

- FEBRUARY 2010 EVENTS**
- 5-7 Chili Dog Doubles Tennis Tournament
  - 9 4:30 Tuesday Zumba starts
  - 1-14 Valentine's Day Pro Shop Sale
  - 16 Dodgeball League Starts
  - 17 Board Meeting, 11:30-1
  - 17 Racquetball Clinic, FREE - 5:30 p.m.
  - 27-28 High School Tennis Season Prep Camp
  - March...
  - 5-7 Spring Fling Racquetball Tourney

**BE THE BIGGEST MOVER - SHAKE UP YOUR ROUTINE!**

Now is the time to shake it up a bit, be accountable to yourself, win prizes. Entry forms at desk!



**WHAT IS IT??** Do you find that you have the best intentions to continue your fitness routine or add something new to it? But no one is paying attention to your intentions but you. Pretty soon, all they are is, well intended. Commit to the Biggest Mover contest and you will be rewarded for following through with those goals. Weekly drawings for prizes, overall Biggest Mover and Shaker awards...and more importantly, you'll stick with your program. Maybe even try something new. All club activities are included, minimum of one half hour of any activity required, maximum of one workout a day counts. Bonus points for special classes, bringing friends to the club and better yet, extra bonus points if they join the club. You'll have another workout partner, be in better shape and win prizes too!

**Biggest Mover, Feb.-Mar Fitness Membership...only \$79**

Invite your friends or family to join you to  
Move it...at the WRAC!

**WRAC STAFF PROMOTIONS/ADDITIONS...**

Karen Knox has been promoted to be our Front Desk Lead. Rachel Murphy is our New Membership Director. Natalie Kontos has taken on more responsibilities to include Membership Records and back office work. She continues as our Deli Lead, so any give her any ideas might you have. **CONGRATULATIONS to K.C.Mulhall.** He recently received his Personal Trainer, ACE Certification and is now available to help you with your health and fitness program. Welcome to Front Desk: Jim VanLeuven and Erin Kavanaugh. Welcome to Kids Club staff: Jim VanLeuven and Amy Eldred. We are ready for a new great year!

**VALENTINE'S DAY  
SWEETHEART of a SALE...**

*We'll sweeten your deal...*

**25% OFF Apparel!**

**15% OFF Shoes!**



*The Sale Rack is Loaded!*

*Demo racquets now available for sale!*



**FEBRUARY  
SPA  
SPECIAL**

**Gift package...  
1 hour Massage and  
1 hour Facial**

**Both for only \$99.**

*Gift Certificate must be redeemed by April 30, 2010 for specially priced package.*

**WRAC BOARD OF DIRECTORS**

Monthly meetings- 3rd Wed. at 11:30.  
Annual Meeting -Mon., March 22,  
at 7 p.m.

Randy Asplund	663-6585
Stewart Cusick	663-2554
Brian Gundersen (VP)	662-9632
Michael Bendtsen	884-2971
Wendy Focht	662-2778
Bryan Noyd (Pres.)	663-3782
Tom Rehtin (Sec.)	662-3363
Earl Tilly	663-3390
Maureen Woodward	662-6014
Manager, Evy Gillin	662-3544

evy@wrac.org

**CLUB HOURS**

Monday - Friday  
5 am - 10 pm (Fri. to 9:30)  
Saturday 7:30 am - 8 pm  
Sundays 7:30 am - 9:30 pm

**KIDS CLUB**

M, W, F 8:30 - 10:30 am  
TU & TH 8:00 - 10:30 am  
Monday-Thursday:  
5:00 - 6:30 p.m.

[www.wrac.org](http://www.wrac.org)  
**662-3544**

# TENNIS



## Charl's TENNIS TIP

Do you want to maximize your team work in doubles? If so, try these

tips. **Avoid coaching your partner**, even when you know that they are wrong. Instead, adapt your game to suit theirs. If they only play back, try to play back with them. If they do not like to poach, try to serve wide. If they are negative, stay positive and encourage them. If you crash into each other when going for shots down the middle, avoid being right next to each other. **Success is not about winning, but about doing the best that you can and having fun!** -Charl, Tennis Dir./Pro

## CHILI DOG DOUBLES TOURNAMENT, FEB. 5-7!

Already entered? Great! If not, contact Charl. Don't want to play to have fun? Then come have fun watching the action this weekend!!

