



NEW ADULT PROGRAMS

WINTER 1 : 2026



MAC-FIT – (Ages 16+)

This Program focuses on building a stronger, more efficient body that will have you looking and feeling great. Hit every muscle group plus core...no two workouts are the same. Program will implement nutrition and fitness strategies that will allow you to transform your body and thrive through your day with energy!

Instructor: Leigh Ann Lusk

Cost: \$55.00 (\$48.00 MAC Members)

Times: **Tuesdays 5:30 pm & Thursdays 5:30 pm (12 classes total)**

Location: MAC Studio A

Dates: January 13-February 19

Drop off or Mail registration form and fee to:

Meade Activity Center

493 Lawrence St, Brandenburg, KY 40108

(270) 422-2227

***REGISTRATION DEADLINE:** 2 days prior to start date for all programs (space permitting).

Registration is accepted on a first-come/first-served basis. Programs will fill quickly, so please register early.

Name: _____ Age: _____ Date of Birth: ____/____/____ M/F: _____

E-Mail Address: _____ Race/Ethnicity: _____

Address: _____ City: _____ Zip: _____

Primary Phone: _____ Secondary Phone: _____

In consideration for being permitted to participate with the Meade Activity Center for any purpose including but not limited to utilization and/or observation of its facilities, services, and programs, without respect to location, the undersigned, for himself or herself and any personal representatives, assigns, heirs, and next of kin hereby agrees to release, waive and discharge the MAC, its directors, officers, Board of Directors, employees, and agents from all liability for any loss or damage to personal property, and/or any claims or demands therefor on account of injury or death of the undersigned. The undersigned agrees that the forgoing Release and waiver of Liability is intended to be as broad and inclusive as is permitted by the law of the Commonwealth of Kentucky. The Undersigned also acknowledges that he/she has both read and voluntarily signed this Release and Waiver of Liability. I have read the Release.

Name of Participant (Print)

Signature

Parent or Guardian Signature