



ANNUAL CLUB MEETING

Monday, March 22nd at 7 pm.

Meeting will be held at the outdoor facility lobby.

Agenda:

Club Updates & Review of 2009 - Where are we headed?

Financial Report Review - Q & A Session

Election of Board Members - Nominees slated for re-election are::

Brian Gundersen, Bryan Noyd, Tom Rehtin

Your ballot is below (one per membership). Please complete the ballot below (after reading your newsletter of course), clip it and return it to the club no later than the annual meeting.

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
662-3544

MARCH 2010 EVENTS

- 4 Beginning Swing, 4 weeks, 7-8 pm
- 5-7 Spring Fling Racquetball Tourney
- 10-17 St. Patrick's Day Pro Shop Sale
- 17 Racquetball Clinic, FREE - 5:30 p.m.
- 22 ANNUAL CLUB MEETING, 7:00 P.M.

LUCK OF THE IRISH SALE...

March 10-17th

WRAC Water Bottles...

Just \$6.95, Reg. \$9.95

SHOES IN STOCK...

15% OFF!

Bags in

STOCK...

25% OFF!

DEMO Racquets

for Sale!! - Great Prices!

New Babolat & Wilson products!



please welcome our new members...

Donise Dubriulle	Marina Odegard
Mike & Molly Haley	Jordyn Ross
David & Shannen Itterley	Leonard Singhose
Julie Krogstadt	Jennifer Taylor
Gary & Leslie Meyers	Dawson White
WELCOME TO OUT FRONT DESK STAFF:	
Erin Kavanaugh	

BECOME A WRAC

FACEBOOK PAGE FAN.

CLICK ON FACEBOOK LINKPOSTED ON OUR HOME PAGE, www.wrac.org, bottom left, and stay informed!

WRAC BOARD OF DIRECTORS ELECTION- 2010 BALLOT

The following are your Board's slate of nominees for election to 3 year terms:

Please confirm the following members slated for election to the Board for three year terms, or write in your own nominations, and return to your ballot to the collection box at the club before the meeting or take it to the meeting. *One ballot per membership allowed.*

_____ **Brian Gundersen**

Full member

_____ **Bryan Noyd**

Full member

_____ **Tom Rehtin**

Full member

Write in Candidate: _____

TENNIS

CHARL'S TENNIS TIP

Being willing to forgive yourself when you miss a shot is important. This way, you can refresh your mind and try to do better next time.

CONGRATULATIONS TO THE CHILI DOG TOURNAMENT WINNERS!

Photos are posted on WRAC facebook and were included in your last new e-mail blast!! Weekend of tennis fun!



IT'S NOT TOO EARLY to get your **Cusick Cup** entry form in. June 12-13 is the date of this year's event.

OUTDOOR COURT NETS ARE UP! YaHoo!
WHS will be using courts 3:30-5 Mon. - Fri and some weekends.

THE POOL AREA EXPANSION PROJECT HAS STARTED - You will see the fencing be replaced and the fenced in area enlarged to provide more room for you at the pool! Watch the progress as we get the outdoor facility ready for summer fun. We will also be looking for some more great WRAC volunteers to complete the resurfacing on tennis courts 2-3 and landscaping in the new pool area. Interested in helping? Please contact Evy.



SPRING SCHEDULE: (new swimmers should come at 7 p.m., Tues. or Thurs.)
BEGINNERS...6-7 p.m. Tues. & Thurs.
INTERM...6-7:30 p.m. Tues. & Thurs.
ADVANCED...6-7:30 pm Mon., 7:30-9

pm Tues. & Thurs. & dryland 5:30 p.m. Wed. at the club for Group Power. Age 13+ : Saturdays, 9:30-11am (when no meet)
Many are already asking about **Summer Swim Programs**. Our schedule and program booklet should be available for you by the first of April. Information will be online, with booklets available at the club. If you'd prefer to have one mailed, just call the club.

FIT TIP: Baby Boomer Tip

People of all ages and physical conditions can benefit from physical activity. Research shows that this can slow down some aspects of the aging process. Exercise helps to enhance muscle and joint function, maintain bone strength and reduce your risk of heart attack and stroke. If you are a "Boomer", risk of injury is a little higher so take these following precautions:

- Always take time to warm-up and stretch before physical activity.
- Don't subcumb to the weekend warrior syndrome. You'll end up hurt and it doesn't increae your level of fitness. Get at least 30 minutes every day.
- Take lessons and invest in good equipment. Proper form and instruction reduce the chance of developing an "overuse" injury.
- Listen to your body.
- Use the 10 percent rule. When changing your activity level, increase it in increments of no more than 10 percent per week.
- Use a balance fitness program that has cardiovascular exercise, strength training and flexibility exercises.
- Add activies and new exercises cautiously.



Consult a sports medicine specialist if you have, or have had, a sports or orthopaedic injury like tendonitis, arthritis, stress fracture or low back pain.

- Connie Townsend, ACE Certified WRAC Trainer

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, Mar. 17th,
5:30-6:30 p.m. Equipment available-Sign up required!

Spring Fling

R-Ball Tournament, March 5-7

Abby's Pizza
Albertson's
Cinta's
Impact Directories

La Fuente Restaurant
Liberty Farm & Home-Kelly Hersel
A Sprinkle Above Landscaping
- Kevin Story
Columbia River Appraisals, Ltd.
-Brad Russell
Highlander Golf Club

THANK YOU SPONSORS!

FITNESS NEWS!!

Saturdays, 9:30 a.m., Yoga with K.C.

Wednesdays, 4:30 p.m. Centergy with Tammi - A combination of Tai Chi, Yoga and Pilates in a flow of movement - Check it out!!

Thursdays, 3:30 p.m. Zumbatomic for Kids with Krista- Dance Fun!

Welcome Laura Horton, Rae Heinlein and Sandy Gellatly.

Laura will be teaching Dance on Mondays from 1-2 pm. as part of our outreach program at the Sr. Center. She attended the Green River CC Dance program from 1995-1999 and been teaching since. She has also studied Tai Chi since 2003. **Rae** had been in the fitness industry for over 20 years, is certified as a ACE Trainer, Zumba and Group Power Instructor and teaches a variety of other classes. She will be recovering from shoulder surgery until April. **Sandy**, a YogaFit certified instructor, practicing since 2003 will of course be teaching yoga. **WELCOME TO ALL!**

MARCH Classes:

A.M. CLASSES:

5:15 M & W	Group Power
5:15 T & TH	Cardio Step
5:15 Fri.	Cycle/Stretch
5:30 Wed.	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
9:30 Saturdays	Yoga
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

Questions about classes?

Contact michele@wrac.org

Full Schedule at www.wrac.org

Cancer Survivor/Caretaker Yoga

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