## MENTAL SKILLS TRAINING



February 2nd: - Focus & Concentration

9th: Self Talk

16th: Confidence

23rd: Mental Imagery & Visualization

If you find that you practice better than you perform in match play; if you find yourself thinking about what you have to do the rest of the day; if you find you feel physically prepared to compete but just can't put it all together...**these training seminars just might be the ticket.**

**6-7:30 p.m., Tuesdays in February.**

Conducted by Sam Rehtin, Tennis Instructor and WWU Student of Sport Psychology and Charl Grobler, USPTA Pro.

Take them all for only \$60 or each for \$20.

Teams, enroll 5 or more team members for additional \$5 discount per session.

## High School PREP CAMP

FEB. 27-28

Register now for the annual six hour HS season Prep Camp, space will be limited so don't wait to sign up. Forms available at club or e-mail: [charl@wrac.org](mailto:charl@wrac.org)

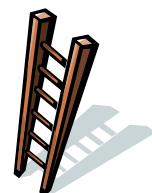
## JUNIOR MATCH DAYS

FRIDAYS, 3:30-5

ages 15 & under - Sign up!!

Supervised by Instructor, Craig.

Day Fee: \$4/Full memb;\$8/Non



## JUNIOR LESSONS

Sign up NOW!

Beg. & Intern. M & W 4-5:00

Advanced M W TH 3:30-5

Jr. Academy -These are our most advanced jr. players.

They train 6-7:30 a.m. Mon n-Fri.



## ACADEMY Student of the Month:

**Jack Rehtin**

was chosen for his work ethic. He understands that you only get better by practicing so he is sure to make it to the club at the early morning time of 6 a.m. All that hard work is paying off Jack! Good Job!

## ACADEMY PLAYER NEWS...

At newsletter press time, Academy player, Hudson Barnhart reports from the airport in Ohio as he heads home, that he fought back to the semis in the National Tournament there but lost (Monday, Feb. 1st) in a close one, 6-4 5-7 12-10. He plays in the Spokane 18's endorsement tournament next weekend as the only 16 year old qualified, then onto Portland and Las Vegas. *Hang tough Hudson...on the road again...*

**ACADEMY PLAYERS...**be sure to continue to check your "board" for upcoming tournament information.

## WRAC COMMUNITY INVOLVEMENT!

**Twilight Snowshoeing at Mission Ridge**  
with Joe Anderson and Brian Roop, Saturdays, 5 p.m., at Mission Ridge.

**\$5/WRAC members or MR pass holders. Call MR to reserve spot, 663-6543!**



Have news results of an event you have participated in that you'd like to share? E-mail info to: [evy@wrac.org](mailto:evy@wrac.org)

## BECOME A WRAC FACEBOOK PAGE FAN.

CLICK ON FACEBOOK LINK POSTED ON OUR HOME PAGE, [www.wrac.org](http://www.wrac.org), bottom left.

Stay tuned for program updates, photos of club events, we are just getting it loaded up with info, so join in!

# RACQUETBALL

## LEARN TO PLAY THE GAME!

Meet Pro, John Cannon, and learn how much fun "working out" can be when it's a game of racquetball.

**FREE clinic on Wednesday, Feb. 17th,**  
5:30-6:30 p.m. Equipment available-Sign up required!

**RACQUETBALL NIGHT...ROLLS ON with more players all the time! Get in the swing!**

Want to play? Contact Evy, [evy@wrac.org](mailto:evy@wrac.org)

**Congratulations to Kelly Hersel/Tony Saucedo for their Victory in "A" Doubles at Yakima! Alexander Saucedo took 1st in "D" Consolation!**

## Spring Fling

**Racquetball Tournament, March 5-7  
Enter NOW!**

**Forms online and at club.**

**Sounds like we should have a great turnout for this year's event.**

## CONNIE'S FIT TIP...

Winter is not over yet...

