

March 2009 FLAC News

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FLAC MEMBERS:

This is your opportunity to receive \$50 toward any FLAC service (personal training, tennis lesson, massage...).

Simply refer a friend or family member to FLAC. If they become a member, they receive 50% off the enrollment fee and you receive the \$50 gift certificate! Hurry, offer ends March 31st!



FLAC's Indoor Triathlon

March 16th - April 18th

Run, bike, and row your way to better fitness!

You are invited to participate in FLAC's next challenge, an Indoor Triathlon. The Triathlon is a 5-week challenge designed to motivate you to improve your fitness level. Participants will choose between three different

ability levels, advanced, intermediate, and moderate. Once you choose the level, you will be assigned to one of two teams., FLAC Attack or FLAC Pack. Triathletes will record the amount of rowing, biking, and running (or walking or elliptical) on their personal chart which will be posted upstairs. Specialized classes and meetings will be offered



throughout the challenge to help participants reach their goals. Teams will be competing against each other. The final event will be a sprint indoor triathlon! Prizes will be awarded at the end of the challenge. Cost is \$40/person. All participants receive a t-shirt. Sign up by March 13 at the front desk. Give it a TRI!

Congratulations FLAC weight loss challengers!
As of March 2nd, they have lost 188 pounds!!!

WISE QUOTE OF THE MONTH

"Success doesn't come to you; you go to it."

Tai Chi...One More Reason to Do It!

Mondays, 10:00am
Wednesdays, 10:00am
Fridays, 10:00am

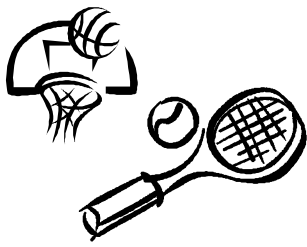
Tai Chi, the ancient Chinese martial art, consists of slow gentle movements, deep breathing, and relaxation. It's an excellent way to de-stress and research from Tufts University now shows that Tai Chi is better at easing the pain of osteoarthritis of the knee

than regular stretching (by three times as much).

Marla, FLAC's Tai Chi instructor, says, "Tai Chi has made such a difference in my life. I love the calming effect and it has definitely decreased my overall joint stiffness." You are welcome to join Marla's Tai Chi class three times per week from 10-11am.

No experience required!





Josh: All Around Athlete!



FLAC Member of the Month: Josh LaCroix



Congratulations to our March Member of the Month, Josh LaCroix. Josh and his wife have been FLAC members since 2003. Josh was nominated by staff and FLAC members for his incredible dedication to all kinds of fitness. He not only works out like crazy on the fitness floor,

he runs marathons, competes in triathlons and plays basketball as well. Josh has worked with Cory to design his fitness program. He currently participates in FLAC's adult tennis league and invests a lot of additional time on the tennis court. Josh is also a former MMA (mixed martial arts) fighter.

He is part-owner of Café Calamari and Harpoon Willies in Williams Bay. Whew! Keep up the excellent work!

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

March Tennis Events



- Friday - Sunday, March 6th-8th: Girls Challenger Tournament (ages 12-16)
- Friday - Sunday, March 13th-15th: Boys Challenger Tournament (ages 10-14)
- Friday, March 20th: Adult Social
- Saturday, March 21st: Boys High School Pre Season Tune-Up
- Saturday, March 21st: Prince Demo Day (12:30-3:00pm)

Dodgeball Tournament



Friday, March 20th
6-8pm

You are invited to participate in FLAC's first Dodgeball

Tournament! Put together your team of 6-7 players (ages 13-up and at least 2 female players per team). Each team is guaranteed to play 3 full rounds (each round is best 3 out of 5 games). Cost for FLAC members is \$8 each and cost for non-members is \$10 each. Sign up at the front desk no later than March 17th!



Coming Soon...

TEAM UP FOR A MIRACLE
Saturday, April 25th, 2009

Four Lakes Athletic Club is pleased to once again sponsor the fund raising event for the Children's Hospital of Wisconsin - Milwaukee. Last year we raised almost \$10,000 and are aiming even higher this year.

üMark your calendar:

- Zumba-thon 2:00-4:00pm
- Kick-a-thon 4:00-5:00pm
- Walk/run/bike... 5:00-?pm

More information coming...

The Protein Performance Advantage

Thursday, March 19th
10:00 – 11:00am

Guest Speaker:

Nance Bailey, MS

Do you know how protein can make a difference in your health? Join Nance Bailey, FLAC member and owner of Empowering Health (a wellness company in Lake Geneva), for a free informational class on the

importance of adequate protein. Ms. Bailey will explain how lean proteins can make a difference in exercise performance, energy, weight, menopausal symptoms, bone health, and more. She will explain what kind and how much protein is recommended. Ms. Bailey is a national speaker on wellness issues and has degrees in health education and exercise physiology. Join us on the 19th!





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We're on the web!
4flac.com

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