEUR MEN ARE ELIGIBLE WHO HAVE A USGA HANDICAP – MEN 59 AND UNDER WILL PLAY STANDARD TEES AND MEN 60 AND OVER WILL PLAY FORWARD TOURNAMENT TEES.

Your tournament entry fee will provide you with: Practice round at either course 4/10-4/12, (Cart Fee must be paid \$20/player) Tournament Greens Fees, Cart Fees, Range balls, Lunch Sunday, and Prizes

- **OPTIONAL SKINS GAME EACH DAY (Across All Flights)**
- **OPTIONAL CASH GAME ON SUNDAY (In Flights)**

Saturday: 18 Hole Scramble @ River Trace GC **Sunday:** 18 Hole Scramble @ Doe Valley GC

Tournament will be flighted after 1st day scores.

PRIZES EACH FLIGHT: 1st – Mizuno ST Series Driver 2nd – Mizuno OMOI Putter 3rd – Mizuno T24 Wedge

Thank You for your support of the MAC!

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