

BE PROACTIVE

AUGUST 2025 Newsletter

WHAT'S HAPPENING

GROUP FITNESS CLASSES

Discontinued Class

Yoga, Thursdays, 6:00 p.m.

FRIENDS & FAMILY WEEKEND

Members may bring in guests for free on Saturday, August 2nd and Sunday, August 3rd. Please check in all guests at the front desk.

GUEST POLICY

- Guests are welcome to use the club.
- Any non-member adult or child entering the club must pay a guest fee, present a guest pass or use a punch card.
- Children, 12 and younger, of active members may come in for free with their parent.
- Grandchildren, 12 and younger, of active members may come in for free only when they are accompanied by their grandparent.
- Guest passes are not valid after their expiration date. Punch cards do not have an expiration date.

ANNUAL POOL CLEANING

The Indoor Pool and Aqua Track will be closed August 17th - September 1st. All Aqua Track classes are canceled. Lap Pool classes will be held outdoors. The indoor areas will reopen on Tuesday, September 2nd.

HEALTH SCREENINGS

- Cholesterol: Wednesday, August 6th 8:00 - 10:00 a.m. \$25
- Blood Glucose: By appointment \$15
- InBody™ Body Composition Analysis: By appointment \$35

HOLIDAY HOURS

Labor Day, Monday, September 1st
5:00 a.m. - 8:00 p.m.

ACCOUNTABILITY CHALLENGE

Be Balanced. Be Strong. Be Committed. Be You!

Stay focused on your health and wellness goals this August. This challenge will encourage you to balance the needs of the entire body.

Each week the tracking sheet reminds you to achieve 150 minutes of cardiovascular activity, three days of flexibility training, Two days of resistance training and two days of self-care for your mental and emotional health. There is no cost for this challenge and when you turn in your tracking sheet to the front desk by September 3rd, you will receive a FREE guest pass in celebration of all you were able to achieve this month.



MEAL PREP LIKE A PRO - BALANCED BREAKFAST

Cooking Demonstration & Nutrition Workshop
Tuesday, August 26th, 12:00-1:00 p.m.

Tired of skipping breakfast or grabbing something easy on your way out the door? Join Registered Dietitian Nutritionist Lisa Graff for this fun, interactive workshop. You will learn how to prep delicious, macro-balanced breakfasts that fuel your day — all in advance!

What's on the Menu:

Chocolate Brownie Baked Oats — a sweet start with fiber and protein

Savory Breakfast Quesadilla — the perfect grab-and-go, balanced bite

Chai Spiced Breakfast Cookies — warm, satisfying and nutrient-packed

Green Protein Smoothie — an energizing way to sip your greens

Whether you're trying to save time, eat healthier or simply mixing up your morning routine, this workshop provides answers! Lisa will show you how to prep four breakfast recipes ahead of time, balance your macros (protein, carbs and fat) and give you nutrition tips to start your day strong

Don't miss your chance to take the stress out of breakfast and meal prep like a pro! Enroll online or at the front desk. \$15 Members \$35 Non-members.



INTRO TO REFORMER

Fridays, August 8th, 15th, & 22nd
4:30 - 5:15 p.m.

This series is a three week opportunity to take a reformer class with Wendy at 20% off the regular class price! Take one or all three for \$20 per class. Reformer training builds core strength, promotes better posture, balance and pain-free movements through stronger joint range of motion and muscular contraction. It increases body awareness, strengthens bones, prevents injuries, enhances day-to-day movements and overall performance while improving flexibility, balance and strength.

