

December 2008 FLAC News

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Holiday Hours

Dec. 24th	Closed
Dec. 25th	Closed
Dec. 26th	7am-5pm
Dec. 31st	7am-12pm
Jan. 1st	Closed
Jan. 2nd	7am-5pm

"Boot" Out the Old, Bring in the New! New Year's Eve Workout

Wednesday
December 31st
9:00-10:00am

Are you ready to bring in the New Year? Join your FLAC instructors and fellow members for another great workout in 2008! Meet on the gym floor at 9:00am on New Year's Eve for a "boot-camp" workout designed to burn lots of calories.

This boot-camp class is both a cardiovascular and strength training workout and may be your best bet to combat against the evening's extra indulgences. Your "Boot" Out the Old Workout is for all ages and fitness levels. Bring your friends and family members with you. All are welcome to attend this FREE class. Last workout of the year!



Happy Holidays from the FLAC staff!

We appreciate all of the wonderful members we have!

We wish you a happy and healthy year 2009!

WISE QUOTE OF THE MONTH

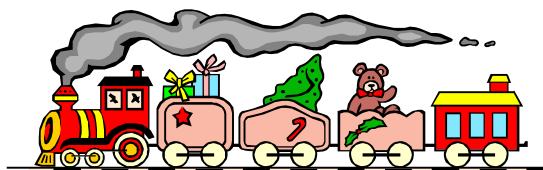
The biggest holiday stressor is YOU! Plan for a relaxing and enjoyable holiday season!

FLAC's December Toy Drive

December 1st-14th
Once again, FLAC is helping share the joy of the season with others as we collect new toys for children from December 1st-14th. Toys will be donated to local families in need this holiday season.

Member Special!
If you bring in a new toy, you will receive a FLAC day pass to give to a friend or family member (up to a maximum of two day passes for two toys).

New Member Special!
If you know someone who would like to join FLAC, they receive \$25 off the enrollment fee for each new toy they bring in (up to 50% off the enrollment fee). Please bring in toys no later than Dec. 14th!



FLAC Member of the Month: Tony Biba



Keep it up Tony!

Congratulations to our December Member of the Month, Tony Biba! Tony was nominated by numerous FLAC employees who are impressed with Tony's diligence and spirit. Tony has spinal stenosis (as well as diabetes and asthma) and has been recovering from a couple of falls over

the summer. On Thursday, November 6th, Tony made his goal of walking one mile on the track upstairs!!! Since then, he has continued to walk his mile. Unless out of town, Tony comes to FLAC every morning. Tony has been a FLAC member for five years. He

and his wife, Millie, have been married for 48 years. Wow! Be sure to congratulate Tony on his mile when you see him!

If you have someone you would like to nominate for member of the month, please see Amy, Kerri, or any FLAC employee!

SilverSneakers® ... Fitness Assessment



Congratulations to those SilverSneakers® members who completed the "Ham it Up" challenge!

Congratulations Jeanne Smiley for winning the ham!!!

**Thursday, December 4th
9:00am**

As a SilverSneakers® member, you are invited to evaluate your current fitness level and set goals for fitness improvement. On December 4th at 9:00am, SilverSneakers® members who have signed up will complete a functional fitness assessment. The following tests will be administered:

1. 6-Minute Walk (cardiovascular endurance)

2. Scratch Test (flexibility)
3. Biceps Arm Curl (upper body strength and endurance)
4. Chair Stand (lower body strength and endurance)
5. Functional Reach (dynamic balance)
6. Body Mass Index (wait-to-hip ratio)
7. 8-Foot Up and Go (agility and coordination)

If you have not signed up and would like to, sign-up is on the table by the gym. Don't miss this opportunity!



Kick and punch your way to better fitness!



Turbo Kickboxing

Do you need to KICK up your exercise routine? We have just the answer for you Saturday mornings at 9:00am on the gym floor. Join Chris (FLAC Trainer and Instructor) and Joe (3rd dan and FLAC Trainer) for a Turbo Kickboxing

series. Turbo Kickboxing is a total body conditioning workout that emphasizes cardiovascular fitness, muscular endurance, and core strength. Hand wraps are provided; however, if you have your own wraps or gloves, you may bring

them in. Turbo Kickboxing is a seven-week series. The first session begins December 6th and ends on January 14th. It is a fee-based class so please sign up at the front desk. Kick it up for the holiday season!

Tennis Tip from Steve

The fastest way to get better at tennis
If you like to play tennis and want to get better faster and more efficiently, here's how:

1. Identify what needs to be fixed or improved. Hitting a ball is not just hitting a ball! A Tennis Pro can analyze and identify what a player can do to fix the problem.
2. Repeatedly go through the correct motions. Often you can go through the correct motion without a tennis court or balls. The objective is to train your muscles to do the motion without even having to think about it. The player must go through the correct motions 100-200 times/day.
3. Implement the right technique in point play. Having a hitting partner will help. Players should try to keep a rally going, but only using the right technique. A Tennis Pro can make sure you do not return to bad habits.

One hour of practice per week will help, but daily motions will improve a player much faster!



Please check the tennis table for upcoming Junior Tennis events in December!

Stress Less Over the Holidays

Let's face it: life is busy, crazy even! Add the holidays to the mix and stress can go over the top. This year think about thriving, not just surviving, the holidays! Be willing to change a few things in order to relax and enjoy friends and family more. Consider these tips:

- Reduce your gift list to cut down shopping time and help your pocketbook as well.
- Exercise regularly to reduce stress & avoid excess holiday pounds.
- Cook and bake less to save time (and your waistline). Say "no" to the cookie exchange!
- Spend at least 10 minutes/day relaxing by listening to music, taking a bath/sauna...simply breathing works as well!
- Eliminate traditions that you don't enjoy and create new ones.
- Bundle up, go outside, and play!



Enjoy a stress-free holiday season!

Up-to-Date with FLAC

SHOES

Winter is fast approaching, along with snow and salt-covered pavements. Please change your outside shoes before working out.

MUSIC

As you may have noticed, we have had some sound system difficulties in the

spin and aerobics room.

Please do not use FLAC's sound system.

GIFT CERTIFICATES

It's never too early to think about how you can stress less over the holidays. Give a FLAC gift certificate to be used toward memberships, personal training sessions,

or tennis lessons.

WEBSITE & EMAILS

Please visit FLAC's website at 4flac.com for current events, including the group exercise schedule and newsletter. If you would like to receive an email of upcoming events, please sign up at the front desk.

CHALLENGE

Stay tuned for another FLAC fitness challenge coming soon!

MORE ZUMBA

Bilingual Zumba coming in January on Thursday evenings!



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We're on the web!
4flac.com

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