

# May 2010 FLAC News

Happy Memorial Day!



To celebrate Memorial Day, FLAC will be closed on Monday, May 31st.

Summer Hours begin this Memorial Day Weekend:

Saturdays, 7am - 12pm  
Sundays, 7am - 12pm



Sunday Cycling Club  
Join Jason for an 8-week cycling class Sundays at 8:00am (now through June 20th). This class not only burns A TON OF CALORIES, it will help improve your indoor and outdoor cycling. The cost is only \$25!

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

## “SPRING TRAINING” Challenge

May 1st - June 11th  
Spring is traditionally the season that many members lose their commitment to fitness. Group fitness classes are shrinking and less people are out on the fitness floor as spring fever hits. However, this is actually the best time to commit! How about “spring cleaning” your diet, exercise, and health this year instead of cupboards and closets? As the season

of sun and sand approaches, FLAC would like to help you gain confidence to wear those sleeveless tops and beachwear. We invite you to participate in FLAC’s 6-week “SPRING TRAINING” Challenge. Grab a friend or go at it alone. The Challenge involves making healthy choices each day and keeping track of points. Three areas are emphasized: exercise, diet, and health. Weekly

prizes and a grand prize(s) will be awarded. The cost is \$12.50. Sign up now at the front desk. Contact Rachel, FLAC’s Personal Training Director with questions.

To help challengers, FLAC is offering 3 personal training sessions for only \$99!

Spring into action!



### FLAC Open House

Saturday, June 5th

Enjoy a day of special classes and events at FLAC’s Open House. Share FLAC with your friends! June 5th is the last day for the no enrollment fee and the last opportunity to receive the 15 month special. Look for more specifics coming soon!

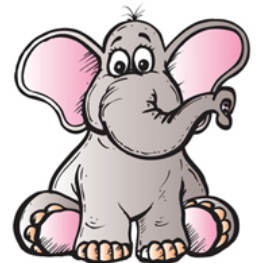
### WISE QUOTE OF THE MONTH

**Goals are dreams with deadlines.**

## How to Eat an Elephant!

Look for this class in May! You read it correctly! How do you eat an elephant? Come to this panel discussion hosted by Personal Trainer and Fitness Instructor, Joy Clikeman, to find out. Fellow FLAC members will share their personal success stories. Find out what worked for them, how they overcame obstacles and plateaus to stay on track. You can not eat an elephant in one day, but by devising a plan

and following through, anyone can reach their goals, “eat their Elephant.” This is sure to be an evening packed with information and inspiration for any and all fitness journeys. No sign up necessary. Bring a friend with you to this free class.



# May Member of the Month: Traci Hegland



Traci's got the moves!

Congratulations to our May Member of the Month, Traci Hegland. Traci was chosen to be member of the month because of her awesome dedication to fitness and healthy living. Traci is definitely a regular at FLAC, usually taking one of many group fitness classes. She spins, steps, bosus, lifts, shakes, shimmies, and even belly dances her time away at FLAC. Traci can also be seen with Sonja in a SilverSneakers class or two. She is a very positive

person and is a great motivator for instructors and members alike. Recently Traci kicked it in gear and shed some extra pounds and has successfully transformed her body. Despite a busy family schedule, Traci makes the time for her health. Traci has been a FLAC member since 2003!!!

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

## Family Rehab Clinic

Physical and Occupational Therapy Services  
Now Available at FLAC!

Family Rehab Clinic has opened a second therapy clinic newly located within FLAC. Members and nonmembers are welcome! Physical and occupational therapy services are the same as what you would expect to receive at a hospital outpatient clinic, however, their services are located in a much-preferred health and wellness environment. Insurance and Medicare are accepted and the Family Rehab Clinic are in network with most insurance providers. Physician orders or self-referrals are accepted. Their therapists have specialized in working with athletes and health-oriented individuals. They focus on both treatment of the injury and education in self-management to control reoccurrence of symptoms. Free screenings are available. Their hours are flexible to fit in with patients' busy schedules. For more information or to schedule an appointment, call Family Rehab Clinic at 262-363-3014.

## Membership Update

New Member Specials:

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, Amy Hankins, our Membership Director, will be happy to find something that will fit.

Free three months: Popular with new members, FLAC offers free three months with any one year contract. This offer ends June 5th!

## FLAC STAR Power



Congrats Crazy Leg Finishers  
Congrats to those FLAC members who completed Madison's 8K run on April 24th!

Congrats David Bretl  
Way to go David for completing THE Boston Marathon!

Stay Tuned for the Results  
Lisa and Lorelei compete in the figure and lightweight bodybuilding competition respectively on May 1st.

## New at FLAC in June

Summer Day Camp for Kids  
Kickball League  
See Rob for details!

Strong Man Competition on June 5th  
See Jason for details!

**Tennis Corner**

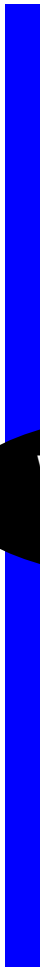
FLAC Adult Tennis Party  
Friday, May 14th  
6:00-10:00pm

Join FLAC's end-of-the-season celebration! Tennis, food, drink, music, and fun! Dinner and refreshments are provided; bring an appetizer or dessert to share. Pre-registration is necessary at the front desk (24 player limit).

### Adult Intro to Tennis

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





Four Lakes Athletic Club

351 East Morrissy Drive  
Elkhorn, WI 53121

Phone: 262-743-2000  
Fax: 262-743-2027



We're on the web!  
[4flac.com](http://4flac.com)

[www.4flac.com](http://www.4flac.com)