

September 2010 FLAC News

Happy Labor Day!



To celebrate Labor Day, FLAC will be closed on Monday, September 6th.

Winter Weekend Hours begin after Labor Day:
Saturdays, 7am - 4pm
Sundays, 7am - 4pm



With the addition of more evening classes, **Kid's Club** will now be offered Monday and Wednesday evenings beginning in September. Ask at the front desk for details.



Zumba continues to be \$1/class for members. After Labor Day, non members pay \$7/class! Please remember that if your kids come with you to class, they have to be in Kid's Club.



Fall Back into Fitness



The kids are getting back to school and getting back into a routine. **Do you need to get back to your fitness routine?** Crazy summer schedules make it challenging to get to FLAC regularly. We hope to see more of our returning members and new members trying out the club. FLAC has a lot to offer this fall. See some of the highlights of our fall Group Exercise Schedule below.

Let your FLAC staff help get you motivated to return to the fitness groove. Besides the exciting new classes, FLAC has fitness opportunities coming up. Look for our next weight loss challenge, **THINNER WINNER**, to begin in October. More information will follow, but start thinking about who you would like on your 4-person team. **Belly dancing** is scheduled to

return in October as well. We are planning lots of food, fun and fitness in FLAC's first **October fest!** Get your recipes ready as a **chili cook-off** is planned. We will also have **Zumba Under the Stars**. Zumba's rendition of a polka, the Cumbia, will be part of the two hour Zumba-thon as well as many other favorites. Stay tuned for more info!

WISE QUOTE OF THE MONTH

The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility, and pushing their luck!

~Author Unknown (p.s. Make an effort not to be THAT person.)

New Group Fitness Classes

Once again, your group fitness instructors put their heads together to come up with an awesome new group fitness schedule. Your favorites are still on the schedule, but we've added more!!! Kickboxing has returned with Rachel in Kickin' Strength on Wednesdays. Zumba is back in the morning with Nicole on Mondays as well as Sundays. The Wednesday 5:30 am class is now Turn and Burn with Kerri B. Check out Monday and Tuesday night for more pilates and yoga. Tuesday night turbo box with Joe will now be in the aerobics room and yoga on the gym floor with Cindy.

Look for Thursday night step in October with new instructor Deb!

To help members figure out what classes to take, we have placed numbers next to the classes on the back of the schedule. By leveling the classes, we hope to get more members trying out new classes and help members match what classes they want to take with their goals and fitness levels. We want everyone to feel comfortable taking classes and getting the work out they want to get. See you in class!



September Members of the Month: Milt & Carol



*“always smiling
and an inspiration
to us all!”*

Congratulations to our **September** Members of the Month, **Milt and Carol Ancevic**. Milt and Carol were chosen to be members of the month because of their awesome dedication to fitness. They are “morning fixtures” every week day and are friendly to staff and members alike. Carol is an avid cyclist, uses the elliptical machine (45 minutes!) and lifts weights. Members report that Carol is “one tough senior,” working out at least an hour and a half and

not even out of breath. Milt is “a heck of a guy” and regularly uses the treadmill and rowing machine and also lifts weights. Milt and Carol have been FLAC members since April 2002. They are a cute couple who keep fitness at the top of their list. Thanks for being such great members!

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

The Easy Caprese



Not sure what to do with extra garden tomatoes? Throw together this salad that's quick, easy and delicious!

Fresh tomatoes (cut into medium chunks)
Fresh mozzarella cheese (cut into small chunks)
Fresh basil (coarsely chopped)
Extra virgin olive oil and balsamic vinegar

Mix together tomatoes, cheese and basil. Drizzle equal parts of oil and vinegar over mixture, toss, and serve.

Sunday Basketball Open Gym

Starting September 12th, 9:30-11:30am

Tennis Corner



Four Lakes Tennis Programs

From the beginner through the competitive player, our goal is to provide high-level programming, instruction and enthusiasm through games, drills and match play. Proper stroke production and enjoyment of the game is our foundation.

A wide range of junior classes are offered from Tiny Tykes through Super Excellence. Adults can find their best fit with Intro Classes through Ladies GMITA Play and Adult Leagues. Classes and leagues (including drop-ins) are open to members and non-members.

The Fall tennis session begins on either September 6th or 7th. Registration forms can be picked up at the front desk and then mailed, faxed or dropped back off at the club. Payment is required at the time of class registration. Questions? Check in with Paul Lauterbach.

New Employee Welcome

As you may know, Membership Director Amy Hankins is leaving FLAC and taking on more classes as a professor at Gateway Technical College. We wish Amy the best and will miss her creativity, spunk, organizational skills, and her dedication to FLAC (*not to mention her awesome singing voice!*)

We wish to welcome Bryan Davidson and Sandee Rychlik to our FLAC employee family. Bryan is our new Membership Director and will be working in and outside of the club. Bryan has worked the past seven years creating new business in the financial industry and is excited to continue and improve upon what Amy has been working on at FLAC. Ask Bryan about the fall membership specials! Sandee Rychlik is another new face at the club. She will have numerous responsibilities at the club. Please welcome these two new dynamic individuals to our FLAC staff!

FLAC Volleyball

Starting the week of September 19th, volleyball is back at FLAC! Tuesday nights are reserved for four on four co-ed competitive play (minimum of one girl/team). Registration fee is \$100/team for a 10 week session. Thursday nights are reserved for six on six co-ed intermediate play (minimum of two girls/team). Registration fee is \$150/team for a 10 week session. Teams must register and pay fees at the front desk by Friday, September 10th. Please contact Rob with any questions (743-2000 ext. 20).



For beginners, you are invited to join the **Friday night co-ed volleyball/dodge ball league**. This eight-week league begins September 17th and ends November 5th. Contact Rob for details (743-2000 ext. 20).






Four Lakes Athletic Club

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We're on the web!
4flac.com

www.4flac.com