

September 2009 FLAC News



Back to school is an opportunity for you to get back in shape at FLAC!

We are closed on Monday, September 7th for Labor Day.

Corporate Reminder

Get a group of four or more new members together from your place of business and you each receive savings on your monthly membership fees. Go to 4flac.com for more info or see Amy for details.



FALL WEEKEND HOURS:
Beginning after the Labor Day weekend, Saturday and Sunday hours are 7:00am - 4:00pm.

MEMBERSHIP SPECIAL: 3 Free Months!

Thank you for your continued membership at Four Lakes Athletic Club. We invite you to take advantage of our current joining special running now through October. As an existing FLAC member, you have the chance to renew your membership for one year and receive three free months. You can receive three free months averaged over 15 months (which significantly lowers your monthly payment) or you can

receive three free months at the end of the commitment.

Our goal is to make FLAC the best place we can. Your referrals to the club help us continue to grow so we can improve Four Lakes Athletic Club. Share this joining special with your friends and family so they can also receive the free months. If someone you refer joins with the one year special, you will get your name in a drawing

for a free one year membership.

Along with the joining special, we are also offering people in the community a free two week membership to the club. No strings attached! We simply want to get people in the door to experience what FLAC has to offer.

Please contact our Membership Director for more details.

WISE QUOTE OF THE MONTH

The best way to instill healthy habits in your children is to lead by example.

REFORMER: 2 People for the Price of 1!!

September Special

Are you still in the dark about what the Reformer is? The Reformer is the most popular and versatile piece of Pilates equipment which facilitates an extraordinary range of strengthening and stretching exercises. It has a carriage that glides on rails in response to the use of attached springs, pulleys, and ropes. Reformers have the advantage of offering either additional resistance or support to allow the exercises to be easier or more challenging, as desired.

And...FLAC has two Reformers, along with certified Reformer personal trainers to give

you a tailor-made workout session. To get the word out on the power of the Reformer, FLAC is offering two people sessions for the price of one person. Grab a friend and split the cost of one session. Each person has their own Reformer and is trained during the same session for the price of one person. If you have questions, contact Sindy, Sonja, or Chris (FLAC's certified Reformer Trainers). Hurry, this special ends in September.



FLAC Members of the Month:

August: Pam Person

Congratulations to our August Member of the Month, Pam Person. Pam was chosen to be member of the month for her dedication to health and fitness. Pam began personal training with Rachel on April 1st, 2009

and by July 1st had already seen big results in weight loss and overall inches lost. Pam takes advantage of group classes, and she completed her first triathlon in July. She is planning to do another tri this September. Awesome!

September: Cathie & Frank Kreml

Congratulations to our September Members of the Month, Frank & Cathie Kreml. They were nominated for their incredible dedication to health. You can see these two on the track, gym floor, fitness floor, or in

group exercise classes. Bor camp has been known to bring out their competitive spirit! Cathie also had much success in FLAC's weight loss challenge last January March and continues to share her motivation with others. Dynamic Duo!

Upcoming at FLAC

Tennis (tiny tykes, juniors, high school players, adults)
Classes begin the week of September 8th

Blood Drive

Friday, September 11th: 11:30am-5:30pm

Life Line Screening (ultrasound screenings)

Friday, September 11th

Screenings to help you avoid a stroke:

- Stroke/Carotid Artery
- Heart Rhythm
- Abdominal Aortic Aneurysm
- Peripheral Arterial Disease

Additional screening:

- Osteoporosis

***Pre-registration required (1-800-324-1851)**

Fall Volleyball League

"A" League Co-ed 4's: Tuesday, Sept. 15th

"B" League Co-ed 6's: Thursday, Sept. 17th

***Sign up and payment due by Sept. 9th!**



7th & 8th Graders Welcome

FLAC is opening its fitness floor to all teenagers age thirteen and up. To make sure that this is a positive experience for all of our members, these guidelines must be followed for all new teen members:

- Before working out upstairs, each teen must complete a 30 minute training session with Fitness Director David Stefanik (\$10 cost) to cover proper gym etiquette, safety, proper form, and exercise program design.
- Teens may then use the cardio machines, strength training machines/free weights, and the track as long as they are working out with one parent.
- Teens are not allowed to participate in group exercise classes except for Zumba (with parent).
- To add your teen, it's an additional \$10/month. If you already have a family membership, your 7th or 8th grader can be added at no additional cost.
- If interested, contact Amy Hankins.

Run for Danny

It's not just another marathon for FLAC Employee Heidi Hancock. Heidi is running in the Milwaukee Marathon on October 4th in memory of a H.S. track teammate, Danny Mattson. He passed away last July after suffering several epileptic seizures at age 25. Heidi is asking for donations to support the Epilepsy Foundation. Call Heidi: 262-744-0633

New Group Exercise Schedule

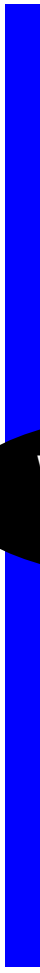
Your FLAC instructors have put together a new group exercise schedule beginning September 8th! Try out these exciting new classes:

Cardio Tennis (fee based)
Hard Core Pilates
Below the Belt
Strong Step
Sun-Up Yoga
Cardio Commotion
Zumba Sculpt (fee based)



Change up your routine with something new!





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

www.4flac.com