



# MAC FITNESS

SPRING  
2018

## LEARN TO LIFT TOGETHER **WOMENSTRONG**

Next Session Starts: **MAY 8TH**  
\$159 for 6 weeks

Contact Lindsey to register:  
[lfarrell@macathletics.com](mailto:lfarrell@macathletics.com)



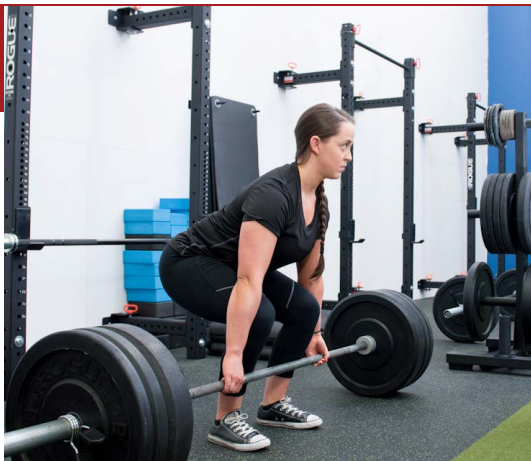
### Available Times

**Tuesday**  
9:00AM

**Wednesday**  
5:00 AM  
6:00 AM

**Thursday**  
6:30 AM  
9:00AM  
10:00AM

**Friday**  
8:00AM  
9:00 AM



**Coached by Lindsey Farrell:**  
*B.S. Exercise Science, ISSA CFT*

- Movement Screening
- 6 weeks of team oriented strength training
- Day 2: Completed on your own time
- Progressive training program focused on movement and strength

**MAC** | MANCHESTER  
ATHLETIC CLUB

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Find us on     
978.526.8900  
[www.macathletics.com](http://www.macathletics.com)