



North Cascades ATHLETIC CLUB

568 Pine St

Omak, WA 98841

Phone: 826-5552

www.ncac-omak.com

# Winter 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.*

## Physique Challenge

## 2012 STRONGER than yesterday



- ⇒ 2nd Heat starts Feb 6th.
- ⇒ Win \$1000!
- ⇒ Only \$85 to compete!



You can change in 12 weeks! You can start where you are, with what you have...

You can be *Stronger than yesterday!*

## What will you change in 12 weeks?



## Yoga Fitness

Yoga Fitness is designed to improve the health,

performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power in a fitness format. We overcome the mystery of yoga by delivering a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness. **Join instructor Roxanne Best, starting Jan 24th @ 6pm!**



**Group Kick Launch**  
**Jan 21st @ 9am.**

Join instructors: Lee Morrison, Lydia Hamilton & Mandy Holz

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!



# 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

## Upcoming Closures

Jan 30th & 31st

## Upcoming Events

**February 4th & 5th:** Mixed Doubles Tournament  
Canada Vs. USA! Get your teams signed up today.  
\$40 per person. Call Mark for details 322-0803.



## **New Group Fitness Schedule to begin Jan 21st!**

We've been working hard to bring positive changes your way! A recent remodel of the gym brings more space to accommodate more participation, and less mirrors to send negative feedback! We look forward to our ramped up Winter Schedule offering you 3 classes in the afternoons & evenings, Monday's - Thursday's, and 3 classes on Saturday mornings, with extended daycare & club hours!

# Thank You!!

Thank you so much volunteer members, Sunshine & Angel for your hard work painting the gym! It looks wonderful!



**Please don't forget** to bring clean shoes to workout in!

# Pro Shop Sales



**All Apex Supplements 10%** off through the month of January!

We now carry the **Bodybugg**® as seen on the Biggest Loser®. It's a complete calorie management system for as low as \$129! Ask the front desk for details!



# Energy Bar Expands!



**Shake This** offers our members the best tasting protein shakes available while providing convenience, superior nutrition and a cost effective alternative to what you are typically eating. Super charge your low calorie or high protein shake with add-ins such as: multi-vitamin, fat-burner, or an energy boost!

### Club Hours

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

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

Saturday 7:45 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. - 8 p.m.

Saturday 8 am. - 11 a.m.