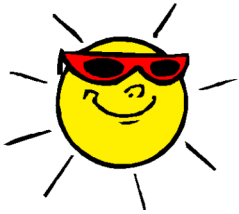


Summer 2010 FLAC News



Summer weekend hours are here through Labor Day:

Saturdays, 7am - 12pm
Sundays, 7am - 12pm
(Monday through Friday hours are the same.)

Cool & Tasty Fruit Smoothie



- 2/3 bag frozen strawberries
- 1/4 bag frozen blueberries
- 1 banana
- 1/2 cup vanilla yogurt
- 1 Tbsp. ground flax (opt)
- ~3 cups water (or to desired consistency)

Place ingredients in blender and blend until smooth.
Makes 5-6 servings.

Make sure the berries have no added sugar to keep the sugar content lower. This is an awesome snack for the whole family.

Check out the Elkhorn Parks & Recreation catalog! FLAC instructors will be teaching Fun & Fit @ FLAC for kids and Summer Boot Camp @ Sunset Park (free for members).



Beach Ready Bodies

Make progress on your fitness goals this summer

Chowing on brats and burgers. Indulging in double chocolate brownies at the neighborhood picnic. Taste testing a few extra drinks around the bonfire.

Getting bleacher butt at numerous baseball games or soccer matches. We all look forward to summer! It's a great time to relax and get together with friends and family; however, it's also important not to lose sight of your fitness goals.

Combat the extra indulgences with activity! The following are tips on how to keep working toward your goals this summer:

• Plan ahead. Fit in your exercise after looking at your schedule. Keep your health high on the priority list.

• Workout early. FLAC opens at 5:30am on weekdays and 7:00am on weekends, so get your workout in early. Try out Rachel's Boot Camp at Sunset!

• Increase activity at home. Walk the dog more, swim while at the beach, join a kickball or volleyball league, try tennis again... Play more this summer.

• Get the kids involved. Take advantage of FLAC's Kids Club or Summer Day Camps so you can have a guilt-free workout. Check out the dates below.

• Challenge yourself to workout harder. Try a new group fitness class. Have you tried Bosu Intervals followed by Strengthen and Lengthen on Thursdays?

• Consider personal training. Keep motivated with individual or group PT sessions. Grab a friend and train together.

• Keep a closer eye on summer calories. Watch out for sugar-laden energy drinks, creamy shakes, and goodies.

Use your FLAC membership more this summer to prevent goal backslide!

WISE QUOTE OF THE MONTH

You have to change your life before your life changes you. (Rachel Person)

2010 FLAC Summer Day Camps

Keeping the kids happy (and active) can be challenging over the summer months. We've all heard "I'm bored" and we've all had to drag the kids off the TV, computer, or play station. FLAC's new Summer Day Camp is a fun, energetic, safe, and educational experience for your kids ages 8 to 12.

Every day your kids will enjoy activities while being introduced to new experiences. Outdoor adventure activities, interactive games, crafts, and sports clinics are a few of the daily activities. Fitness Director Rob Breidenbach is our camp director. He has a degree in education specializing in health and

human performance and has over four years of experience working with kids of all ages at day camps and many different sport clinics. Daily and weekly rates are available for both members and non members. Family discounts are available. Day camps run for 11 weeks from June 14th through August 27th. Pre-registration is required. Pick up a brochure at the information table for more specifics. If interested, contact Rob at 743-2000 ext. 20. Come join the fun!



Thank you for helping make FLAC a great place to workout. Your patronage is appreciated. Please contact Amy if you have any membership questions. Enjoy a safe and healthy summer!



4flac.com

Meet a Few FLAC Directors

Fitness Director Rob Breidenbach

Rob joined the FLAC family in November of 2009 and recently became our Fitness Director. He graduated from UW Whitewater with a BS in Education specializing in health and human performance. He also double minored in Health and Coaching. Rob has over four years of experience working with people of all ages at camps and many different sports clinics. Rob believes that a healthy mind and body are achievable through fitness and nutrition. Rob is the go-to guy if you have questions/concerns about the exercise equipment or special programs/clinics: 743-2000 ext.20.

Personal Training Director Rachel Person

Rachel is a familiar face at FLAC, teaching many exercise classes and personal training on the fitness floor. She is a certified personal trainer and group fitness instructor and recently took over the responsibilities of Personal Training Director. Rachel is also involved with special programming. She has always led an active lifestyle and has a passion for fitness. She believes that personal training can really help individuals transform their bodies and reach their goals. Rachel is the go-to gal if you have questions about individual or group personal training: 743-2000 ext. 30.

Group Exercise Director Sindy Leibbrand

Sindy is another familiar face at FLAC; she has been teaching classes at FLAC since its inception in 2002. She is truly passionate about group fitness and has been a certified group fitness instructor for more than 28 years. Sindy is always looking for new forms of exercise and brings those fresh ideas to the club. She continuously studies the mind-body connection and believes that fitness should and can be very fun. Sindy is the go-to gal if you have questions/suggestions about the group exercise classes. Leave a message at the desk for Sindy or catch her before or after class.

Calendar of Events

JUNE

FLAC's 3 on 3 Basketball Tournament

Sunday, June 27th

Games start at 10:00am

3 players minimum with no more than 5/team

Double elimination tournament

\$30 per team

Pre - registration required for both events.

Contact Rob with questions.

New Pilates Instructor

We are excited to introduce new instructor Traci Hegland.

Traci has been a FLAC member since 2003 and recently received her pilates certification. She has reshaped her body over the last several months and attributes much of it to pilates. Traci (May's member of the month) is a "group fitness groupie" and is a lot of fun in class. Join Traci for pilates every other Tuesday at 9:15am (alternating with yoga).

JULY

FLAC's Basketball Clinics

Does your son or daughter enjoy playing basketball?

Do they need to improve their skills to be able to play competitively at their school?

Fitness Director Rob Breidenbach invites kids ages 8 - 16 to participate in three-day clinics at FLAC.

Rob played basketball at Badger High School, made the All Conference Team, and was All State honorable mentioned his senior year. He was also team captain and held the single season rebounding title for UW Waukesha. Along with playing experience, he has developed and coached middle and high school basketball camps in Lake Geneva, Janesville, and Whitewater.


This is a great opportunity for your child to improve his/her shooting form, passing skills, and dribbling skills.

July 12-14 (10am-12pm): ages 8-10 \$75/child

July 19-21 (10am-12pm): ages 11-13 \$75/child

July 26-28 (10am-12pm): ages 14-16 \$75/child

Contact Rob with questions.



Four Lakes Athletic Club

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Fax: 262-743-2027



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