



Manager's Corner



"If you keep doing what you always do, you'll keep on getting what you always get..."
Fitness for me, is

more than a physical state. It includes the state of mind.

Soon I will celebrate the anniversary of the date I began my personal fit quest.

I have maintained a 13 lb weight loss, dropped a pant size, and gained enough strength to get through my day, with energy to burn.

Someone once told me the definition of fitness for them, was to be able to get through the day, and have enough energy left over to catch a fast moving bus...

I feel in my own way, I have achieved that state.

Applying the following habits have helped me do so...

If I plan my meals, snacks and exercise in my day, I am better able to play with my 4yr old and 4 month old.

The support of family and friends help generate the desire and focus to maintain my commitment.

After all, for the sake of my health, and my growing family, I do need to be my personal best.

Ask me about inviting a friend in for one free workout, on me.

Yours in health,

Mike Glickman

It's never too early to start shopping for the holidays!

What's better than a massage or tanning package for that special person in your life or the person who has everything. We have Gift Certificates available now. Stop by the front desk at either location today **We have massage and tanning available at both East and West locations!**



Come in Today and check out our spook-tacular Tanning Specials for October!

20 tans for \$40.00

\$15.00 for bottles of tanning lotion

\$4.00 for tanning lotion packets

Get in today and get your tans before they disappear



Don't Forget to mark your calendar for the Big Event! Friends and Family Day at the W.A.C.

On October 17th from 8am-2pm

Bring friends and family to a fun-filled, FREE day at the club.

It will be a full of activities and food. Who can beat that and it's FREE. Also will have Membership Specials for the day. So bring all your friends and family and spend the day together.



Winter Club Hours

East

Monday - Thursday 5AM - 9:30PM

Friday 5AM - 9PM

Saturday 7AM - 8PM

Sunday 8AM - 6PM

West

Monday - Thursday 5AM - 9PM

Friday 5AM - 8PM

Saturday 7AM - 6PM

Sunday 10AM - 5PM

ZUMBA

Zumba "changed my wife!"

"Zumba is upbeat and you forget you are working your entire body."

"I love Zumba- it's not like exercise its FUN. I have been doing Zumba for almost a year and have lost 2 dress sizes" "The only way U can stand to workout is if I am having fun and Zumba is the ticket. IT ROCKS!" **BACK TO**

SCHOOL Special: BUY a 10 class-card and get 2 FREE when you complete your card Only good through 10/31/2009

....New Instructors....

Please welcome Michelle Dolentas and Liz Cowley to our Yoga staff, and Kathy Drinnon who has stepped on as a sub for the Yoga department. Both ladies will be offering new yoga classes to our current fitness schedule.

Also welcome new instructors Leslie Colburn, Jennifer Pheasant, Carisse Ludwig who came on during the summer after completing their Group Ride and Group Power certifications.

Group Power

Fall Programming will be released on October 17th at the Family and Friends Event.

2 times available 8am and 10am
Eastside
Location

Just a reminder!

Thanksgiving Day Hours(11/26) :
East: 8am-1pm
West: 8am-12pm
Have a thankful holiday season

Thanksgiving Class Schedule

Wednesday 11/25- No evening classes (4:30, 5:30, or 6:30pm) **WORKOUT BEFORE YOU PIGOUT 8AM-10AM ON THANKSGIVING MORNINING**

Friday 11/27- No classes

Saturday 11/28- Class as Usual

"SUPPORT THE GIRLS"

Thank you to EVERYONE that participated in our 3rd annual 10k walk/run. This was our largest year to date, and it was thanks to all you that either participated or signed up as "Phantom" Runners. Together we made a difference in lives of several women in our community! Thank You!

Fall Class- add on's or returning classes:

Group Ride is now being offered at both clubs, please grab a schedule to find a time that works into your schedule.

Saturday Conditioning returns to the West location at 8 am.

ZUMBA is again being offered on the WEST at 9:15am and 5:30pm M/W East

Saturday Step Has Moved to 7am on the Eastside

BLAST M/F West at 8am Step M/W West 6:30pm

Yoga Times:

M/W West at 6:15am Wed West at 8:00am M/W East at 5:30pm
T/Th East at 7:00am Saturday East at 9:15am

New Trainers!

Ruthanne Neville and Kelly Gilpin have joined the personal training team! Congratulations!

If you are ready to reach your goals quickly and have fun at the same time give try personal training! Call 265-6928 for your free consultation!

FORE!

It's getting cold outside but that's no reason to stop swinging the clubs! Take advantage of our fall golf special- 3 hrs. for the price of 2 on the golf simulator! Mention this ad and get 3 hrs. on the simulator for only \$36!