

West River Community Center

2004 Fairway Street
Dickinson, ND 58601
(701) 456-2074

westrivercommunitycenter.com



March 2009

West River Community Center

Newsletter Update

This will be the last newsletter that will be mailed out to our members. Beginning with April's newsletter, it will be distributed by Email and also available at the front entrance media rack and our web site.

If you have not already done so, please sign up for the email newsletter. If you have already signed up, but have not been receiving your newsletter please call to double check that we have your address correct or email dprd@dickinsonparks.org to have your address added. It is possible that if your email does not recognize this address it will go into your junk or spam folder, so just add the address to your "safe senders" list to ensure you always receive the monthly newsletter. Your email address will not be used in any other manner than to distribute the newsletter.



Please feel free to email dprd@dickinsonparks.org with any questions or concerns you may have regarding the monthly newsletter.

Be a Hero...

Be a Hero... register today for the Blood Drive on **March 10 from 2:00-6:00 pm** at WRCC. Sign up at the Control Desk or online at bloodhero.com.



Climbing Wall "Belayer" Class

A Climbing Wall "Belayer" certification class will be held on **Monday, March 9 and Wednesday, March 11 from 7:00-9:00 pm**. You must attend both nights.

Cost: \$12.00—Please register at the Control Desk or call 456-2070.

Spinning Classes

You may have noticed that we received a shipment of spinning bikes that will soon be used for new spinning classes. This new addition to our group fitness schedule will begin in April with our group fitness instructors being trained this month. **Watch April's calendar for classes to be offered soon!**

- Aquatic Lessons
March 2-13
(4:00-7:00 pm)
- Racquetball Lessons
March 2-23 (Mon.)
- Blood Drive
March 10
(2:00-6:00 pm)
- Youth Orientation
Class **March 14**
(9:30-10:30 am)
- Adult Orientation
Class **March 14**
(11:00am-12:00pm)
- Ask the Trainer
March 16
(6:30-6:50 pm)
- Seminars **March 12**
& **March 16**
(7:00-8:00 pm)

New Cardio Equipment

By now you may have tried our new cardio equipment that arrived in February. We are still becoming familiar with the new equipment and the features they offer. Thank you for your patience during this busy transition period.

If there are any questions, concerns, ideas or suggestions regarding the new cardio equipment, please make sure you fill out a comment card or call 456-2070 to speak to someone personally.

Your opinion matters to us.



Please make sure you wipe down the fitness equipment after each use. The disinfectant wipes can also be used to wipe the display screens off as well.

Membership ID

Just a reminder to our patrons when using the strength and cardio equipment you must have your full-center membership card on you while in the fitness areas. Thanks for your cooperation!

Healthy Results Personal Training Services

To make an appointment with a personal trainer or dietitian, please contact Healthy Results at 456-2070 or Natashaia at 260-8803.

Certified Personal Trainers:

Natashia Ash, Shannon Selle, Doug Groce & Patty LaPaglia.

Licensed Registered Dietitians:

Jo Marie Kadrmas & Deb Dohrmann



"Providing direction to attain Healthy Results and inspire everyone to integrate exercise and wellness as a vital part of their life."

Youth & Adult Orientation

Healthy Results and West River Community Center will be offering Youth Orientation Classes for ages 12-18 and Adult Orientation Classes for individuals 19 years and above.

The purpose of the YOUTH class is to provide direction in safety, technique and gym etiquette to the young members of our community and to inspire them to attain Healthy Results by integrating exercise as a vital part of their lives.

Youth Classes: March 14 or April 18 (9:30-10:30 am)

The purpose of the ADULT class is to provide a thorough orientation to the community center. The focus will be on how to use cardiovascular and strength training equipment and to give direction in safety, technique and gym etiquette to all veterans and new members of the community center. Our goal is to inspire all participants to attain Healthy Results by making them more comfortable with using the facility and encouraging each individual to integrate exercise as a vital part of their lives.

Adult Classes: March 14 or April 18 (11:00 am-12:00 pm)

Cost for Youth and Adults is \$12.00/person.

Please register two days prior to each class by 1:00 pm. Registration forms are available at the front entrance media rack.

"Ask the Trainer"

Healthy Results Personal Trainers will be available once a month in the WRCC Lobby to answer any questions regarding your exercise program including: Sets and reps, rest periods, monitoring your heart rate, periodization, weight loss and maintenance, body fat reduction, strength, endurance, flexibility, speed, agility and more. This is also a good time to meet the personal trainers and learn about the Personal Training Services offered.

Date: March 16, 2009 (6:30-6:50 pm)

Personal Trainer: Natashaia Ash, BS, CSCS

****Natashia will also be available from 6:50-7:30 pm (Mar. 16) to help answer any questions regarding the new cardio equipment.**

FREE Monthly Seminars

Healthy Results Personal Trainers and Dietitians will be presenting monthly health seminars in Community Room #1 at WRCC. Please sign up at the front desk if you are interested in attending.

Upcoming Seminars:

"Get to the Point... How to Complete the Most Effective Workout in the Shortest Amount of Time"

Date: March 12, 2009 (*7:00-8:00 pm)

Speaker: Doug Groce, Certified Strength and Conditioning Specialist

*note time change from February's newsletter

"Information Overload: How to Find Credible Information about Nutrition"

Date: March 16, 2009 (7:00-8:00 pm)

Speaker: Deb Dohrmann, Licensed and Registered Dietitian

"Simple Silver: Nutrition for the Older Adult"

Date: April 23, 2009 (7:00-8:00 pm)

Speaker: Jo Marie Kadrmas, Licensed and Registered Dietitian

See our web site for future seminars. 

