



Multnomah Athletic Club

Welcome to health *for your whole life.*





Build a better you in every way. At MAC.

Explore the club to discover the ways in which membership impacts your whole life—from programs for toddlers to the West Coast's most extensive athletic facilities to events and leagues for seniors, MAC is the community that builds you up. For life.

Apply for membership
today at jointhemac.com





Find strength in numbers.

Access the largest athletic and social facility in the US filled with equipment, amenities, wellness coaches, and trainers to help you reach your fitness goals.

“MAC’s athletic facilities are vastly superior.”

Jason, member since 2021

Give new meaning to the term “healthy social life.”

Dine out with new friends and attend events and classes that expand your mind, improve your health and refine your palate.

“If this place went away, I might have to move.”
Madeline, member since 2019





Make networking a contact sport.

Now more than ever, we're all looking for a meaningful, rewarding work life. Expand your social circle and grow your professional opportunities at Portland's most storied social club.

*"We wanted to get plugged into the community—that's why we joined."
Diane, member since 2020*



600,000 square foot facility

Courts and more courts

Exceptional Dining

Year-round Events

3 swimming pools

Indoor track

Climbing gym

Team training room

Two gymnasiums

Fitness center and studio

9 tennis

8 squash

6 racquetball

4 handball

4 pickleball

5 volleyball

4 restaurants

World-class chefs

Banquet Rooms

Fare for every taste

Mobile Grab & Go

Summer sunset dining

Wine Dinners

Tournaments

Family Fridays

Timbers/Thorns terrace

Meeting Rooms

Lectures and Classes



“Research shows that when people feel a greater connection to their community, they are more inclined to take action to improve their own health and the health of others.”

Source: National Survey of National Health Attitudes, RWJF and RAND, 2015 and 2018

Action for every passion.

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