



2025 has been eventful if nothing else. For many children and young adults in our community the snowfall we received is the most in their lifetime. 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. I encourage anyone who struggles with the winter blues to try something new this month, even if you failed to do so in January with the snow and ice. It’s never too late to start, and half the battle is getting yourself to the venue!

Aaron Greenwell
Executive Director

NEW FITNESS EQUIPMENT: All of our new equipment will arrive on Friday January 31st. THE GYM WILL BE CLOSED FROM APPROXIMATELY 10am-2pm for Scheller’s to deliver and install all of the new pieces.

Membership Rates:

Beginning April 1st all Golf Plus, Fitness Plus, Pool & Tennis, MAC Unlimited & Founders Club-MAC Unlimited dues will increase by \$5.00 monthly. *MAC FITNESS ONLY DUES will not increase.***

This small increase will help offset our continued increased in day to day expenses, and this month alone we will be spending over \$100,000 on capital improvements at the gym, golf course, and swimming pool.

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

Fitness Center

- **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. Please do not use hand chalk in the fitness center.**
- 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.

Spin Classes

Did you know many memberships allow you to take spin cycling classes at the MAC for FREE? **All MAC Unlimited and Fitness Plus** plans allow any active members who are 15 or older to take spin classes FREE OF CHARGE!!!

If you’ve never tried it, I highly encourage you to try it! If you love music and the motivation of a group setting I highly recommend you try it!!! If you would like to be added to the text group for Spin Classes please just email: aaron.greenwell@meadeactivitycenter.org

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.

River Trace Golf

Vince and Zack are getting ready to tackle the task of getting the golf course back together after the winter storm. We lost a couple of trees in the process along with the bulk of the driving range netting and cables. The team will be identifying any other potential hazards that exist on the golf course over the next few days. The driving range and course are both still unavailable to access as of now. Please watch for any updates via email and/or facebook posts. When we re-open it will temporarily be IRONS ONLY and MATS ONLY on the Driving Range. Please fix ball marks and sand your divots in the fairways. PLEASE DRIVE CARTS ON PATH WHENEVER POSSIBLE. Thanks in advance for your cooperation!

Proposed 2025 Tournament Schedule:

April 12-13:	River Trace & Doe Valley 2 Man Scramble Tourney
June 13th:	Ryder Cup vs. Doe Valley @ Doe Valley
July 4 th : (Friday)	Red, White, & Blue 4 Person Scramble
July 11 th : (Friday)	MCHS Boys Basketball Glow Ball Scramble
July TBD:	River Trace Club Championships
August 2-3:	Belles & Beaus Couples Tourney
October 11-12:	River Trace Fall Classic 2 Person Tourney
December 14:	Santa's Best Ball 2 Person Tourney

USGA GHIN Fees

We will begin accepting registrations / renewals for USGA Handicaps this month. Handicap Fees will be \$39 again in 2025. Anyone who does not renew their handicap by March 30th will be removed from the active roster.

RIVER TRACE & DOE VALLEY 2 MAN SCRAMBLE TOURNEY

ENTRY FEE: \$240/ Team for Doe Valley/River Trace Members \$270/ 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, (Cart Fee must be paid \$20/ player) Tournament Greens Fees, Cart Fees, Range balls, Lunch Sunday, and Prizes

- **OPTIONAL SKINS GAME ON SATURDAY (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.

MIZUNO PRIZES FOR TOP FINISHERS

Thank You for your support of the MAC!

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