

# March 2010 FLAC News



Go GREEN on St. Patrick's Day (and every day) by eating lots of nutrient-dense green veggies and taking action to go green at home to reduce your "footprint."

**Group Exercise**  
Look for additions to the group exercise schedule now and in April. We're pumping up the schedule to offer you more exciting classes!

TurboBox is here with black belt, Joe Moniot, every Tuesday evening at 5:00pm. This free class is a great way to kick up your routine.

PiYo is back with Michelle Rowley Tuesday nights at 6:00pm.

Stay tuned for more free education classes from the FLAC staff...

## ZUMBA<sup>®</sup>THON at FLAC

Get your AMORE' on!

**Friday, March 5th  
6:00 - 8:00pm**

Are you ready to join the party? Join us for FLAC's Zumbathon, an evening of outrageous fun, music, friends, and don't forget, shaking your booTAY! Your FLAC Zumba instructors, as well as many other instructors

from the area, have put together two hours of Zumba, including both vintage Zumba songs and new songs. Special black light songs will also be included. For those of you who haven't tried it yet, Zumba is an awesome way to shake it up (literally) while burning calories like crazy. The Zumba instructors will be up on a stage, so it will be easy

to see from all areas of the gym. Grab your friends; non members are welcome. The cost is \$10 at the door (no registration needed). All proceeds will go to FLAC's new equipment fund! Simply show up and be ready to rock it!



### ê WISE QUOTE OF THE MONTH

Forward movement is not possible if you are stuck in your box!

## Weight Training for Weight Loss

**Monday, March 1st  
6:00pm**

We invite you to join FLAC instructor and trainer, Rachel Person, for this free class. Rachel will "show and tell" you how to add weight training to your workout routine. Weight training is an important component for weight loss success. By increasing muscle through specific exercises, your body will burn more calories at rest (resulting in an increased metabolism). Increasing your

metabolism helps you create an energy deficit (burn more calories than you consume) and thus helps you shed unwanted pounds. Additionally, a more muscled, toned body is stronger and looks and feels better. Whether you are new to weight training or need to pick up more ideas, you will benefit from Rachel's class.

Tone up to slim down!



# March Member of the Month: Lorelei Harp



Good luck on  
May 1st Lorelei!

Congratulations to our March Member of the Month, Lorelei Harp. Lorelei was chosen to be member of the month because of her dedication to fitness. Since January, Lorelei has been training hard for a figure competition in Fox City on May 1st. With her strong work ethic and the expertise of FLAC trainer/instructor, Jason, she has made incredible gains toward her goal.

In one month alone, Lorelei lost 2% of her body fat (which is a lot!). She can be seen frequently

on the fitness floor and in group exercise classes, especially Jason's Biggest Loser class.

Additionally, Lorelei is participating in FLAC's Spin Club and the Battle Royale. She has really taken advantage of many of the resources offered at FLAC. Lorelei has been a FLAC member since September 2009. Keep it up Lorelei!

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

## Zumba News

Zumba on Sunday! Toward the end of March, new instructor, Nicole, will be teaching Zumba on Sunday mornings.



Zumba toning. Also, look for Zumba toning to be added to the schedule in March on Friday mornings and Thursday evenings.

Zumba specials continue! Members can continue to attend Zumba classes for only \$1 and nonmembers for only \$5. Don't forget that elementary-age kids can take Cindy's Zumba Kids class for free every Thursday at 4:30pm!

## Upcoming April Events

FLAC Indoor Triathlon, April 17th

Challenge yourself to run, bike, and row in FLAC's 2nd annual Indoor Tri.

Two divisions: In it to win it or  
In it to Tri it

Madison's Crazy Legs, April 24th

Join other FLAC members and take on this 8K (5 mile) run. Look for the sign up and get ready!

Belly Dancing, April

Shake and shimmy it up in this new class (fee based series) coming soon on Thursday evenings.

More info to follow!

FLAC's Sunday Morning Spin Club  
There are still a few openings in Spin Club. If  
interested in this 9:00am class, contact Jason!

## Membership Update

New Member Specials:

Two month membership (March 15 - May 15): FLAC is offering a two month membership for only \$99. No strings!

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

Free week: Your friends can try out FLAC for a week free!

## Spring Clean Your Mind

With warmer weather hopefully approaching, it is common to try to accelerate weight loss, preparing for shorts and sleeveless tops.

Besides appropriate nutrition and exercise, it is important to address the emotional component of weight loss. Although the connection of stress and weight is the least understood component, more research is emerging on a particular corticosteroid hormone, cortisol. Uncontrolled stress and emotional imbalance (anger, frustration, depression, hopelessness, anxiety...), as well as inadequate sleep and caffeine, increase cortisol. When chronically elevated, this "stress hormone" works against weight loss. Elevated cortisol may result in a belly fat, a appetite, a fat and sugar cravings, a blood pressure, a blood sugar, and a immune system. If this sounds like you take action. Take a close look at your daily schedule. Find ways to decompress each day and work toward emotional balance. Next month's newsletter will include suggestions on how to relax to help you reach your goals! (Teaser tip: high physical conditioning helps stabilize cortisol release).







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