



568 Pine St
 Omak, WA 98841
 Phone: 826-5552
 www.ncac-omak.com

December Fitnews

Our mission is to teach, encourage, and motivate you to a higher level of fitness and health through fun and exciting programs and fellowship.



Manager's Minute

Merry Christmas NCAC members! I can hardly believe 2011 has come and gone! This has been an amazing year for me personally with the addition of Harper last November...and a year full of getting off the baby weight! Thank you to all the members who were so encouraging, working out right there along with me. I am glad to report that I am back to my pre-baby jeans! I know many other members who have seen incredible results this year, whether it was weight loss, or toning up, goals were met!

Looking forward to 2012, we are excited to bring some amazing new programs your way. We are gearing up to launch GROUP KICK! Be prepared to kick and punch your way through a stellar workout. The Physique Challenge is

also right around the corner. Bring out your inner competitor, and join for a chance to win \$1,000!

I would like to wish all our member a very MERRY Christmas, and a wonderful New Year. Looking forward to another great year here at the club.



Lydia Hamilton,
 Manager

Holiday Closures

Club will be closed December 25th and January 1st. December 24th & 31st we will close at noon, with no morning classes. Group Fitness classes are cancelled from Dec 24th-Jan 1st, as we are giving our gym a makeover! We look forward to a new improved Gym. If you would like to help, call Mandy 826-5552.



NEW Racquetball Membership

- ◆ Weekly programs
- ◆ Clinics
- ◆ Demo racquets
- ◆ Pro shop



12 month membership: \$39 per month plus tax, no initiation fee. EFT payments or paid in full.

or

6 month membership: \$49 per month plus tax, \$50 initiation fee. EFT payments or paid in full.

Coming Events

Look forward to a packed January:

- Physique Challenge 2012 (*look for more details coming soon*)
- Group Kick
- Yoga (*New Instructor, Roxanne Best*)
- Gym Overhaul (*more details to come*)

Congratulations Bethany Kirk! The Zumba® Fitness Instructor Challenge Winner!! She worked hard over the last 8 weeks to win \$200!

Make it a Zumba® Weekend! Looking for a way to get an extra workout over the weekend? We have Zumba® both Saturday's @ 9:45am & Sunday's @ 3:45pm!



Indoor Tennis

Programs

Monday Night Women's Doubles
Tuesday Morning Ladies Doubles
Wednesday Night Men's Doubles
Thursday Night Mixed Doubles

Lessons

Kid's After School 3 Week Session:

Mon & Wed's

3:45—4:15pm (Ages 4-9) \$29 mem / \$35 non

4:15—5:15pm (Ages 10+) \$59 mem / \$69 non

High School Kids

Tuesday's & Thursday's 4:00—5:30

Ladies Beginning Tennis

Thursday's 8:30am

**Schedule your Private or Group Lessons
with Mark Today!**

Upcoming Events

**December 27-28th. Kid's Winter Tennis Camp. Call
Mark for more details 322-0803**



If you haven't checked out our winter expansion of Indoor Tennis at the Agriplex, you are missing out! We have 3 state of the art tennis courts to keep you moving this winter!

Holiday Gift Packages

Need some Christmas Gift Ideas?

Try shopping at NCAC this year! Not only will we match any price on new 2011 Wilson Tennis gear, we also are offering these smokin' hot Winter Specials only available for purchase through December 31st! *These packages are also great for college kids coming home for the winter break! No contracts-no hassle.*

- ❄️ \$99 month Gold Membership, 1 Personal Training, 1 month Tanning.
- ❄️ \$59 1month unlimited Tanning, 1 Premium Lotion.
- ❄️ \$49 1month Class membership, 10 tans.
- ❄️ \$109 3 week Gold membership, 3 week Indoor Tennis membership, 30 min Tennis lesson w Mark, 6 Tans.
- ❄️ \$59 3 week Indoor Tennis pass, 30 min Tennis lesson w Mark.
- ❄️ \$50 3 week Gold membership, 6 tans.
- ❄️ \$35 3 week Gold membership.

Stop in at the front desk to purchase your gift certificates now!

Merry Christmas

Club Hours

Mon - Thurs 5 a.m.- 10 p.m.

Friday 5 a.m. - 8 p.m.

Saturday 8 a.m. - 12 p.m, 4-8pm

Sunday 12 p.m. - 5 p.m.

Supervised Kid's Room

M-Fri: 8:30 a.m. - 10:30 a.m.

Mon - Thurs 4:30 p.m. - 7 p.m.

Saturday 8:30 a.m. - 9:30 a.m.