



Need a place to put the kids while you run an errand or while you work out?

Then come check out our Kid's Court Today and see what we have to offer the kids. It is a safe place for you children to enjoy activity and meet some new friends. Plus you both can run off some of that energy you have. Come in today or call 265-6928 for more information

Just a friendly reminder:

In Observance of Fourth of July the club will be closed and return to normal hours the following day.

We would like to welcome back Tiffanie as our Front Desk Assistant Manager. We would also like to welcome Amber as our new assistant back office manager and welcome Wendy to the club. Don't forget to stop by and say hello.

### NEED A LOCKER?

Are you tired of carrying that gym bag in with you everyday. Then we have the answer for you. We now have hallway and men's locker room lockers available. Come see Angela today for details before we run out.

**Father's Day is a coming and what are you going to do for his special day?**

We have a gift package that includes a one hour massage and one hour on the golf simulator for \$59.00. Let your day relax and enjoy one of his favorite front desk for details and gift certificates.

### GROUP FITNESS NEWS FOR JUNE AND JULY 2009

#### GROUP RIDE IS HERE!

Everyone finishes first in Group Ride®! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!

See the Group Fitness Schedule to see when you can attend.

#### WALK FOR THE PARKWAY WALK FOR YOUR HEALTH

"Walk or Talks"

June 4, June 11, June 18

Fitness Walks lead by WAC Fitness Staff

June 20...WALK FOR THE PARKWAY

Registration information can be located in the fitness rooms of both the East and West side WAC.

#### Thing to look forward to....beginning the week of June 8th

SilverSneakers moving to an earlier time. Monday and Wednesdays 9:20-10:30 WAC

WEST This class offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health. A SilverSneakers® class will include strength and conditioning designed for individuals that are "young at heart", new to exercise, or those who have not worked out in more than 6 months. Classes are easy on your joints and appropriate for individuals who regularly exercise, as well as, those who have not exercised in years. The exercises are designed to improve your strength and flexibility, and your ability to perform activities such as getting out of the car or lifting grandchildren

Fitness Walking on Fridays 8:00 am WAC WEST The walking group will meet at WAC WEST on Friday mornings at 8am. From there you will hit the road for a variety of walking routes in the neighborhood or carpool to a variety of destinations... Bridal Trail, 3Crowns, the Platte River Parkway, etc.

GROUP POWER and GROUP RIDE will launch a new series of workouts in JULY!

DID YOU KNOW?

We have a wide variety of early morning classes to help you FIT IN all your fitness needs before your family is even out of bed.

5 am Group Power T/Th (West) games. See the 5:15 am Group Power M/W (East)

5:15 am Group Ride T/Th (East) 5:15 am Half the Battle M/W/F (West)

6 am On The Ball T/Th (West) 6:15 am Yoga M/W (West)

**Fourth of July >>>> NO CLASSES Saturday or Sunday**

