

# Sports Academy News

Cache Valley's Premiere Fitness and Racquet Club



### Calendar

**FREE Kids Activities**  
Every Tuesday-Friday, 4-5pm

**Be Well Joyride Triathlon**  
May 22

**Wally Ball Tournament**  
May 14-15

**Discover Scuba Class**  
May 10 @ 5:30, 7:00pm

**SARC Spring Fling Tennis  
Tourney**  
May 19-22

Join us for early  
morning basketball!  
Tuesday, Thursday  
6:30am

### Employee Spotlight



**Mary Dimmick**  
Front Desk

“With Mary you get the whole package! She not only comes in to work, but to work-out. She teaches ZUMBA, attends other group fitness classes, makes delicious smoothies and excels at taking care of our members. She definitely lives and breathes Sports Academy! Mary is a student at USU studying Dietetics and Nutrition and we’re lucky to have Mary as part of our Sports Academy team.”  
- Missy Buttars  
Front Desk manager

### Transform your body with group training

Join the Bob and Jillian of Cache Valley (Biggest Loser, anyone?) and change your lifestyle with the Sports Academy’s Total Body Transformation Program in its third session, beginning June 1. Sports Academy certified trainers Patrick and Natalie combine bi-weekly high intensity, high energy workouts with nutrition help and information for an eight week program to transform your lifestyle. Ethan Nuttall, Sports Academy fitness director, said working with two different trainers makes the program fun and interesting.

“You’ll get different styles which makes the workouts unique and interesting. In addition, participants will

get more individual attention with two trainers,” Nuttall said.

Participants train in group class settings and utilize the DotFit program. Nuttall said training with a group helps participants be more successful.

“The group supports each other and helps everyone be successful,” Nuttall said.

The program is similar to Sports Academy’s Biggest Loser, but participants only train two days a week and no prizes are offered. Classes are held on Tuesday/Thursday at either 6:00am or 6:00pm and is \$190 for members and \$215 for nonmembers. **For more information or to register call 435-753-7500.**

### Here’s what members are saying about Total Body Transformation:

“Natalie and Patrick have the genuine love and desire to help each and everyone as individuals instead of just another number in the class. I continue to lose weight and I am getting closer and closer to my weight loss goal!”  
- Mary Morgan, TBT participant



Total Body Transformation participants train during a group class.

“When I first started everything seemed so difficult, but Natalie and Patrick encouraged me to push and work to the best of my own ability. After just a few weeks I saw huge improvements in my strength, endurance and most importantly my confidence. I love coming to my workout everyday knowing I will be pushed to my limits. It feels so good!”  
- Lindsey Crookston, TBT participant

### Swim Academy Register now for summer!

The Swim Academy is a licensed Swim America program and is geared toward helping students not just be safe in the water, but become lifelong swimmers.

- 40 minute lessons
- Indoor lessons mean no sunscreen, no cancellation due to bad weather
- low teacher to student ratio
- all ages and skill levels

To register call 435-753-7500 today!

For more information, visit the Swim Academy page at [www.sportsacademy.com](http://www.sportsacademy.com)

**Reformer Pilates  
Drop-In Classes  
Cost: \$14**  
**Monday/Wednesday:  
1pm**  
**Tuesday/Thursday:  
8am, 10am, 1pm, 7:15pm**

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