Rules for Exercising in the Cold



- Check the temperature and wind conditions before you go out and do not exercise if conditions are dangerous. Be aware of the 'wind chill factor' (a combined effect of temperature and wind.)
- Keep your head, hands and feet warm. Cold temps cause blood to divert to the center of the body to keep the internal organs warm and protected, thus allowing the hands and feet to get cold. Superficial warming of the hands and feet will keep the blood flowing to them. Fifty percent of your body heat escapes through the head, so keep it covered!
- Dress in layers. Clothing has the ability to trap air next to the body and keep the temperature constant. Since water (sweat) is a rapid conductor of heat, though, choose clothing that can trap air but will allow sweat to pass through, away from the body. Try to avoid heavy cotton sweats or tightly woven material that will absorb and retain water.



- Warm the air you are breathing if temperatures are below your comfort level (usually around 0° F).

- Connie Townsend, ACE Trainer/Instructor

# FITNESS

## MORE ZUMBA CLASSES...

**New addition on Tuesdays at 4:30, w/Michele**  
TH 5:45 p.m., T & TH 8:30 a.m. with Krista

## ZUMBATOMIC, STARTS FEB. 3RD

for ages 8-12, Wednesdays, 3:30 with Krista

Looking for something fun and energizing? This does the trick!



**DANCE CLASSES with Carol Duttlinger will be BACK AGAIN IN MARCH.**



## JR. CLASSES

**Jr. Cycle, Mondays, 3:30-4:15 p.m.**

Ages 11-18 (or big enough to fit on the bike.)

Reserve your bike at the desk or online

Instructor: Adria Gundersen

**Jr. Yoga, Tuesdays, 3:30-4:15 p.m.**

Instructor: K.C. Mulhall

**ZUMBATOMIC, Wednesdays, 3:30-4:15,**

ages 8-12, Instructor: Krista Register



## NEW PERSONAL TRAINING RATES SET

Having your own trainer pays off. See our new rate schedule as well as the buddy training partnership option info in the PT flyer.



## Adult Dodgeball League begins Feb. 16<sup>th</sup>

Games are on Tuesday evenings.  
6-8 players per team. \$17/M, \$27 N/M.

Entry forms available at club or online.

Questions, contact Michele.

## Don't Skip a Beat!

### A.M. CLASSES:

5:15 M & W	Group Power
5:15 T & TH	Cardio Step
5:15 Fri.	Cycle/Stretch
5:30 Wed.	Cycle
6:00 Fridays	Cycle
7:30 Sat.	Cycle
8:15 T & TH	Cycle
8:00 Sat.	Saturday Workout
8:30 M W F	Cardio/Step
8:30 T TH	Zumba
9:00 M/W/ F	Wt. Circuits
9:15 Wed.	Functional Core
9:15 M & F	Group Power
9:15 T & TH	Body Blast
9:30 T & TH	Tai Chi
10:15 M & W	Yoga
12:00 T & TH	Group Power

### P.M. CLASSES:

3:30 Mon.	Jr. Cycling
3:30 Tues.	Jr. Yoga/Stretch
3:30 Wed.	Zumbatomic (Jrs.)
4:30 Wed.	Karate for Kids -Beg.
4:30 Tues.	Cycle
4:30 M & W	Group Power
4:30 T & TH	Wt. Circuits
5:30 Mon.	Functional Core
5:30 Mon.	Cycle
5:30 Tues.	Yoga
5:30 Wed.	Karate for Kids - Int/Adv.
5:30 Wed.	Group Power
5:30 Thurs.	Zumba
5:45 Tues.	Cardio Step
5:30 Thurs.	Cycle
6:45 T & TH	Adult Karate
6:45 M & W	Power Yoga

### Cancer Survivor/Caretaker Yoga

Mon. 5:30 p.m. @ Colonial Vista

Questions about classes? Contact [michele@wrac.org](mailto:michele@wrac.org)

**Full Schedule and Description at [www.wrac.org](http://www.wrac.org)**

# USS SWIM TEAM

**WINTER SCHEDULE:** (new swimmers should come at 7 on Tues. or Thurs.)

**BEGINNERS...**6-7 p.m. Tues. and Thurs.

**INTERM...**6-7:30 p.m. Tues. and Thurs.

**ADVANCED...**6-7:30 pm Mon., 7:30-9 pm Tues. & Thurs. & 6:30-8:30 p.m. Wed.

All practice times will begin earlier starting in late February, please check the swim team calendar online.



