

WHAT'S HAPPENING

BLOOD PRESSURE & CHOLESTEROL CHECKS

Free blood pressure check and \$20 cholesterol screening with Holistic Nurse Sharon Duffy are available August 21, 7-9 a.m. Register at the front desk by August 20.

GROUP FITNESS CHANGES

New Classes

TRX, Wednesday, 6:00 - 6:30 a.m., Studio 1, Int-Adv. Level
CXWORX, Thursday, 5:45 - 6:15 a.m., West Gym, Open Level

Discontinued Class

CXWORX, Wednesday, 6:00 a.m.

HOLIDAY HOURS, LABOR DAY, SEPTEMBER 2

Club: 7:00 a.m. - 7:00 p.m. Pools: 7:00 a.m. - 6:30 p.m.
NO group fitness classes and Play Center closed.

ONLINE SURVEY

Tim A. won the \$25 gift card for completing the June survey! We value our member's feedback and appreciate when you take the time to give us your opinion. Watch your inbox for our next survey.

ANNUAL POOL CLEANING & PAINTING

INDOOR POOL, AQUA TRACK & COED WHIRLPOOL
WILL CLOSE SATURDAY, AUG. 24 @ 4 P.M.

INDOOR POOLS WILL REOPEN 7 A.M. SUNDAY, SEPT. 1

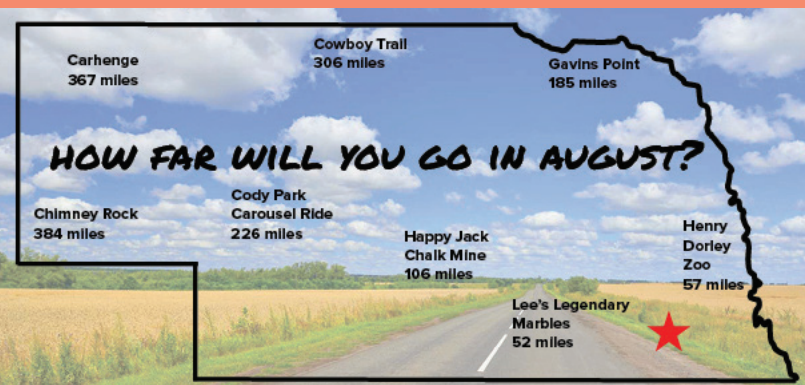
- Outdoor pool will be open during this time
- Access to the Outdoor Pool will ONLY be through the women's and men's locker rooms
- There will be NO ACCESS through the family changing room
- All Aqua Track classes are canceled
- Lap Pool classes will be held in the Outdoor pool

BACK TO SCHOOL SOTERIA SPECIAL



- 20% Savings On A Single Massage
- Must Purchase August 12 - 18
- Limit One Discount Per Member/Guest

20% OFF AUGUST 12 - 18



VACATION MILES CHALLENGE AUGUST 1 - 31, 2019

- Record your daily workout miles for the month of August in the log book at the Fitness Help Desk
 - Watch your progress on the challenge leader board
 - YOUR TOTAL MILES EARN A PRIZE
- 50-150 Miles - \$5 Gift Card
151 - 250 Miles - \$10 Gift Card & 5 Visit Punch Card
251 - 400 Miles - \$10 Gift Card & 10 Visit Punch Card

Sign up any time in August • \$10 Fee

CHILD SWIM LESSONS

Registration: August 19 - 25
Next Session: September 9 - October 1
\$45 Member / \$70 Guest



YOGA WITH BANDS WORKSHOP

SATURDAY, AUGUST 17
11:45 a.m. - 1:00 p.m.
Meditation Room
Instructor: Melanie
Sign up at front desk

QI GONG 6 WEEK SERIES

Aug. 19 - Sept. 23



Qi Gong (chee gung) is the philosophy and practice of aligning breath, physical activity and awareness for mental, spiritual and physical health.

