

FITNESS FOCUS



From the Director

Dear Members,

Thank you for your patronage through these winter months. We hope that we've provided each of you a great exercise experience this winter and we look forward to helping you continue to strive towards your desire for improved health and fitness this spring. Within this edition of the Fitness Focus, we are sharing important reminders and updates on rules and policies. Along those lines, I want to personally address our policy on cell phones in the locker rooms. Similar to restaurants and theaters we ask that members and guests avoid cell phone conversations in our locker rooms as phone conversations in public areas can be obtrusive and disturb the many patrons who seek a relaxing and stress free environment. Another very important, but perhaps unknown reason why we don't allow cell phone usage in our locker rooms is that phones and similar devices of this day and age are all equipped with cameras; which can lead to violations of privacy in locker room areas. For these reasons, we ask that you only talk or text in our common areas in the main entryway or café. We also ask that phones not be brought onto the fitness floor, track, classrooms, overflow cardio, pool, or gymnasium areas.



We appreciate your cooperation with all of our policies and we wish you all a rewarding March as we head into the warmer spring weather.

Yours in good health!

Greg Hanby, *Executive Director*



Heart healthy recipe from our Dietician Deb Oman

Pork Chop-Sweet Potato Skillet

- 4 lean boneless pork loins or sirloin chops (1/2-3/4 inch thick)
- 1 large sweet potato, peeled, chopped
- 1 medium onion, chopped
- 16 oz. can Italian style stewed tomatoes
- ½ cup water

Spray a large skillet with vegetable oil spray or coat with canola or olive oil. Place over medium high heat. Brown chops in hot skillet for 5 minutes; turn and brown for 5 minutes more. Remove chops drain fat if necessary. Place sweet potato and onion in skillet. Arrange pork chops over potato mixture. Pour tomatoes and water over pork chops and bring to a boil over high heat. Reduce heat, cover and simmer about 25 minutes or until pork and potatoes are tender.

Recipe from the American Heart Association Quick and Easy Cookbook

From the Fitness staff

A member reminder: Please respect the "Class is Full" sign. When this sign is posted it is imperative that you do not enter the class and recognize that the capacity sign is for your own safety.

An additional reminder to our members is to please attempt to be in class when it begins for safety information as well as warm-ups. If you are late to class you may be asked to leave, per the instructor. All of our group classes have a 5-10 minute warm-up period. It is important to prepare your body for the work-out and hear important instructions and safety information. Please do not enter the class once the warm-up period is complete.

Class Changes for March:

We will be adding an overflow Zumba class in the Pilates studio on Saturdays at 11 a.m. The room will only accommodate 15 people.

Our policies for Group Exercise and Spin classes are posted in each classroom and copies can be found at the member service desk. If you haven't had the opportunity or have questions about our policies feel free to pick up a copy.

Summer Fitness Frenzy

Looking forward to the warmth of Spring and the ease of summer ahead?

Stay tuned to our Summer Fitness Frenzy for 2010 which will be Summer Fitness Frenzy Bingo!

We are in the process of planning fun-filled activities for everyone to join in on for our warm weather months May- August. Look for more opportunities to win!



Attention Lap Swimmers

We now offer new classes and clinics for our members. These classes and clinics along with the cold weather generate increased pool usage, which means it is even more important that our members share lanes. We want to encourage everyone to Circle Swim so that several swimmers can share a lane.

Some things to consider when circle swimming:

Swim Counter Clockwise

Ask the Lifeguard to help you find a good lane for your workout

Choose a lane with someone who is swimming a similar pace/workout

Let the other swimmer know how your workout might be structured, i.e. "I am planning on swimming 10 x 50 with some rest in between."

When a swimmer needs to pass, gently touch the foot of the swimmer in front to let them know. The slower swimmer should wait at the end of the next lap to let them pass.

Avoid stopping in the middle of the lane.

Make your turns quick and aim for the middle.

Our policy has always been to keep at least two lanes open for lap swimming even when classes are taking place. During class times it will be even more important for lap swimmers to share lanes. We will do our best to keep class times posted. Thank you for your cooperation.

For more information on Circle Swimming, please visit: <http://www.swim.com/swimming-guides/how-to-circle-swim/>

WCC Winter Lecture Series

Classes begin in February and run through April. Check with the member service desk to register for any of the classes.

From Kids In Motion Corner:

Welcome to KIM during the winter months. We have been very busy during the past two months with many new children joining and to accommodate all of our new members we have added additional staff to our Saturday and Sunday schedules to make our children's area visits more enjoyable. We also have recently added a secured area for our infants to have to themselves, which is safely away from running, playing children and can provide an additional measure of safety for our youngest members. Check out the changes in our KIM area.



Tortoise & Hare Corner:

T&H will begin their Beginner's Running Class for the spring, instructed by Mike Nix. The class is held every Thursday at 6 p.m. from April 8-June 24 at the Plymouth Road store. Each class includes a lecture and run. Sign-up is at Plymouth store and the cost is \$100. More information on the website at www.tortoiseandhare.com.

Congratulations to Monica Joyce who set the W50-54 Indoor Mile World Record recently at Saginaw Valley State University Indoor Classic. She ran a 5:08.65 mile at the event.

Tortoise & Hare will be doing another Happy Feet Clinic on the fitness floor.

Tuesday, March 23, 6-8 p.m.

Saturday, March 27, 10-12 p.m.



Lost & Found

Our lost and found is over-flowing and beginning to take over our administrative office. If you leave behind any personal items please check with us as quickly as you can. We will not be holding personal items any longer than 2 weeks in the future.



Celebrate Green March 17

Look for information on our up-coming Celebrate Green on March 17 coming soon! Information will be posted in the lobby and sent out via email.



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