

# TRAINER CORNER

## Are You New to the Club and to Exercise and Not Sure Where to Start?

Make sure you have had your initial fitness evaluation with one of our trainers, so they can send you in the right direction with classes and/or weight programs, based on your fitness level, needs and goals.

GroupACTIVE is a great starting point if you wish to venture into future classes such as GroupPOWER, GroupSTEP and GroupCENTERGY. You may love it so much that it's the class you want to stay with. We have a Gentle Yoga class for those who wish to try Yoga and/or GroupCENTERGY, and would like to learn some basics first. Our other Yoga classes other than Power Yoga on Wednesday evenings are also suitable for beginners as well as intermediate participants, who wish to learn the basic postures. Make sure you let your instructor know if you have any injuries or medical issues which may require a modification.

If you would like to train on a one-on-one basis, then our trainers BJ Little, Larry Rogers, Mary Law and Wendy Jo Dula are available to assist you. A personal trainer can also help you if:

- You do not see results
- You do not know what to do or where to start
- You want a challenge
- You want motivation
- You are preparing for a sport or event
- You have a specific injury or illness.

Check with the Front Desk for personal training rates.

## SWIM LESSON INFO

### SPARTAN SPLASH SCHOOL ~ PRIVATE AND GROUP LESSONS

Winter Schedule Now in Session

Contact Colleen Miller to register at 585-7936 or splasheschool@aol.com

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Kimberly Smith (Children ages 2 - 13 and Adults).....(864) 266-8473  
or artconnie2106ed@yahoo.com

Sharon Tillotson (Children ages 1 to 6).....680-0292

### Are You Receiving Our Email Updates?

Please visit our website at [www.sacfitness.com](http://www.sacfitness.com) and sign up to receive our email updates so you won't miss out on any club happenings!



In case of inclement weather, we will make every effort to open by 8am.

**\*\*PLEASE CALL OR CHECK OUR FACEBOOK PAGE TO CONFIRM THAT WE ARE OPEN\*\***

Group Fitness classes may not be held on these days.



### ~ Parking Safety Issue ~

Members have expressed concern regarding entrance to the club parking lot when people have parked their cars in undesignated spots, either to talk to friends in other cars, or wait for people to leave the club. This is a serious safety issue when turning directly into the Spartanburg Athletic Club parking lot. Please be courteous to other drivers and keep the traffic moving safely.

Thanks for your help with this matter!

# SPARTANBURG ATHLETIC CLUB NEWSLETTER

2420 Andrews Road • 864-582-5050 • Fax 864-582-0113

February 2012



## “KICK™ & Make Up” Valentine's Day Special

**TUESDAY, FEBRUARY 14th**

**GroupKICK at 4:30**

**GroupCENTERGY at 5:30**

Join us for this fun double Valentine's Day Special. Attend one class or both! We will have giveaways plus you go into the prize draw if you bring your other half to classes. Wear red or something with a Valentine's Day theme to get an extra ticket in the prize draw!



THE  
Game  
On  
DIET

**RETURNS  
Feb. 15th!**

The Game On Diet starts Wednesday, **February 15th** and continues for four weeks. Information and the *Game On* book available at the Front Desk. Form your own team of five, or let the club choose a team for you. All teams will have a team leader to encourage and motivate you. The cost will be \$40 per person. This does not include the *Game On* book which is an extra \$12. Money will go into the prize pool and to cover administration costs. There will be a 1st, 2nd and 3rd prize. Prize pool will depend on number of participants. Information sessions will be Thurs., February 9th at 7:30pm and Friday, February 10th at 10:45am in Group Fitness Room 1. Registrations available at the Front Desk.

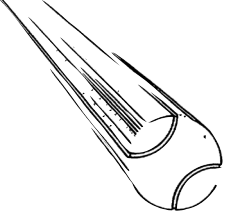
**Prayer for 2012 . . . A fat bank account and a thin body.  
Please don't mix these up like you did last year. Amen!**

### Club Hours:

Monday - Thursday .....5am - 10pm  
Friday.....5am - 8pm  
Saturday .....7:45am - 6pm  
Sunday .....10am - 6pm

### Nursery Hours:

Monday - Thursday .....8am - 2pm  
and 4pm - 8:30pm  
Friday .....8am - 2pm  
Saturday .....7:45am - 12:30pm



February  
*SAC Tennis News*

**League Tennis Teams Forming**

If you are interested in playing league tennis, let Stephen know.  
 Call 582-5050 or email [stephenbroom@gmail.com](mailto:stephenbroom@gmail.com) for more information.

