



# September 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.*

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## Manager's Minute

Happy September Members! School is back in session and it is time for us to get back in shape! Fall back into a routine with our variety of group fitness

classes. Strengthen and tone with Group Power, or torch off those calories with Zumba®! We have classes throughout the day to work with your schedule. Feel the need for speed? Why don't you try out our early morning spinning class! Want a stronger core? We have the remedy, KILLER CORE! I encourage you to try a class that you have never tried before. You will be happy that you did.

A big congratulations to Jessica Fisk, as she welcomed baby girl Emrie on August 23<sup>rd</sup>! Also, a sincere THANK YOU and farewell to Dessa Redman. After 3 years of working here, she is moving on to another role... MOTHER! Dessa and Luke are expecting their first baby this October. We wish them both the best of luck. You will be missed Dessa!

### Labor Day Weekend Hrs (Sept 3rd-5th)

Saturday 8am-12pm

Sunday 12pm-4pm

Closed Monday

*\*No Monday Group Fitness Classes*

### 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.



## Coming Events



### Zumba—Group Power—Group Kick

**Promotion at the Fair!** Join us Saturday, September 10th @ 9 am on the Main Stage, at the Okanogan County Fair. We will be doing a demonstration of Zumba & Group Power with a sneak peak to our new class coming this January!



October 3rd-31st

NCAC 2011

### Coming October...

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!



**New Release  
Coming in  
October**



### Take our Zumba® Fitness Instructors Challenge!

Kick-Off Sept 27th with a Zumba® Fitness Party 6-8pm.  
Details to come!

# Tennis at NCAC

## Programs

Tuesday Morning Ladies Doubles  
 Wednesday Night Doubles  
 Thursday Night Mixed Doubles

**NEW** Starting Sept 12th  
 Monday Night Women's Doubles  
 Wednesday Night

## Lessons

**Kid's After School 3 Week Session:**  
 Starts September 12th! 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

## Upcoming Events

Tennis goes indoors at the TennisPlex, Okanogan  
 County Fairgrounds  
 November 1st. More info to come!

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



# NCAC's Summer Recap



**Mid Valley Junior & Adult Tennis Tournaments were a success!** It was wonderful weather, and a great time of fun, fellowship & tennis. Good Job to all who participated and contributed! We are looking forward to the indoor season!

## **Did You Know...**

NCAC's Pro Shop will match prices on any new 2011 Wilson Racquetball & Tennis Equipment! Go ahead, compare online, then come see us for your local, hands on service!