- Mondays, August 19 - September 23
- 3:45 - 4:30 p.m., Meditation Room
- Instructor: Michael Melchizedek
- \$50 Member / \$70 Guest
- Registration Deadline: August 15

DAILY BODY WEIGHT EXERCISES FOR OPTIMAL HEALTH

By Ryan Burger, PTA, CSCS

Keeping your body strong is an important and easy way to ensure you can endure the normal rigors of daily life. If you are stronger throughout your body, you are better able to perform work duties with less chance of injury. Also, being stronger allows you to be less worn out after a hard day.

It is always important to warm up properly prior to exercising. You need to get your blood flowing a little extra into all the muscles you will be stressing with your exercises. Jumping jacks, high knee marching and “T” core rotations are all good to get things going throughout your body.

The exercises presented here are primarily body weight in nature for the resistance. The idea is to perform as many reps as you can, with proper technique in 45 seconds. If you cannot continue for the full 45 seconds it is ok to stop and rest and continue if able. Otherwise you stop and rest for 15 seconds after the 45 seconds of exercise. Begin the first few sessions with one round and then add a second round for a few days. Finally, you should add a third round. Hopefully by this time you are able to perform each exercise for the majority of the 45 seconds prescribed.

Body Weight Exercises

1. Push Up (on knees if needed)
2. Squat - feet shoulder width apart, keep your hips back and nose forward
3. Pike Press - a “push up” with your body in an upside down “V” position
4. 3 Way Lunge (both legs) – forward/sideways/backward
5. Bent Over Row (using something for resistance)
6. Forward Step Up Onto A Chair (both legs)
7. Chair Tricep Dip (knees bent if needed)
8. Front Plank (on knees if needed)
9. Side Plank (on knee if needed)
10. Burpee (with/without the push up aspect)

After you finish the round of exercises, take a 2 minute rest and begin again. If you feel pain (not the good muscle burn), stop and ensure your technique is spot on. If you still have pain hold off on that exercise and try again tomorrow. Body weight exercises are something everyone should be able to perform since we move around all day with our own weight. Do not be afraid to modify the exercise if the full exercise is too strenuous, you fatigue very quickly or have pain. If you have a history of injuries to your knees, shoulders etc. consult with your physician before beginning this or any exercise program.

If you have any questions about these or any other strengthening or aerobic exercises, feel free to stop by TherapyPlus and ask for Ryan.



MEDITATION SERIES

6 Weeks: August 21 - September 25

Wednesday, 3:30 - 4:00 p.m.

Meditation Room

- Each session consists of 15 minutes of meditation, 10 minutes of guidance and 5 minutes of reflection
- Taught by Michael Mechizedek, founder of the Lincoln Zen Center & Tai Chi Instructor
- Weekly Topics: BASIC TECHNIQUES, BREATHING & POSTURE, MINDFULNESS, GUIDED MEDITATION, CONTEMPLATIVE MEDITATION & ZEN MEDITATION
- Cost: \$20 Member / \$40 Guest
- Registration Deadline: August 19

WAY TO GO

Judy said, “I appreciate all of the teachers very much: Amy Cole - TRX and cycling, Keri Erickson - yoga, Bob - cycling, Melanie - yoga and Barbara - yoga. Each person must put in a lot of time and effort into just preparing for the classes and of course the time and effort in teaching, I’m very grateful!”

Linda said, “Robert and Melissa are wonderful in customer service!”

Natalie said, “Thanks to Russ for pulling something out of his “hat” tonight so the members were not left stranded for HIIT.”



Did you know the second week of August is designated as #NationalAppleWeek? Apples are one of the most popular fruits in the world. Try this fun recipe from Dietitian Lisa Graff.

APPLE CINNAMON TWISTS

Ingredients

1 tube refrigerated cinnamon rolls
1 cup apple sauce, unsweetened
Cinnamon and sugar

Directions

Preheat oven to 375F. Line baking sheet with parchment. Mix applesauce with 1 teaspoon cinnamon and 1 tablespoon sugar. Unroll cinnamon rolls and cut dough in half. Dip dough pieces, one at a time, in apple mixture. Twist and place on baking sheet. Bake 20 minutes. Upon removing from oven, immediately roll twists in cinnamon & sugar.