



Attention Members

Remember! You now can enjoy a meal at Paradise Valley Country Club even if you're not a member there! Simply present your WAC membership card and enjoy yourself.

(Must pay with cash, check, or credit)

Just as a reminder for you tennis people

Registration for Adult Leagues, Junior Tennis, and Permanent Court Time

Enjoy a great massage that fits into you budget!

\$39.00

1-hour introductory massage

Come in TODAY and enjoy before the special ends.

Expires 8/31/2009

SEPTEMBER is NATIONAL YOGA MONTH

September 8-12th

September marks a significant milestone in the "yoga for health" movement. It is the **first official** National Yoga Month (designated by the Department of Health & Human Services) designed to build awareness of yoga's proven health benefits and provide people with actionable guidance and tools to better their own well-being.

Join millions this month as they experience Yoga for the first time, or hundredth time!

ENJOY 5 DAYS OF YOGA AT THE WYOMING ATHLETIC CLUB WITH SPECIAL WORKSHOPS HOSTED BY OUR YOGA INSTRUCTORS.

This EVENT is FREE to the community of Casper and only need to check in with the front desk to participate in each event.

Please keep a lookout for fliers indicating days and times for our specialty yoga classes



Labor Day September 7th >>>>NO CLASSES Sunday or Monday (7/7 & 7/8)

"Support The Girls"

The WAC will host its 3rd annual walk/run 10K for Breast Cancer Saturday September 26th

PUT IT ON YOUR CALENDAR!!!

We are currently looking for sponsors and volunteers. If you are interested please contact Jennifer Langevin or Ruthanne Neville at either WAC location.

The GROUP FITNESS FALL SCHEDULE will make its debut in October...look for AWESOME changes to the schedule!

Will available to preview the end of September. (Some classes will resume the middle of September)

******LOOK FORWARD TO A "FRIENDS AND FAMILY" EVENT IN OCTOBER.******

Featuring: Zumba, Fall release of Group Power and Group Ride, Tennis, Personal Training, Yoga, and much more!

...INSTRUCTOR NEWS.... Congratulations Becky Wheeler (1st place overall female) and Jennifer Langevin (5th in age division) for KICKIN' BUTT in the 50 mile event at the Big Horn Trail Race June 20th in Big Horn, Wyoming!!!

Congratulations Michelle Brody-Glickman and Missy Kelly!

Both delivered beautiful baby boys (Sawyer Glickman 6/11 and Rhett Kelly 7/8) this summer! Each will take their rightful place back on the schedule in September. WE MISS YOU!!!

----- ZUMBA -----

**ZUMBA "changed my wife"!
Member Testimonials:**

- "Zumba is so much fun! It's not even exercise."
- "Zumba is upbeat and you forget you are working your entire body."
- "I love Zumba because it is fast, fun and Jessica is GREAT!"
- "Zumba Fitness is a great way to work your whole body...and feel sexy!"
- "I love Zumba-it's not exercise it's FUN. I have been doing Zumba for almost a year and have lost 2 dress sizes."
- "The only way I can stand to workout is if I am having fun and Zumba is the ticket. IT ROCKS!"

Back To School Special on ZUMBA classes this September....keep grooving to find out what it is.