

SARC News

February 2010

Calendar

FREE Kids Activities

Every Tuesday-Friday, 4-5pm

Feb. 6

3-on-3 Basketball Tourney

Mens, Womens and youth
\$30/team

Feb. 13

Couple's Contest

Compete in racquetball, basketball, soccer and ping pong.
Winner- \$50 gift certificate to Hamiltons
Cost: \$5/couple

Racquetball/Futsal leagues

More information coming soon!

Jan 22-23 Racquetball Tourney Winners

A: Ivan Garcia
B: Todd Bohman
C: Evan Ricks

Congratulations!

Our next tournament will be held in April.

Employee Spotlight



Gina Christensen has worked in the Kids Klub for 10 years. Gina is a Kids Klub favorite- she is always so happy and fun to be around. She always has a good attitude and is willing to go the extra mile to others, especially the children, important. Congratulations Gina!

Follow the
Sports Academy
On Facebook.
Become A Fan!

Club Fit: The motivation and tools to succeed

Did you make fitness goals for the New Year but aren't quite sure where to start or how to reach them? Need the motivation from a trainer while staying within a budget? Try out *Club Fit*, an intense, 30 minute series of classes that will give you an unbelievable workout.

These small classes are taught by personal trainers who keep the workout varied and exciting and push you to reach your goals. Club Fit is only an additional \$30 per month for members and will help you reach the next level of total body fitness.

TRX Suspension Training

TRX uses suspension and your own bodyweight to build strength, balance, and core stability.

Boot Camp- Increase endurance and focus on core training with this shortened version of our 60 minute class.

MC2- This program incorporates incline training, vibration training and dynamic weight movements to burn calories like never before.

Here's what members are saying...

"I love the results I have seen from the intense 30 minute classes Club Fit offers. Combining MC2 and TRX into my daily exercise routine has helped me strengthen my muscles and loose 18 pounds. The small, individualized classes are very cost effective and make it easy to fit into a busy schedule. Plus we have fun!"

- Mandi Bartholomew Green

Club Fit will give you the benefits of working with a personal trainer for a lower cost. Give Club Fit a try today!

Eliminating Childhood Obesity: Eating Less, Moving More

Although genetics or hormonal disorders can be factors in childhood obesity, overweight or obese children typically are simply eating too much and exercising too little. The risks of childhood obesity are no secret- in extreme cases type 2 diabetes, metabolic syndrome, high blood pressure, respiratory problems, sleep disorders, eating disorders and other mental and emotional problems may develop. So how can we reverse, or hopefully prevent, childhood obesity? Just as simply as it is caused- making healthier choices by improving diet and increasing activity levels.

The Sports Academy makes this easy. Fun **Kids Activities** (FREE for members) are available Tuesday through Friday from 4-5pm. Fun, outgoing Sports Academy employees lead activities to make physical activity fun and enjoyable. As a parent, you can come to a class or work out with a trainer while your child enjoys these fun activities each afternoon.

Tips for improving your child's health

1. As a parent, you have large, if not complete control, over what your child eats- make healthier choices at the grocery store and eat out less.
2. Limit sweetened beverages, and always have healthy snacks available.
3. Don't use food as a reward or punishment.
4. Sit down to eat meals together as a family.
5. Emphasize physical activity instead of a structured "work out program". Find varied activities your child likes to do.
6. Limit screen time.
7. Be a good example by being active yourself.



Children enjoy an afternoon Kids Activity at the Sports Academy. Kids Activities are held from 4-5pm, Tuesday-Friday and are free for members.

www.sportsacademy.com

All-Academy Preschool Register Today!

Build a strong, balanced foundation in your child's life by enrolling them in our preschool.

- Available for ages 3-5
- Excellent curriculum with emphasis in learning through play and activity
- Each class offers lessons in swimming, tumbling, creative movement and tennis
- Professional, experienced staff

Register for fall today!

- (Registration fills quickly and began in January)
- Call 435-753-7500 ext. 133

