



February 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.

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

Manager's Minute



Lydia Hamilton
Club Manager

Happy 2011 members! It feels great to be back at the club after the birth of Harper. A big THANK YOU to everyone for all your kind words and gestures for our new family. Now, join me in losing some weight this new year! Are you up to the challenge? I know I have some baby weight to drop, and I want all of you in class with me! Let's make 2011 our year of NO EXCUSES! We offer all kinds of avenues for your success. Join us in the Physique Challenge, Winter BootCamp, Group Power, or the very popular Zumba to tone up and trim down! One good choice leads to the next, and making the club part of your daily routine will get you the results you are looking for. Also, check out the great new workout gear in the pro-shop! We offer a good selection, multiple sizes and competitive prices. Shop local and save on shipping!



February 8th—March 8th

ENLIST TODAY!!

- Intensive Cardio & Strength Training Classes
- Motivational & Encouraging Drill Sergeants
- Official BootCamp T-Shirts & Water Bottles
- 4—1 1/2 hour Trainings Each Week
- Squad Competitions
- Nutritional Instruction
- Full 1 Month Gym Access
- Daycare Included
- Before & After Fitness Assessments

Tuesday's 5:30—7:00pm
Wednesday's 5:30—7:00pm
Thursday's 5:30—7:00pm
Saturday's 7:30—9:00am



\$89 members
\$169 non-members

Have you wanted change but just couldn't find the drive? Well here it is! NCAC has a new way to motivate you to **Xtreme Change!** All fitness levels encouraged. No Man Left Behind!

ARE YOU READY?



Join Sgt. Mandy Holz, Sgt Dino DeCesari & Sgt Derrick Rose as they lead you through total body changing workouts.

LOVE your HEALTH



February is Love your Health Month at NCAC: Tell us *why* and *how* you Love your Health in 200 words or less, and you could win a **1 Month Single Gold Membership to Give Away!** Submit reasons why you make health a priority, any obstacles you have overcome and successes you have accomplished by February 20th. Winner will be announced in the next newsletter!

Get up-to-date Club info at either: www.ncac-omak.com or on Facebook



NCAC's Sportsplex

Upcoming Tennis Tournaments

Mixed Doubles Canadian Exchange. February 5-6
Matches will be completed by Superbowl kickoff.

Children's Mini Tournament: February 11th
\$5 for indoor members / \$15 non
3:30-7:00 Flexible times Singles & Doubles

Club Champs: February 17-20th
Singles, Doubles and Mixed. Season ending tournament.
\$20 per event.

Programs

Tuesday Morning Ladies Doubles
Wednesday Night Doubles
Thursday Night Mixed Doubles

Private or Group Lessons

Available upon request

Outdoor Lessons

Kid's After School 3 Week Session:
March 4th: Monday's & Wednesday's
3:45—4:15pm (Ages 4-9) \$29 mem / \$35 non
4:15—5:15pm (Ages 10+) \$59 mem / \$69 non

Ladies Beginning Lessons

Thursday Mornings 8:30am

Skills, Drills Pizza & Pick-up

Wednesday, February 23rd 5:30pm
Play Some, Eat Some & Clean Some!
Season Ending Cleaning Party

Saturday Class Schedule: 8:30am Group Power: February 5th & 19th, **Intervals:** February 12th & 26th.
Zumba: Every Saturday at 9:45am.

New Day Care Policy Goes into Effect for Members March 1st! If you are a member who uses our Day Care, please swing by the front desk or talk with the Day Care Staff to find out how these policy changes may effect you.

LOVE your HEALTH  

Club Hours

Mon - Thurs 5 a.m.- 10 p.m.
Friday 5 a.m. - 8 p.m.
Saturday 7:30 a.m. - 8 pm
Sunday 12 p.m. - 8 p.m.

Supervised Kid's Room

Mon-Fri. 8:30 a.m. - 10:30 a.m.
Mon-Thurs 4:30 p.m. - 7 p.m.
Saturday 8:15 a.m. - 10:45 a.m.