

YOU KNOW THE DRILL COVER YOUR GRILL



WEARING IS CARING

Face coverings are required at all times for ages 5 and up inside the MAC. Exceptions are during strenuous exercise, swimming, showering and other specified activities. Questions? Please ask any MAC Staff member!

Social distancing (a 6 foot space) is still required.

KEEP MAC SAFE, KEEP MAC OPEN!

**MONTANA
ATHLETIC CLUB**

837-2582 | MontanaAthleticClub.com  

Hello MAC Members!

As you may be aware, the State of Montana has mandated everyone wear a face covering in a public space. Here are a few items that concern you and the Montana Athletic Club:

You need a mask (or facecovering) while in the common areas of the facility. This includes checking in, the Juice Bar, Lobby, hallways, Concierge Desk, locker rooms and offices where people congregate. If you are on the pool deck, watching swim lessons. If you are in the stretching area, without an elevated heart rate, a mask would be very much appreciated. Any class where breathing and heart rate would be considered as resting. Moving between areas of the MAC, wear a mask. You get the idea, wear one as much as possible. Don't be that person trying to prove a point - save that for somewhere else. The sooner we can get the rate down, the sooner we can drop the mask requirement.

You do NOT NEED A MASK if you are working out on any cardio machine - for example, a treadmill, bike, elliptical. No mask needed if you are in a aerobic/mindbody/small group training class that results in elevated breathing or heart rate. No mask if you are lifting weights or in the selectorized weight area. Misa room can be mask free, as long as you are working out. Just resting or stretching on the turf? Cowboy up. Obviously, showers, sauna, steam areas are mask free, but maintain distancing! Shaving through a mask could be problematic but using the vanity area should be masked. Spinning classes, Fitness on Demand, virtual classes do not need a mask.

It's pretty simple, if you are doing something that has an elevated heart rate/breathing or involves water, no mask. Otherwise, PLEASE make everyone's life easier and wear a face covering! For our part, the MAC is increasing our cleaning efforts, getting new sanitizing equipment and making sure we follow state and local regulations.

We are all in this together and would like to get back to "normal" just as much as you. Our major concern is your safety and well-being, which is why we are doing everything we can to stay open and sanitized for our members and guests.

Thank you for your understanding and support. We have been here the past 28 years for you and look forward to serving our membership years to come. Stay healthy!

Doug and Nancy