SPECIAL EVENTS

STRENGTH 4 SENIORS

FOUR-WEEK SERIES: TWO OPTIONS

Mons. & Weds., 11:15 a.m. - 12:15 p.m. or
Tues. & Thurs., 10:45 - 11:45 a.m.
August 4th - 28th
\$80 Members \$200 Non-members

PRECISION KICKBOXING

FOUR-WEEK SERIES

Tuesdays & Thursdays
August 5th - 28th, 8:15 - 9:00 a.m.
\$40 Members \$120 Non-members

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THREE-WEEK SERIES

Tuesdays, August 5th - 19th
6:30 - 7:15 p.m. Free* for Members
\$65 Non-members *\$20 Senior Plus Members

IN PRAISE OF WASTING TIME

FOUR-WEEK BOOK STUDY SERIES

Saturdays, August 2nd - 23rd
2:00 - 3:00 p.m.
Thursdays, August 7th - 28th
9:45 - 10:45 a.m. or
\$25 Members \$80 Non-members

AQUA ZUMBA

FOUR-WEEK SERIES

Wednesdays, August 6th - 27th
\$5 Members \$65 Non-members

BARRE

THREE-WEEK SERIES

Fridays, August 8th - 22nd
5:30 - 6:15 p.m.
\$10 Members \$65 Non-members

WATER BALLET

SPECIAL CLASS

Saturday, August 9th, 10:30 - 11:15 a.m.
Free for Members \$18 Non-members

NEXT LEVEL GROUP TRAINING

FOUR-WEEK SERIES

Sundays, August 10th - 31st
3:45 - 4:45 p.m.
\$40 Members \$100 Non-members

JOINT MOBILITY & RANGE OF MOTION

CARs WORKSHOP

Saturday, August 16th
11:00 a.m. - 12:00 p.m.
\$10 Members \$30 Non-members

GOING AFTER WHAT WE WANT MOST

By Jason Cooper, CSCS, NSCA-CPT, Fitness Trainer

Maybe you can relate to this statement, “Part of me wants to commit to exercise and eating healthy, but part of me doesn’t want to.” It seems like we have different “parts” and sometimes they are in conflict. One way to choose which “part” to follow is to ask, “What do I want most?”

That question might sound selfish, but actually it begs a response from the deepest, truest part of us. Internal Family Systems calls this the "core self." This honest reflection puts us on course to make choices that align with what we value and want most.

If we can connect with our values and "core self," we may find confidence, clarity, courage and calm we didn't know we had. These strengths can act as guides, or anchors, when other options seem better or when we feel directionless.

It seems like doing what we want most and living from our “core self” would be easy. But sometimes we do what we don't want to do and don't do what we want to do. Living our values can also lead to obstacles we wouldn't have otherwise. It might cut into our free time or seem inconvenient. It can cost us comfort by putting us in contact with feelings and situations we'd rather avoid. It might mean giving up old habits that have been mainstays in our lives.

Going after what we want presents surprising barriers too. We might have a fear of success, failure or change, so we self-sabotage. Maybe, we think we can't or won't have what we want, because we don't think we are worthy.

You have faced untold obstacles to come to the club and pursue wellness.

Each time you do it's a statement about what you are after. You have reached to achieve what you value again and again and it's become a habit. Keep it up. Even though going after what we want can be hard on us, it's harder on us when we don't.

FOOD FOR THOUGHT

By Lisa Graff, RDN, LMNT, Registered Dietitian Nutritionist

Is iodine a nutrient you should be concerned about?

Iodine is very important for thyroid health and too much or too little can cause thyroid problems. Since 1925, when iodine-fortified salt became available nationally, there have been some major health improvements in the American population attributed to iodine. These benefits include increases in IQ scores, decreases in thyroid-related deaths and decreases in chronic thyroid conditions like goiter. But there has been a big shift in consumer preference with many opting for sea salt rather than iodized salt or table salt. Americans get most of their daily sodium from manufactured foods. Like sea salt, the salt used in food manufacturing is not iodized.

It is recommended that individuals 14 and older consumer 150 micrograms of iodine daily (more if pregnant or lactating). Some good food sources of iodine are fish and shellfish (from the ocean), seaweed, dairy products and eggs. If you don't use iodized salt, you are at risk of iodine deficiency. People who follow a vegan eating pattern are also at risk of iodine deficiency.

If you are concerned about your daily iodine intake, I recommend using an online food tracking tool found on the website cronometer.com to determine your daily intake of iodine. It is best to get your iodine from food sources because too much iodine from a supplement can cause serious health problems. Talk with your healthcare team before starting an iodine supplement.