

Fall Fitnews



568 Pine St
Omak, WA 98841
Phone: 826-5552

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

www.ncac-omak.com



Manager's Minute

Wednesdays at 8:30am. Also, check out the new 4:30pm Intervals class on Tuesdays. It is time to spice up your routine, with Zumba on Saturday's @ 9:45!

Members! The seasons have changed, the weather is cooler, and it is time for you to FALL BACK into your workout routine. Have no fear, we can help! Our Fall group fitness schedule is now in full swing. Group Power has been added on Monday and Thursday mornings at 8:30am, and Step has been moved to

Don't forget to join us on Saturday, October 15th for the new Group Power release! Be one of the first to check out the new tracks, and join us afterwards for some fellowship and refreshments.

A friendly housekeeping reminder, with the colder weather, please remember to bring dry shoes to the club. You can always rent a locker and keep a dry pair here. See the front desk for locker rentals.

I would like to welcome back Jessica Fisk from her maternity leave! Baby Emrie was born on August 23rd, and is as pretty as her mama! Be sure to stop in and say hello to the new addition in our daycare!

In celebration of Thanksgiving, the club will be closing at 10am on November 24th. Join us at 8:30am for some pre-turkey GROUP POWER!



Climb your way up the mountain, by working out! Each time you summit, your

name is entered in our drawing for some fabulous prizes from local businesses! FREE FOR MEMBERS! This is a great opportunity for non-members to join. Only \$59 for a 1 month single gold plus a waiver of initiation fees when they sign a contract.



Take our Zumba® Fitness Instructors Challenge! Loose inches and win the jackpot! We also are running a **Zumba® Special**. Ask the front desk for details!

New Release Coming

Saturday, October

15th! Join Instructors Mark, Mandy & Lydia as they lead you through your Hour of Power!



Fall Events

Zumba® Saturday's! Back by popular demand! Starting October 8th, @ 9:45! See ya there!

Big thanks to all the Sponsoring Business of Climb the Mountain!

- **On the Avenue**, 2-\$20 Gift Certificates
- **Rodstols**, Gift Bag
- **Main Street Health Food**, Gift Bag
- **Rancho Chico**, \$25 Gift Certificate
- **El Portal**, \$25 Gift Certificate
- **Coffee Express**, \$25 Gift Certificate, 1-Pre Paid Coffee Card
- **Studio Off Main**, Men's Gift Bag
- **The Corner Bistro**, Gift Certificate
- **LifeForce**, Variety Bag
- **Breadline**, \$25 Gift Certificate
- **Omak Feed Store**, Coffee Mug
- **The Loup Loup**, 2 Free Ski Day Passes
- **NCAC**, 2-5 free tans & Lotion combo, 2-4 free Smoothies Cards
- **BlackBird Clinic**, \$85 Gift Card
- **Advocare**, Gift Bag



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:

Starts October 3rd! Mon & Wed's

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

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

Ladies Beginning Tennis

Thursday's 8:30am

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

Upcoming Events

November 1st we are heading indoors to the Agriplex. This is a great way to keep your activity level high during the winter and love for tennis fueled! Thanks to last year's generous donors, we have 3 state of the art courts. Ask the front desk for a brochure & how to sign up.

November 5th. *Grand Opening.* Member – Non Member tournament. Doubles tournament. One player must be an indoor member and the other a non member. Free to Members & non members. Potluck dinner. 6-9pm

November 19th. *Men's Team tournament.* Combined rating of no higher than 7.0 \$25 per person, Lunch provided

November 20th. *Women's Team tournament.* Combined rating of no higher than 7.0 \$25 per person, Lunch provided

December 27-28th. *Kid's Winter Tennis Camp*

Call Mark for more details 322-0803

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 an exciting January:

- Physique Challenge 2012
- Group Kick

Group Kick[®] brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out!



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.