



June FitNews

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

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

Tired, Stressed, Don't Feel Your Best?

It only took 12 weeks to look this sleek!

This year we had the one of the highest completion percentages and over 450 pounds shed!

Great Job all who participated!



Congratulations 1st Place Winners of \$1000

Alex Morgan & Cody Austin

2nd Place Single Gold Membership Winners

Ed Townsend & Brandi Diehl

3rd Place \$250 Winners

Scott Darwood & Brenda Stevens



Manager's Minute



Lydia Hamilton
 Club Manager

Can you believe it is already June? Wow! Summer will be here in a flash. We have a lot of fun things going on at the club. Tennis programs are in full swing. Pick up all our Summer information at the front desk, and register now for the Mixed Doubles Tournament! Also, get ready for the July 2011 release of Group Power and MAKE SOME MUSCLES! Be sure to join in the fun Saturday, July 9th at the club. Healthy refreshments will be provided post-workout! If you need some motivation this summer, check out our Summer BootCamp and get fit just in time for the Omak Warrior Stampede! Register for both events at the front desk and make this your best, fittest summer yet!

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. - 5 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.

Kid's Summer Camps



June 20th-24th Kids Summer Soccer Camp 4-4:45 (ages 3-6), 5-5:45 (ages 7-9) Our Soccer camp is designed to teach skill development, teamwork, fitness, and fun in a non-competitive atmosphere. *\$25 per child.*

June 20th-24th Kids Tennis Camp 8-8:30 (ages 4-6) \$29, 8:30-9:00 (ages 7-9) \$29, 9-12 (ages 10+) \$150 per child. Join forces this summer with dynamic coaching team Mark Milner, NCAC Tennis Pro & Dave Buchheim, Seattle Tennis Pro. For the first time together, these Pro's are available to maximize your tennis skill and increase your love for the game!

June 27th-July 1st Kids Sports Combo 4-4:45 (ages 3-6), 5-5:45 (ages 7-9) Our Sports Combo camp is designed for kids to play a variety of sports, softball, soccer, football, *\$25 per child.*

July 4th-8th Kids Tennis Camp 8-8:30 (ages 4-6) \$29, 8:30-9:00 (ages 7-9) \$29, 9-12 (ages 10+) \$150 per child (plus tournament fees). Arbys Junior Tournament in Wenatchee for ages 10+. This week's tennis camp offers something special! For those registered in the Wenatchee tournament, you will travel & stay in Wenatchee throughout your tournament play. Those unable to attend will have the collegiate tennis player Brad Bator as their coach. Whether traveling or staying this is going to be an excellent week of instruction!

July 5th-9th Kids Flag Football Camp 4-4:45 (ages 3-6), 5-5:45 (ages 7-9) Our Flag football camp is designed to teach the basics of the exciting game of flag football! *\$25 per child.*

More Kid's Camps to come in July & August...Stop in and get your full Summer Calendar at the front desk.

JULY 5TH-AUGUST 2ND



- Build Stamina
- Gain Confidence
- Play Hard
- Lose Fat
- Accountability
- Have a Blast!



Summer BootCamp is a one month intensive training program. We offer you the chance to experience motivational coaching, accountability, and hard core results. Have you wanted to change but just couldn't find the drive? Well here it is! Your Drill Sergeants not only provide intense trainings four times a week, but are also available for accountability and encouragement throughout BootCamp. Squads provide weekly challenges, goal setting, competition, and camaraderie. Our program is designed to give you safe & effective tools to get you on

You WILL SURVIVE!



track. It will be an amazing achievement you won't want to miss! If you are ready to start something new, no matter what your size, ability or stamina, and are ready for change, NOW IS YOUR TIME! Grab a friend and Enlist Today! As always, we encourage all fitness levels to participate. We believe in NO MAN LEFT BEHIND! Just \$99 for members \$199 for nonmembers. Front Desk has more details!



FIND YOUR INNER WARRIOR

Forge through 3+ Miles * Battle over 10 Obstacles * Celebrate with a Smashin' Victory Party! * \$35 Per Warrior / \$275 Per Clan (10 Warriors) * 10am Recreation Warriors / 12pm Competitive Warriors

VOLUNTEERS NEEDED! Not interested in getting down & dirty, but still want to participate in this outrageous event? WE NEED YOU! Contact Mandy Holz 826-5552 for a variety of ways to enjoy on August 20th!