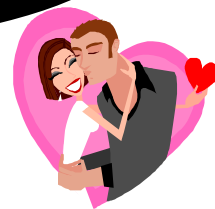
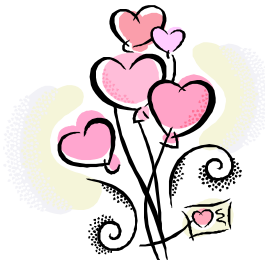


February 2009 FLAC News



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Weather Reminder

If the weather is bad, please call 743-2000, listen to 96.1 fm, or go to our website (4flac.com) to make sure FLAC is open. Thanks!

Class

Cancellations

We make every effort not to cancel group classes, however, inclement weather and emergencies do occur. We will post that information on our website as soon as possible. You may also call as well.

Best Bets for Valentine's Day

Sweets for your sweetie? Flowers for that someone special? A card? Come on; you can do better than that!!! Chocolate goes to the hips or belly and flowers die.

This Valentine's Day, give a gift that will leave more of an impression. FLAC has a lot to offer your someone special this February!

- 8-Week Turbo Kickboxing session (Saturdays at 9:00am, begins February 7th) taught by Joe Moniot (3rd dan Blackbelt) and Chris Bourgeois

(Trainer/Instructor). Classes are designed to improve strength, endurance, balance, and stability.

- Massage Therapy (30, 60, or 90 minute) by Licensed and Nationally Certified Massage Therapist, Eve Moora. Who wouldn't want to ease tension, soothe tired, sore muscles, and restore energy with massage! Members receive 10% off services in February!
- Personal training (30 or 60 minute). Create

- a better body with one of FLAC's 10 Certified Personal Trainers.
- Private Tennis Lesson (30 or 60 minute). Improve your tennis game with one of FLAC's three Certified Teaching Professionals.
- 6-Week Advanced Yoga (Tuesdays at 6:30pm, begins February 3rd) taught by Certified Yoga Instructor Tina Garvey. See below. Check the information table for more specifics!

WISE QUOTE OF THE MONTH

"If you think you can or think you can't, you're right." Henry Ford

Advanced Yoga is Here!

Tuesdays,
6:30-7:30pm
Feb. 3rd - Mar. 10th

If you have yoga experience and wish to advance your practice, FLAC is excited to offer this opportunity. Tina Garvey (Certified

Yoga Instructor) has designed more advanced poses, more breathing techniques, and incorporation of Yoga philosophy in a six-week session. Classes meet Tuesdays at 6:30pm and the session begins February 3rd. If you have

any questions, catch up with Tina. She teaches Yoga Mondays at 6:15pm and Saturdays at 10:00am. Sign up at the front desk.



FLAC Member of the Month: J.J. Collins



*Excellent progress
J.J.!*

If interested in evening kid's club hours, please contact Amy!

Congratulations to our February Member of the Month, J.J. Collins. J.J., a junior tennis member at FLAC, was nominated by our tennis pros for his dedication to the sport. He works hard on his tennis game five of the seven days of the week. J.J. is a Delavan-Darien High

School Junior who makes every effort to improve his game. He takes both private and group tennis lessons and also plays in tournaments. Way to go J.J. *If you have someone you would like to nominate for member of the month, please see Amy, Kerri, or any FLAC employee.*

Upcoming Tennis Events:

- **Girl's Winter Open**
Feb. 6, 7, 8,
- **Junior Lock In**
Feb. 27th (*tennis, guitar hero, ping pong, basketball, volleyball...*)

See D.J. for details!



Exercise Tip from Kurtis Rayfield at the fitness desk

If you're new to FLAC or if you've been here for years, now may be a great time to evaluate your progress. Are you ready to make it to the next level? This can be done in many ways, but sticking to the same old routine just may NOT get you there.

Our bodies are very adaptive! This is good for newcomers, but may be why some people who have been doing the same routine for a while haven't seen as many results.

When you first start any exercise program, your body will undergo its most changes because of the new workload. For the "old timers," the best way to see progress is to push the limits of your workouts to see what you are capable of.

My challenge to everyone is to come into the gym with the mentality that you're going to go for your personal record and put yourself through your hardest workout yet. This principle is called progressive overload and it's the only way to keep moving forward with your fitness goals. Add a set, a rep, a machine, a mile, a day, or anything to keep your body guessing and you progressing! Go for it!

Attention FLAC!



Congratulations to FLAC's weight loss challengers. They are off to an awesome start on their weight loss journey.

Non-challengers are welcome to attend any of the Monday night (6:30-7:30pm) classes for a drop-in fee. See Kerri R. for details.

RECIPE ALERT: Avocado Egg Salad

10 hard boiled-egg whites (diced)
1/3 cup onions (diced)
1/2 cup celery (diced)
8 Tbsp. avocado (mashed)
1 Tbsp. Dijon mustard
1 tsp. paprika
1/2 tsp ground black pepper
Pinch sea salt
Romaine lettuce
Grape tomatoes (sliced)

In a bowl, combine eggs, onions, celery, avocado and mustard. Stir until well mixed. Add paprika, pepper and salt; stir to combine. Serve on a bed of romaine lettuce with sliced grape tomatoes.
Recipe thanks to Clean Eating magazine. This tasty salad won't expand your waistline.





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We're on the web!
4flac.com

www.4flac.com