



**Sparrow**  
Michigan Athletic Club



# VIRTUAL Membership

Not ready to get back to the gym? Experience how virtual training with your favorite MAC instructors can help you take your at-home fitness routine to the next level. The MAC has partnered with Fitness on Demand to give you a great experience. Our Virtual Membership gives you:

- Over 30 livestream fitness classes per week
- On demand workouts from your very own MAC staff
- Access to hundreds of on-demand workouts and classes including cycling, cardio, dance, core, HIIT, and more

## **Membership Details:**

- \$20 a month starting Jan. 1, 2021\*
- Active MAC Members can sign up at no charge
- Call the service desk to get your membership today at 517.364.8888

*\*Automatically renews unless 30 days' notice of cancellation.*