

WHAT'S HAPPENING

AQUATICS

Child swim lessons are April 8 - May 30. Open swim is not available during lesson class times.

GROUP FITNESS NEW CLASSES

TRX Bootcamp

Tuesday & Thursday, 8:30 - 9:15 a.m. Int-Adv. Level
Studio 2, Eva, Prerequisite: TRX Basics

Meditation

Wednesday, 4:00 - 4:30 p.m. Meditation Room, Michael,
Starts April 17, Prerequisite: Meditation Series

Friday, 12:45 - 1:00 p.m., Open Level, Meditation Room, Keri

Cycling 30

Monday, 9:30 - 10:00 a.m., Beg. Level, Studio 3, Bob

Cycling

Wednesday, 9:30 - 10:15 a.m., Beg. Level, Studio 3, Amy

DISCONTINUED CLASSES

Cycling 30, Tuesday, 10:30 a.m.

Tai Chi Yian, Wednesday, 3:45 p.m.

HOLIDAY HOURS

EASTER, April 21: CLOSED

MEMORIAL DAY, May 27: 7:00 a.m. - 7:00 p.m.

ONLINE SURVEY

Darla C. won the \$25 gift card for completing the February survey! When the survey is emailed to you, please take a moment to give us your opinion. Thank you.

YOUNG ATHLETES

STRENGTH & CONDITIONING



- Develop power & strength for improved sports performance
- Learn proper form of fundamental movements from certified trainers
- Experience individualized sessions to achieve athletic goals
- Optional Friday provides speed, agility and plyometric training

1st 4 Week Training Session: April 1 - April 26

2nd 4 Week Training Session: April 29 - May 24

Monday, Wednesday & Optional Friday

4:30 - 5:30 p.m., First Level Weight Room

2 days 4 week session

\$85 Member / \$110 Guest

2 days 8 week session

\$150 Member / \$200 Guest

3 days 4 week session

\$110 Member / \$135 Guest

3 days 8 week session

\$200 Member / \$250 Guest

FIRST ANNUAL FREE THROW CONTEST



Free • Open to Members 13 years & older
No Sign Up • Shoot 12 Free Throws
8 Top Scores Advance to Tournament

DROP-IN QUALIFYING TIMES - EAST & WEST GYM

April 1 7:00 - 9:00 p.m.

April 3 6:00 - 8:00 p.m.

April 4 11 a.m. - 12 p.m.

April 5 8:30 - 10:30 a.m.

TOURNAMENT - APRIL 14, 1:00 - 3:00 p.m.

8 Members • 4 Brackets • Single Elimination
Shoot 10 Free Throws • Spectators Welcome

FREE THROW CHAMPION WINS \$50 SCHEELS GIFT CARD & 2019 BRAGGING RIGHTS

DYNAMIC DUO FITNESS Partner Weight Loss Challenge

CONGRATULATIONS TO THE WINNERS!

EACH TEAM WON A \$100 SCHEELS GIFT CARD

- Most Weight Loss: Connie & Randy S. - 30.2 pounds
- Biggest Weight Loss Percentage: Barb & Jack B. - 13.4%
- Most Club Check-Ins: Karen & Jim S. - 102 visits
- Largest Body Fat % Change: Scott H. & Susan S. - 15.6%

SELF DEFENSE PRESENTATION

Saturday, April 6

1:00 - 3:00 p.m. Education Room

Presenter: Craig Price, 20 year Lincoln Police

Department veteran

\$20 Member / \$30 Guest

BENEFITS OF SELF DEFENSE CLASSES

- SAFETY: Self defense classes will give you the ability to protect yourself and overcome an attacker.
- AWARENESS: Self defense classes will enhance your awareness of your surroundings.
- SELF CONFIDENCE: Training in self defense helps people, especially women, develop more confidence in themselves and their surroundings.
- LEARN SOMETHING NEW: Learning about self defense in a tactical, spiritual and physical way is part of a healthy lifestyle.

UNDERSTANDING BODY COMPOSITION

by Karen O'Shea, BA, CPT-ACE

Defining Body Composition

Our bodies are made up of lean weight and fat weight. Lean weight includes muscle, bones, organs, skin and water. Fat weight is exactly that...the amount of weight you carry that is fat. Your total make up of lean and fat weight is considered to be your body composition.

The Weight on the Scale Does Not Tell the Full Story

When people undertake a weight loss program, success is gauged by the number on the scale. If it does down, it's good. If it goes up, it's failure. But actually, the scale doesn't tell your body composition and it is the best indicator of success.

Muscle Weight versus Fat Weight

Skeletal muscle is made up of long, tightly woven fibers. It is denser than fat and takes up less space. Skeletal muscle is metabolically active-it burns calories. Fat, on the other hand is more voluminous. It is the major storage form of energy in the body. It protects our organs and keeps the body warm. However, it becomes a problem when we have too much of it. Diabetes, heart disease, high blood pressure and certain types of cancer are all linked to obesity.

The Big Myth

Unfortunately, old myths still exist about muscle weight and fat weight. We've heard "muscle weighs more than fat," but really a pound of muscle and a pound of fat weigh the same... one pound! What is really being said is muscle is more dense and more compact so our appearance and measurements can actually become smaller as it increases. We begin burning calories at a higher rate than before as we gain muscle and use fat for energy. Yes, your weight might increase a bit as you begin a new routine, especially if it involves resistance training. This is often due to naturally occurring inflammation and water retention as a result of small tears to the muscle fibers. It might take a month or two to add any calorie-burning skeletal mass. However, consistent, challenging workouts and a sensible diet with adequate protein intake may help to speed up this process.

INTRO TO FOAM ROLLING



Saturday, April 20, 11:30 a.m. - 12:45 p.m.

Instructor Jennifer Londre, Studio 1

- Learn the benefits of using a foam roller
- Learn the types of movements done with a foam roller
- Free for members
- Sign up at front desk
- Registration deadline April 18

YOGA FOR CYCLERS

Perfect for cyclers who mountain bike, road cycle or ride in spin class.



- Learn yoga poses to stretch out muscles & focus breathing
- Yoga moves improve leg & lower back strength
- Increase flexibility & improve breath control
- Yoga helps balance muscle strength, aids in recovery & helps prevent injury

Saturday, April 6, 11:30 a.m. - 12:45 p.m. / Open Level Meditation Room / Instructor Barbara Schultz

\$5 Member / \$10 Guest

Sign up at front desk / Registration deadline April 4

EGGCELLENT PROTEIN



APRIL SPECIAL @ Front Desk
BOGO: Buy one container of hard boiled eggs & get the 2nd container FREE.
Expires 4/30/2019

WAY TO GO

Carol said "Renee at the front desk is awesome. She is helpful and has so much knowledge about the whole front desk!"

Erin said, "Haley Morrow is a fantastic trainer and I enjoy her both as a person and as a trainer. She's knowledgeable, always trying out new things and will sometimes even jump in and do exercises, too, which makes me feel at ease. She's truly one of the best!"

Scott said, "Brittany recently helped me with some exercises to strengthen my hamstring since I have been experiencing sciatic pain."

Donna said, "Carmen and Ann are awesome...always upbeat and friendly! Judy, Erica and Russ do a great job, too."

Charlene said, "Amy Cole and Eva do a great job teaching! Austin is friendly and helpful at the front desk! The instructors of the youth strengthening class were encouraging to my son."

Diane said, "Betsy is a BLAST at Monday Dance Blast! Great music, great moves and super fun workout!"

"Barbara is very patient - took extra time at end of Yoga I-II class to go through props that will assist in poses - worked to find assists, since I have some limitations."