

June 2009 FLAC News



Ü IT OUT!

FLAC offers many summer activities to relieve exercise boredom and keep you motivated on your fitness path!



SUMMER WEEKEND HOURS ARE HERE:

Saturday and Sunday hours are now 7:00am - 12:00pm.

To get your body "summer ready," change up your exercise & food routine!

Summer Training Club

Calling all runners, cyclists, and triathletes...

You are invited to join the FLAC TRI CLUB, a summer training group that begins this July. Whether you are a seasoned triathlete, a first-time triathlete, or simply want to improve your fitness level, the FLAC TRI CLUB can help you get there. Led by seasoned runner and triathlete Heidi Hancock, each week the group will meet to run, bike, and swim. Group presentations will also be offered including

topics such as nutrition for athletes, cycling techniques, running training, and proper swimming form.

Cost is \$35/month. You may join the club for one month or for the whole summer.

Sign up at the front desk! Contact Heidi with questions. Give it a tri!

Rent FLAC

Rent FLAC for special events! Cookouts, parties, family reunions, conferences, church retreats... You name it!

Rental can include some or all of the following:

- * Sand Volleyball Courts
 - * Basketball Court
 - * Indoor Volleyball
 - * Horseshoes
 - * Indoor Tennis Courts
 - * Upstairs Cardio/Weights
 - * Outside Patio Area
- Rates vary depending on what you rent. Contact Fitness Director, David, with questions or to book your event!
DavidS@flaconline.com

Tennis Anyone?

4 Week Adult Intro to Tennis Session Begins June 1st
Mondays, 6:00-7:00pm

If you are new to the game of tennis or need to refresh your skills, you are invited to join FLAC's Intro to Tennis. Both members and non members are welcome.

If you have questions, please contact Paul. The cost is \$48 for the 4 weeks. Sign up at the front desk.

Congrats FLAC HS Tennis Players! Seven players made it to the Boys State Championship in Madison on June 4th-6th!

- Tim Hartwick
- JJ Collins
- Travis Murphy
- Augie Geldermann
- Reid Solheim & Alex Chironis
- Dean Schwefel

FLAC June Tennis Events
Tennis Tournament

June 26th-28th: Boys, ages 12 - 16 yrs.



ZUMBA
FITNESS

www.4flac.com

FLAC Member of the Month: Lorena Aranda

Congratulations to our June Member of the Month, Lorena Aranda. Lorena was nominated by FLAC employees and members for her dedication and enthusiasm for exercise. Lorena and her husband joined when FLAC opened

in 2001 and she comes at least 5 days a week. WOW! Lorena takes group classes, uses a variety of equipment on the floor, and definitely can be seen shaking it up in Zumba classes. She has a great attitude and has brought in many new

FLAC members. Lorena receives a free personal training session or tennis lesson for being FLAC's member of the month. Keep it up Lorena! *If you have someone you would like to nominate for member of the month, please see Amy or Kerri.*

Attention SilverSneakers Members:

Please write to your member of Congress, sharing your personal SilverSneakers story. Leading lawmakers have expressed interest in cutting Medicare Advantage funding. Among many other things, cutting funding for Medicare Advantage plans could increase out-of-pocket expenses. This could impact SilverSneakers, which has been proven to lower health care costs!

Write to:

Senator Herb Kohl, Senator Russell Feingold, Rep. Paul Ryan, Rep. Tammy Baldwin, and Rep. Ron Kind.

Turn it in to Sonja as soon as possible!

New Biggest Loser Class

You've seen it on T.V. and now we're bringing the Biggest Loser workout to FLAC. We may not have Jillian and Bob, however, FLAC's own Jill and Jason are ready to challenge you to a new fitness level! Jill's class is 8:00am on Wednesdays and Jason's is 5:30pm on Thursdays. The Biggest Loser workout is a great way to shake up your routine to tone up and slim down for the summer.

Pick up the new summer group exercise schedule on the table or print one off from our website, 4flac.com, for other changes to the schedule.

Don't forget to lather on the SPF (30 or higher) when you play outside!

Complimentary Day Pass



Member Name _____

Offer expires July 15, 2009

If you like our club, share this free pass with a friend!

DodgeBall Tourney Returns



Friday, June 19th
6:00-8:00pm

Back by popular demand, another Dodgeball Tournament is here! You have the opportunity to dodge, dip, duck, and dive your way to more fun. No wrenches will be thrown, only squishy balls (and they really don't hurt). Get a team together and sign up soon. If you don't have a full team, we may be able to add you to a team.

Dodgeball Specifics:

- 6-7 players/team (6 on the court with 1 sub)
- At least 2 females/team
- Ages 13-up
- Each team plays 3 rounds (each round is best 3 out of 5 games)
- Members \$8/person and non members \$10/person

See David if you have questions! Sign up at the front desk no later than Tuesday, June 16th!





Four Lakes Athletic Club

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We're on the web!
4flac.com

www.4flac.com