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**League Tennis Meeting**

Wednesday, February 15th at 6pm  
 Broncos Mexican Restaurant on Blackstock Road

**February Pro-Shop  
 Special**

*Give your racquet a tune-up  
 before league season starts!*

Get your racquet strung during the  
 month of February and get  
 an over-grip put on for FREE!

**2nd Annual  
 Adult Spring Fling  
 Tennis Tournament**

**March 17th-20th**

Tournament ID: 704125012

*Sign up today!*

**It's that time of year** when the clay courts could be frozen so don't forget  
 to call before your reserved time to see if they are playable.

**Ask us about our adult and junior clinic schedules!**

**ADULT TENNIS BOOT CAMP**

**February 6th and 13th from 9am to 12 noon**

Member Cost = \$45 per session • Non-Member Cost = \$50 per session

Call 582-5050 or email [stephenbroom@gmail.com](mailto:stephenbroom@gmail.com)  
 for more information or to sign up.

**\*\*NEW PRIVATE LESSON RATES\*\***

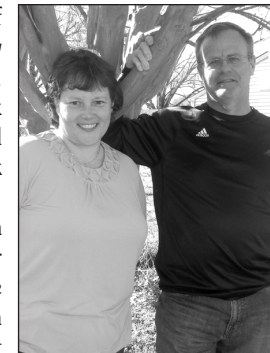
Member: 1 hour = \$50, 1/2 hour = \$30 • Non-Member: 1 hour = \$55, 1/2 hour = \$35

**Yoga Beginners Workshop**

Saturday, February 18th • 2 to 5pm • Cost: \$15 per person

**SAC Featured Members . . . MEET THE HARTFORD FAMILY**

We are happy to introduce the Hartford family as Members of the Month. With the Hartford family, fitness has definitely become a family affair! Mark and Beth Ann have two daughters, Sarah and Grace. They have lived in Spartanburg for twenty-six years. Mark is a geologist and Beth Ann is the Lower School Librarian at Oakbrook Primary School. Grace attends Oakbrook and Sarah is at Winthrop University.



At the coaxing of Grace, and wanting somewhere to swim, Beth Ann agreed to take a look at the club, with the "possibility" of joining for the summer. Beth Ann was somewhat apprehensive, however, she decided to just go ahead and join. With the encouragement from some instructors (and the downright stalking from others, not mentioning any names . . . Beth Ann and Mark began taking classes. Beth Ann began attending Water Aerobics, and then soon found a home in GroupACTIVE and GroupCENTERGY. Mark had been practicing Yoga on his own for five years, but now regularly takes GroupPOWER, GroupACTIVE and continues his Yoga practice at Spartanburg Athletic Club.

Although very apprehensive at first and perhaps a bit fragile, the Hartfords are now gym and group fitness "regulars." They attend classes at least three times a week, and joke about the fact that they all pass each other in the hallway, coming in our going home from their classes.

If they could give any advice to prospective members, or members that are nervous about taking a class, it would be "Just Do It." The Hartfords love the friendly welcoming staff and instructors, and especially the encouragement, care and concern that everyone is shown. They also love the family atmosphere, and how accommodating the club is when children come home for the summer. **Thank you Beth Ann and Mark! We are so pleased that you and your daughters are part of the SAC family!**

**GROUP FITNESS NEWS**



**LET'S GET HARD CORE.**

*Due to popular demand, we have added the following classes to the schedule:*

**Tuesdays and Thursdays at 5:10am**

**CORE Introduction Classes:** February 3rd @ 12 noon (15 minutes duration)  
 February 7th @ 3:45pm

**RIDE Introduction Classes:** February 15th @ 8:30am (30 minutes duration)  
 February 15th @ 5pm



**Join the 500 Mile Club for 2012!**

Don't forget to join this great exercise incentive program that helps keep you active all year! All activities at SAC convert into miles and by joining, you set a goal to reach 500 miles of exercise during 2012. It's a very realistic goal! Sign up at the Front Desk. Only \$5 gets you started on your way to a healthy 2012!

**Congratulations to our Top 10 Participants of the 500 Mile Club for 2011!**

Michelle Dover .....	2417	Jinx Jenkins .....	1648	David Stoppenhagen.....	1371
Michelle Noullet.....	2221.5	Janice Smith .....	2000	Marsha Elliott .....	1200
Jack Noullet .....	1970	Jack Slemenda .....	1505	Gwin Allen.....	1091