

FITNESS FOCUS



June 2010

Summer is here!

From the Director

Summer has finally arrived and despite the beautiful weather outside, THFC at WCC is, as always, a great place to keep your body and mind in great shape year round. From our salt-water pools to our group exercise classes, and everything in between, THFC



has something for everyone. Read on about Fitness Frenzy, our new Arthritis Aqua Classes and our membership special. Also, we are beginning to plan for our annual August building maintenance shutdown, which will occur this year August 24 through the 27. We are sorry for the inconvenience but our goal is to continue to provide a quality building and services for our members. Thank you again for your patronage and enjoy your summer months with your family and friends.

Yours in Good Health!

Greg Hanby,
Executive Director

Holiday Hours for July 4:
Saturday, July 4: 7 a.m.-12 p.m.

Sunday, July 5: Normal operating hours of 7 a.m.- 6p.m.



Relay for Life

Do you want to celebrate the victory of cancer survivors in our community? Do you need time to remember a loved one lost to cancer? Do you have a desire to fight back against a disease that has taken so much from so many? Join us at the annual American Cancer Society Relay for Life of Ann Arbor on June 26 from 10 a.m. to June 27 at 10 a.m. on the Washtenaw Community College campus.



Teams are forming now for this celebratory, inspirational relay. In addition to being a wonderful team-building event, Relay for Life provides an opportunity for family fun around a great cause!

For more information about how you can create a world with more birthdays through the American Cancer Society Relay for Life of Ann Arbor, visit www.relayforlife.org/annarbormi and join The Health & Fitness Center at WCC's Team or donate to our team. If you have any questions please contact Brian Guimon at bguimon@powerwellness.com or stop by the fitness desk.

Susan G. Komen Ride for the Cure



THFC will be a sponsor for the inaugural Ride for the Cure! This first-time event will be held on Saturday, August 7 in Ann Arbor. The ride is a physical challenge of 27, 57, or 87 miles. With every mile traveled and every dollar raised we move closer to the Komen vision of a world without breast cancer. Registration information is located in the women's locker room at THFC or contact www.komenmidmichigan.org to register for this event.

Pets in Hot Cars

We love our pets and we want to see them safe!

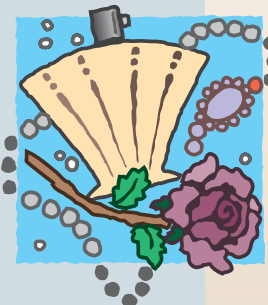
Did you know that in only minutes a pet left in a vehicle on a warm day can succumb to heatstroke and suffocation? Most people do not realize how hot it can get in a parked car on a balmy day. On a 78 degree day, temperatures in a car parked in the shade can exceed 90 degrees and hit 160 if parked in the sun! Even if the outside air temperature is in the 60s, temperatures inside some vehicles can reach the danger zone on bright, sunny days. Many experts recommend not leaving your pets or children in parked cars even for short periods if the temperature is in the 60s or higher. Be kind to your animals and please leave them safely at home during the warm summer months.



Fragrances Reminder

We have had several members inform us of unpleasant experiences and illness due to members' use of strong smelling perfumes, colognes, or lotions. For "courtesy" to fellow members please avoid the use of these scented fragrances, especially if you participate

in group exercise classes, cardiovascular exercise including track walking where close proximity with other members can be over long periods of time.



Environmental Suggestion from Member, Kristin

“How about members re-using the plastic bags that are provided for swimsuits? I’ve managed to keep the same swimsuit bag for 6 months.”

Thanks Kristin for the suggestion, we think this is a great idea.

August Building Maintenance Shutdown

Planning is underway for our annual building maintenance shut-down this year from Tuesday, August 24, through Friday, August 27.

New Additions to Transitional Care Program

Our fitness team has once again expanded our Transitional Care program and adding the Arthritis Foundation Aquatic Program, which began in May. This program is offered monthly and combines the buoyancy of water and the soothing warmth of a heated pool to make a safe, ideal environment for relieving pain. Participants in the course can enjoy many long-term benefits including decreased pain, increased energy, and greater flexibility and range of motion. All participants to this program will have monthly access to the Transitional Care newsletters, lectures, and the social hours. Classes are available to both members and non-members and further information is available at the Member Service desk. All classes are taught by our certified course leaders.

The Arthritis Fitness program proudly joins the on-going programs offered at THFC for managing medical conditions through a fitness-based program.



Summer Fitness Frenzy Continues

The Summer Fitness Frenzy program is well into the month of May with already over 350 members signed up! If you haven’t had the opportunity to register, the table will remain open for registration through the month of August.

We will hold Fun Friday dates this summer with extra classes during the evening hours.

Fun Friday dates are:

June 11, July 9, August 13

There will be no new class additions for the summer months, however please check the schedules because there may be some changes in current instructors.

Swim Classes For Summer

Beginner Swim class

is for those members who are comfortable in the water, but would like to learn basic freestyle swimming, treading water and elementary back stroke. If you would like to be able to start a fitness swim program, or start working on being able to compete in a triathlon, this class would start you on your way. Mondays from 12:30-1:30 p.m. June 14-July 26 (no class July 5)

Wednesdays from 7:30-8:30 p.m.

June 16-July 21

Water Shy Swim Class

is for those members who are apprehensive in the water. We will cover breathing techniques, floating on the front and back, treading water and front crawl. The water is for everyone, don’t miss out any longer!

Mondays from 1:30-2:30 p.m

June 14-July 26 (no class July 5)

Tri Swim Class

is for members who are not satisfied with the swim portion of their triathlon. We will work on drills and technique to improve your posture, line and balance in the water so that you swim more efficiently and faster!

Tuesday evenings from 6:30-7:30 p.m.

June 15-July 20.

Payment is required at time of registration. Register at member service desk.

Interested in learning about platform tennis?

Learn the rules, learn the game

Drop-in Friday June 18th 9-12 p.m.

Wednesday June 23rd 5-8 p.m.

In the event of rain the event will be cancelled and we will re-schedule.

Kids In Motion Summer Camp

We will once again hold our KIM summer camp during the week of June 21-June 25. This is the week after all area schools have closed for the summer. This year we will offer the following classes for your child age aged 3 years and up.

Creative Dance 9:30-10:00

Yoga 10:15-10:45

Drumming 11:15-11:45

All classes will be held in the conference rooms. Parents can sign up in KIM. Each class is \$20 for the week and payment can be made at the Member Service desk.

Summer Membership Discount

THFC is currently running a summer discount through June 30. The discount offers a \$50 waiver off of the initiation fee per person, in addition to a free 30 minute massage coupon.

Tortoise & Hare Corner

Tortoise & Hare will hold a summer running class: July 15-September 30. This class meets Thursday at 6 p.m. at Tortoise and Hare on Plymouth Road.

In addition, the Firecracker 5K will be held in downtown Ann Arbor, July 4. Please check out the website for additional information. www.a2firecracker5k.com.

Primos Fitness Café

Try one of Primo’s famous fruit smoothies during the month of June! There are many different varieties and you can add your own touch. During the month of June there is \$1 off of all smoothies at Primo’s Fitness Café.



Live life to the fittest

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