

# March FitNews



568 Pine St

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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.*



## Manager's Minute



Lydia Hamilton  
Club Manager

Can you believe March is already here? Time is flying by. We have the Physique Challenge in full swing, and the weight is dropping off people! I have seen some huge successes already! Keep up the good work! I have dropped 8 pounds and am ready to keep it going. We have some exciting programming coming up soon. Look for another informative Women's Self Defense class taught by our very own Derrick Rose! February ended our indoor tennis season, and what a great season it was! THANK YOU to all our wonderful members for their Versa Court donations. Next year we will have the pleasure of having two additional versa courts! But for now, let the sun shine so we can head outdoors! Speaking of outdoors, we are also looking forward to a new program offered for both mommy's and child. Mom's in Motion, will begin in April and finish in time for Mother's Day. This is a great way for mom's to workout with there little ones!

## Congratulations to the LOVE YOUR HEALTH Winner!

Cody has won a 1 Month Gold Membership to give away!

When I look into the mirror I don't love what I see. My whole life I've been a thin, healthy, bubbly person. In the past 2 1/2 years I turned into an unhealthy, fat, grouchy woman! Six weeks ago I made a major change in my life. I traded Milky Way bars and Dr. Pepper for bottled water and carrot sticks and plus size jeans for workout pants. I finally looked into the mirror and said, "enough is enough" and joined the gym. The first time I walked into the club I thought I couldn't possibly go through with it but out of desperation I did it! Now I look forward to my workouts and the time I make for taking care of ME! I discovered I love to row. When I get into the rhythm of it I just feel the stress of the day melt away. I am blessed to have 3 healthy, active little boys and a hard working husband who have loved me through thin times and fat times and everything in between. Inch by inch and pound by pound I plan to succeed in becoming the mommy and wife they deserve. I love my family and I love feeling myself getting healthy and happy again. I'm learning to love myself again in the process. I've set goals for myself and look forward to reaching them. ~Cody Austin

## Women's Self Defense

Tuesday's @ 7:00pm  
March 8th—April 1st

\$45 for Non Gym Members / \$40 for Gym Members  
Drop-Ins \$10

Join Derrick Rose 2<sup>nd</sup> Degree Black Belt, as he will teach:

- Quick and effective defenses and escapes
- Verbal and physical boundary setting
- Strategic targeting secrets
- Real life scenarios
- Reflex development
- As requested 5—1 1/2 hour classes

## XTREME BOOTCAMP WINTER 2011



BootCamp has been a great success! Recruits worked hard, saw amazing results & had lots of fun!



### Find your Inner Warrior at our 1st Annual Fun Run!

Omak's Warrior Stampede is a 3+ mile, exhilarating, fun run! Warriors master thrilling obstacles, max their limits, and celebrate with rockin' music, costume contest, beverages and helmets! Whether it's repelling down the World Famous Suicide Hill, conquering the Mud Pits, or scrambling over Hay Stacks, you are sure to find your inner Warrior! Call or stop by the front desk for more details!

Get up-to-date Club info at either: [www.ncac-omak.com](http://www.ncac-omak.com) or on Facebook

# Tennis @ NCAC



Canadian Exchange Tennis Tournament

Thank You to all that helped make the SportsPlex an awesome winter recreation spot!

Thanks to your generous donations we have almost completed the 2nd VersaCourt. There are just 490 square feet of 4000 yet to fund. Please take time to consider your part.

A big Thank You also, to Bob Swann, who has kindly donated a 3rd VersaCourt, in loving memory of his son Tom.

With 3 Versa Courts next winter, we will enjoy  
*Okanogan County's Premier Indoor Tennis Facility!*

## 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 14th: 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

*Outdoor Season Begins  
March 14th!*



**Saturday Class Schedule:** 8:30am Group Power: March 5th, 19th Intervals: March 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 affect you.

**Physique Challenge 2nd Heat Contestants 1/2 way Assessments March 16th.** Times are limited so schedule right away.

**Physique Challenge Support Group March 14th 6:45pm.** Questions about Nutrition, Stamina, Workouts? Sign up @ the Front Desk.

**Need an extra boost to finish the Physique Challenge?** Hire a Personal Trainer to help customize your workouts & minimize your caloric intake safely! Finish Strong!

### Club Hours

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