Half Marathon Running Club

Let our Healthy Results Personal Trainers test your fitness level, design an individualized running program, and run with you once a week to help you on your incredible journey to run a half marathon. We will give you a 12 week program to prepare you for the 13.1 mile race plus other "Running Tips" to give you the confidence and edge you need whether running for the first time or trying to set a new personal record. We will run as a group every Saturday for the months of March, April and May. All levels are welcome to join us because we will be dividing up into different groups according to running pace.

Start Date: March 2, 2009

Saturday Run Time: 6:00 am (duration will increase as the weeks progress and will depend on mileage and running pace)

1st Goal: Mickelson Trail Half Marathon

Race Date: June 7, 2009

Personal Trainer: Natashaia Ash, BS, CSCS

Cost: \$150.00 plus *optional* 3-pack Individualized Strength Training Sessions for \$120.00

Class Size:

Minimum = 3, Maximum = 15



Aerobic Corner

By Brenda Erie, Group Fitness Coordinator

How to Achieve Your Weight Loss Goal

Anything worth accomplishing takes time, patience, and effort, especially when the goal is a profound one. The thought of losing weight, for example, can be overwhelming. You're not sure you're ready to change your lifestyle and you fear that you won't succeed. This is when it is important to think progress, not perfection. Always remember that all the little shifts you make will add up to large changes overall. This process does not happen overnight. Your success will be cumulative.

There's one thing I have learned over the years as a group fitness instructor: To lose weight and keep it off, you need to make lifestyle changes that you can live with for the rest of your life. This isn't a switch you turn on or off, like going on a crash diet for six weeks, losing weight, and then going back to your old routine. Whatever habits have gotten you to where you are today are going to keep you there unless you change them for good. But as we all know, change doesn't happen overnight. Whenever I face a big challenge, I like to start by breaking it down into small, doable steps. If you focus on the big goal (lose weight) but you don't plan how you will get there, you may feel overwhelmed, defeated, scared. All the little steps add up to the final product.

Anytime you're trying to reach a goal, chances are good that at some point, you'll feel frustrated with where you are or where you aren't. In those moments, keep these pointers in mind:

1. **Don't forget that as you make slight shifts in your life,** a tremendous amount of invisible activity goes on inside your body. If you're trying to lose weight and get into shape, you may not see results as quickly as you want on the outside of your body, yet you are retraining your body's metabolic pathways to more efficiently metabolize food and burn fat. You are changing your body on both a cellular and hormonal level. Don't beat yourself up if you can't stay laser-focused on a busy day when life gets in your way of healthy eating. Just stay centered on the positive. You are exercising most days of the week now and you are eating in a way that is good for your body. One day won't set you back in the grand scheme of things.
2. **Build workouts into your weekly routine.** Treat your workout like you would an important business meeting. Put it on your schedule and stick to it. Call friends to schedule workout dates. If you can't make it before or after work consider going at lunch to the noon classes. Do your grocery shopping on Sunday to stock your fridge so you're ready for the week.
3. **We all get sidetracked once in a while.** That's OK. We become frustrated by the little stuff, like fitting into a certain dress size or seeing a specific number on the scale. Stay focused and remember the vision you have for yourself to be healthier and more energized. When we move from having a constant microscope on ourselves to appreciate a broader perspective, we can usher in a passionate attitude that has the effect of weakening our fixation on the negative.
4. **Think more broadly** rather than focusing on your own inner world and trivial frustrations. You will find that participating in life fills you to the point that food truly becomes something that nourishes and sustains you. It doesn't have to be an obsession all the time. Switch your focus. Get involved in your community, volunteer...
5. **We can focus too much on the goal,** the outcome we want, rather than the process of achieving that goal. In life sometimes it's about putting one foot in front of the other to get to the finish line. Focus your energy and strength into taking those single steps forward. You'll have a deeper sense of purpose that really has nothing to do with the goal. The truth is that it's all about the journey.

Hope to see you in class!

SilverSneakers

Our ever popular SilverSneakers classes have been very busy for the past few months. Please remember that we have a limit on the number of participants we can have in each class for the comfort and safety of the participants. Remember to be on time to hold your spot in class. We will be reviewing the class schedule over the next few months to see if we need to make any adjustments to better serve our members.

Thank you to all our SilverSneakers members!

Group Fitness Schedule

Pick up your monthly group fitness schedule from the media rack or find one on westrivercommunitycenter.com

Water Aerobics Schedule

8:00-9:00 am Mon-Fri
5:30-6:30 pm Mon-Thur
7:00-8:00 pm Tues & Thur

GROUP FITNESS INSTRUCTORS WANTED!

If you or someone you know is interested in teaching group fitness classes please call Brenda at 456-2074.

Spinning Classes Coming Soon!





2004 Fairway Street
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Endless Possibilities...



E-mail Me *GO GREEN!* Sign-up to receive your newsletter via email and pick up a new t-shirt! Forms will be available at the Control Desk.
Effective April 1, 2009 we will no longer be mailing the monthly newsletter. Copies will be available at the media rack, via email or online at westrivercommunitycenter.com.

Current Memberships:
Annual = 4,268
3-Month = 784
Punchcards = 732
5,784 Total Members

Hours of Operation:
Monday-Friday..... 5:30 am—10:00 pm

Weekend Hours:
Saturday 7:00 am—9:00 pm
Sunday 12:00—8:00 pm



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**Register online –
it's easy!**

