



MIDLOTHIAN ATHLETIC CLUB

TENNIS • ZUMBA • AEROMIX • ACTIVE AGERS • BODYPUMP™ • BARRE



UNITED OPEN HOUSE

SEPTEMBER 19 & 20, 2020

VISIT OUR WEBSITE FOR DETAILS

WATER AEROBICS • YOGA • SPINNING • BODYCOMBAT™ • CXWORX™

**On Saturday September 19
and
Sunday September 20,
the biggest fitness event of the year is
coming!**

**World United is a celebration of fitness,
togetherness and fun.**

**Join us for two days of on campus
classes, OUTSIDE on the pool deck. All
of your favorites are back!**

MAC members, guests AND others from around the world are joining as one to celebrate fitness and its importance to our physical and mental health with a series of high-class workouts.

The class schedule and tennis clinics for this event are now available for members and visitors to register. Registrations for these two days are accepted exclusively on sign up genius.

CLICK HERE TO VIEW THE CLASS AND TENNIS SCHEDULE AND TO SIGN UP!



**WORLD UNITED
includes two tennis clinics!**

**Cardio Tennis with Rob
Saturday 9am**

**Beginner Tennis with Juan
Saturday 10am**

PLEASE, use the link above to register on sign up genius. \$10 fee per person applies.

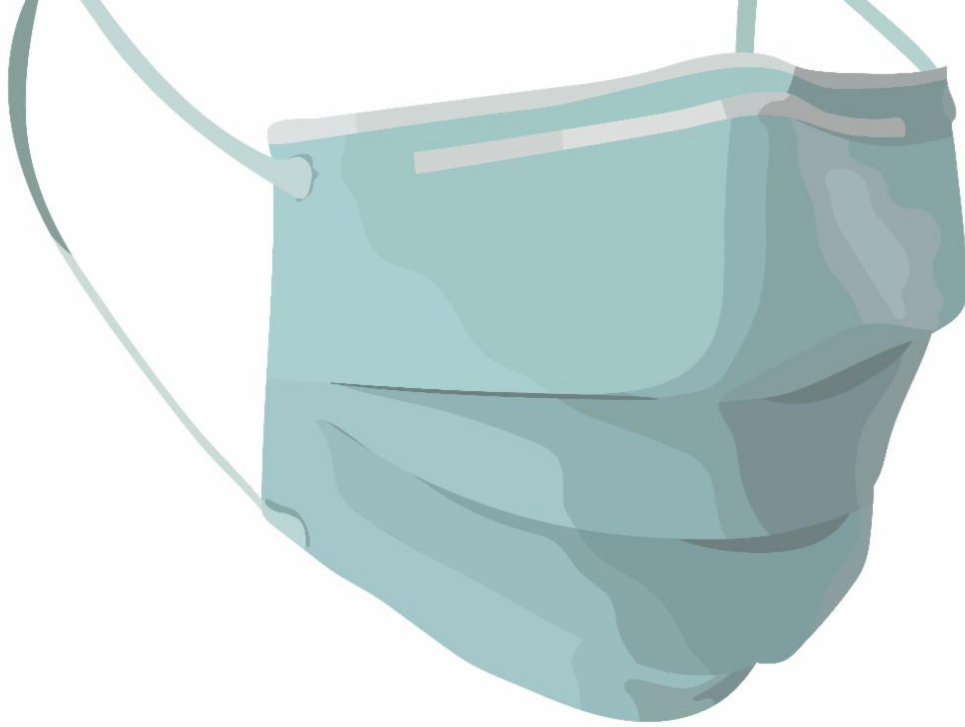


WORLD UNITED OUTDOOR POOL INFORMATION

Weather permitting, the outdoor pool will be open on Saturday and Sunday, September 19 and 20, from 12 noon until 5pm. The slides and water features will be open from 2-4pm.

Members and visitors who attend a class or tennis clinic will also receive a guest pass for pool use on that same day.

On Saturday September 20, we are pleased to offer two water classes in the outdoor pool. Kim will teach water aerobics at 9am, and Genvelyn will teach aqua bikes at 10am. \$10 fee per person applies for aqua bikes. Use the link above to sign up!



**PLEASE WEAR FACE MASKS IN ALL
COMMON AREAS WHILE INSIDE.**

**FACE MASKS ARE NOT REQUIRED WHILE
EATING, DRINKING,
EXERCISING, OR OUTDOORS.**

**PLEASE OBSERVE SOCIAL DISTANCING AT ALL
TIMES.**



[CLICK HERE](#) to view the schedule and sign up for clinics and classes.