**ALL PRACTICES ARE HELD AT WENATCHEE HS POOL.**

Information, practice schedule and team enrollment form are all available on our website, [www.wrac.org](http://www.wrac.org), and at the club.

- **CONGRATULATIONS TO OUR USS team!** They placed 2nd at the Polar Bear Invitational in Yakima, just behind the Yakima Swim Club team. **Good Job Swimmers!**

**Members...Lap Lane available** to club members at WHS pool, **Tuesday & Thursday 7-8 p.m.** Present your membership card to use pool to our "Coach" on deck. Training for a Triathlon? Here you go!



## GUEST POLICY REVIEW

- **Tennis Guest...** \$12/person
  - **Racquetball/Squash/Fitness Guest...** \$10/person
- All guests must be checked in at desk. Guests are limited to **5 visits** per 12 month period. (Ages 18 & under are 1/2 the fee).

**Family Member Reminder:** When your child turns **23**, he or she is no longer eligible to be on your family membership. They can continue on their own with no joining fee if no time elapses. Please keep your family record up to date. Thank you.



**LOCKERS ARE AVAILABLE...**if you are tired of carrying your clothes, shoes, deodorant, towel and racquet back and forth to the club...get a locker today! It's safe, secure and convenient! \$8/mo. Sign up at desk.

## SAVE TIME AND MONEY! SIGN UP FOR

Automatic Fund Transfers or Credit Card payments and e-mail statements and newsletters. No stamps, no envelopes, and we all can help the environment too! **Sign up now!**



The WRAC is affiliated with **FitLife**, clubs in the Northwest and **IHRSA**, clubs internationally. This affiliation allows you access to these clubs, either with payment of their guest fee, or complimentary. If you are planning a trip, **FIRST** pick up "Fit to Go" or IHRSA card at the club. For a list of IHRSA clubs go to [Healthclubs.com](http://Healthclubs.com) and for northwest clubs, go to [fitlifecubs.com](http://fitlifecubs.com)

# ROOM to PARTY!

Birthday Parties at the club are great; the kids burn off energy and the mess IS NOT in your home. Reserve the gym and game room for just \$35/hr. for groups of up to 15. Rental forms at desk.



## Karate for Kids

**6-13 years, Wednesdays**

**Beginners: 4:30-5:30**

**Intermediate-Advanced: 5:30-6:30**

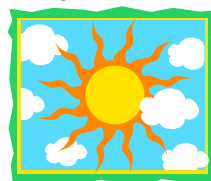
**Free for members. Punch card available for non-members.**

## REMINDERS about KIDS at the Club...

**Ages 6 and under** must be checked in and under the supervision of Kids Club care provider unless directly supervised by parent at all times.

**Ages 7 -15** may be in game room or gymnasium unsupervised but must follow participation behavior guidelines.

**Ages 11-15** are required to earn their Jr. Lifter Badge to be eligible for weight room and cardio equipment use.



## NEED SOME SUNSHINE??

**10 tans for just \$30!**

## Refuel at the WRAC...

**"Energy Bar"!**

**FEBRUARY SPECIAL...24 oz.**

**PINK PASSION Strawberry**



**Smoothie... just \$4 with protein? add \$.50**  
**Get your morning oatmeal now too! New!**

## please help us welcome these new members...

Alyssa, Annete, Josiah, Trevor  
and Kim Anderson

Mariel Avila

Wendy Bull

Shelby Burchett

Kimberly & Eric Collier and  
Randi Roberts

Abby Dalbeck

Terry Elwell

Dillon, Juan, Preston, Shelby  
and Zenia Ezparza

Niklas Folke

Sandy Gellatly

Steve Hauenstein

Jan Hodgson

Frantz Holm-Nielsen

Katya Hovda

Ian McFarland

Jessie Murphy

Susan Raley

Rick Register

Emma, Greg, Zoey

Rosinski and Leah Ennis

Andrea Yaple