



April 2010 FLAC News

Happy
Easter!

Holiday Hours
Fri. April 2: Close at 4pm
Sat., April 3: Open
Sunday, April 4: Closed

Check out the Elkhorn Parks & Recreation catalog! Your FLAC instructors will be teaching Fun & Fit @ FLAC for kids ages 5-10 Wednesdays at 4:30pm during April and May. Summer Boot Camp will also be offered at Sunset Park Wednesday mornings.

For your Physical and Occupational Therapy needs, please contact Family Rehab Clinic right here at FLAC!

Cyclists
Please remember that the cycling bikes are available on a first-come, first-serve basis. Do not ask another member to get off a bike (unless you signed up for it first). Help us maintain a welcoming atmosphere.

FLAC Indoor Triathlon



Saturday, April 17th
Run, bike, and row your way to better fitness!

You are invited to join us for FLAC's 2nd Indoor Triathlon on April 17th starting at 9:00am. The triathlon includes a 5000 meter row, a 30 minute bike ride, and a 3 mile run or walk at FLAC. If you are in it to WIN IT, you will be timed for the 3 mile run on the treadmill. If you are in it to TRI IT, you can choose the treadmill, elliptical, or running track to complete

your 3 miles. Start times will be staggered (in groups of approximately 5 people). Sign up at the front desk to reserve your start time. FLAC members pay \$10 and non members pay \$15 for this one-time event. Included in the lime green triathlon brochure on the table, is a 6-week self-training program to help prepare for the event. Participants may also want to train with one of our certified personal trainers. All fitness levels are welcome to participate!
Give it a TRI!

Having a fitness goal, like completing a triathlon, is a great idea when working on improving your fitness level. If you are interested in training for an event with other FLAC members, write it on the board upstairs.

Madison's Crazy Legs Join other members and take on this 8K (5 mile) run together. Sign up coming soon!

WISE QUOTE OF THE MONTH

Consistently attempt to live your best life.

The minute you let go of a good habit, the bad ones return.

Belly Dance Fitness at FLAC

Thursdays at 7:30pm

Interested in having fun and getting a great workout? We invite you to join Deb Weberpal for a special four session series of belly dance fitness. Classes are April 8th, 22th, 29th, and May 6th at 7:30pm. Participants will learn basic belly dance moves and then dance to Middle Eastern and Indian music. Belly dance (also known as Raks Sharki) is more than just a fun workout, it has other health benefits as well. The graceful hip drops, rolls, shimmies, and pivots of this dance work with the body's natural movements to help strengthen abdomen,

trunk, spine, neck, arm, and shoulder muscles. When done properly, belly dance can help relieve stress to the back, counteracting the constant compression of the disks that occurs from sitting and a sedentary lifestyle. It also helps shed the pounds, burning up to 300 calories per hour. Grab your girlfriends and make it ladies night out! Members pay only \$20 for all four sessions or \$7/class for drop ins. Non members may also attend for \$10/class. Sign up at the front desk!



April Member of the Month: Kristen Gentile



Awesome job
Kristen!

Congratulations to our April Member of the Month, Kristen Gentile. Kristen was chosen to be member of the month because of her dedication to her health and to the club. Kristen arrives at FLAC around 7:00am and sometimes will come back for more later in the day. When she's not at work, she's often here on weekends as well. Kristen takes a variety of group exercise classes; Super Sculpt on Mondays and Bosu intervals on Thursdays are two of her favorites. Kristen has participated in

numerous FLAC challenges, including last year's Indoor Triathlon and Weight Loss Challenge. Donna Tholke, another FLAC member, tells us that Kristen is a "die hard member" and that certainly is the case. Not only is Kristen a faithful member, but she is always friendly to other members and is great to have in group classes.

If you have someone you'd like to nominate for Member of the Month, contact Amy or Kerri.

Zumba News

Sunday Zumba: Meet the newest addition to the FLAC team, Nicole Romero-O'Tolle. Starting April 18th, Zumba will now be offered Sundays at 10:30am.



The first class is free! Starting April 25th, classes will be the same price as other Zumba classes: \$1 for members and \$5 for non members.

Zumba Toning: This new Zumba class uses toning sticks for an overall toning and calorie-burning workout. Zumba Toning breaks the rules of your old workout, giving you a shapely, symmetrical body using Zumba rhythms. Classes are Wednesdays at 9:15am and Thursdays at 5:15pm. The first classes on April 7th and 8th are free. After that, classes will be \$1 for members and \$5 for non members.

Toning Class Format:

Warm up: range of motion without toning sticks

Cardio: three dance songs using toning sticks to target specific muscle groups

First circuit: with and without toning sticks and includes rhythm changes

Cardio: two dance songs using toning sticks to target new muscle groups

Second circuit: a heart-pumping, fun party song

Lower body isolation: incorporating balance and stability

Cool down & stretch



Adult Intro to Tennis

Learn to play tennis for the first time or learn to play again! FLAC will offer this four week class in May. Contact Paul with questions!

New Member Specials

Zero Enrollment! April 1– June 5!!

Summer membership: If you know someone who is home for the summer, is a summer resident, or wants a short-term commitment, FLAC may have the perfect summer membership for them. Begin as early as May and go as long as the end of September.

Free three months: Popular with new members, FLAC continues to offer three free months with any 15 month contract.

FLAC STAR Power



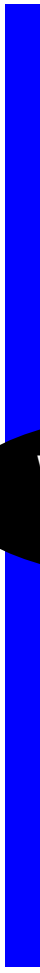
Congrats Sharon Marie and Kurt Mohrbacher! On January 30th, Sharon and Kurt participated in the Madison Midwinter Meltdown, a rowing competition at the Princeton Club. They both completed the 2K race with awesome times! Sharon finished 2nd in her age group with a time of 7:40:3 and Kurt finished 4th with 6:46:1.

Congrats Krista Baber!

On February 27th, member Krista Baber completed the American Birkebeiner ("the Birkie") in Hayward, WI. She completed the 50km (that's 32 miles!) cross country ski marathon in just 4 hours. Krista placed in the top one fifth out of over 10,000 racers!

Good Luck Lisa Didenko and Lorelei Harp
Lorelei has been training hard for the figure competition and Lisa the lightweight bodybuilding competition in Little Chute, WI on May 1st. Hope the hard work pays off ladies!





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We're on the web!
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