

MINISTRY ACTIVITY CENTER: MAC

The Recreation Ministry at First Woodway provides recreation facilities and activities all year long that give all people the opportunity to strive for healthy and active living. It is the Recreation Staff's desire that all people feel welcome and the MAC be a place where strangers become neighbors.

Summer Hours

The MAC walking track, workout room, and gym are open during the times listed below.

Walking Track/Fitness Room

Mon., Tues., Thurs., Fri., 6:00 am - 7:00 pm
Wed. 6:00 am - 11:00 am
Saturday, 8:00 am - 4:00 pm

Open Gym

Mon., Thurs., 3:00 pm - 7:00 pm
Tues., Fri., Sat., 12:00 pm - 4:00 pm
(Late night every Tuesday at 7:30 pm)

Weekly Activities + Events

Family Time (gym floor is reserved for only families)

Time: Monday/Thursday, 1:00 - 3:00 pm; Tuesday/Friday, 10:00 am - 12:00 pm
Location: MAC Gym

Men's Pray & Play (prayer/community + then play basketball)

Time: Every Friday, Starting at 6:15 am
Location: MAC Gym

Summer Basketball League

Time: Monday/Thursday, 7:00 pm - 9:00 pm; Sunday, 2:00 pm - 6:00 pm
Location: MAC Gym

Pickleball

Time: Monday/Wednesday/Thursday, 6:00 am - 10:00 am
Tuesday/Friday, 4:00 pm - 7:00 pm; Saturday, 8:00 am - 12:00 pm
Location: MAC Gym

Strength and Stretch Class

Time: Tuesday/Thursday, 9:00 am - 10:00 am
Location: MAC A200

Pilates

Time: Monday/Friday, 9:00 am - 10:00 am
Location: MAC A211

Seated Exercise (non-impact, perfect for senior adults)

Time: Tuesday/Thursday, 10:00 am - 11:00 am
Location: MAC A200

Gymnasium

Basketballs, volleyballs, and other equipment is available to be checked out at the Service Desk. Just ask for help and we will get you what you need!

Basketball: A full court gym, equipped with six basketball goals

Volleyball: A full volleyball court or can be set as two half-courts

Locker Rooms: Men's and women's locker rooms are available.

Volleyball

The volleyball net is available upon request - at least a 24 hour advance notice is needed. Please email Case at csmith@firstwoodway.org.

Workout Room

The workout room, on the second floor of the MAC, is open to anyone age 18 years or older. Because of heavy weights, and machinery with moving parts, it is unsafe for any children to be in the room. When you arrive, check-in at the Service Desk to receive the passcode.

Walking Track

The second floor provides a walking track, open to the gym floor below.

Game Room

The game room on the second floor features a pool table, ping pong, foosball, shuffleboard, television and video games, plus a small kitchen area with a sink, refrigerator, ice machine and vending machines.

Outdoor Fields & Playground

Just outside the MAC doors is a large playground area with picnic tables. Across the parking lot are play fields for baseball, soccer, and flag football.

Meeting Space + Facility Rental

There are three meeting spaces within the MAC: The Party Room, MAC Parlor, and A200. Community members are welcome to use the MAC. The facility is heavily used for school and church activities on a weekly basis. Rental availability is scheduled around church/school usage. To learn more about fees and available times, please contact Tracy Wallace in the church office at twallace@firstwoodway.org

***For more details about any of our activities, events, or facilities, please check out our website at www.firstwoodway.org/mac**