



Golf Simulator & Driving Range

SPRING IS COMING...

Get your swing in shape before you hit the course this Spring. Make a reservation for our golf simulator for up to five of your friends. Or... stop by and hit some balls on our driving range. Either way, you'll be getting a head start on getting your swing back in shape for the golf course.



Climbing Wall

- Friday, March 5th the Climbing Wall will be open for Supervised Climb from 1:00-5:00 pm.
- Watch postings for a Climbing Wall Belay course to be offered sometime in March.
- Just a reminder that if you haven't already signed a new climbing waiver for 2010, you must do so before your next climb.

Health Club Credit

GET PAID TO WORK OUT!

Are you one of the 460 WRCC members that are getting paid to work out? If you're not, call your health coverage provider to see if you qualify.

Thank you to everyone who participated in last month's Pat Fadden Racquetball Classic & the Pre Super Bowl Tennis Tournament.

Re-Stringing Now Available

We now have someone on staff to do re-stringing for racquetball and tennis racquets. If you have a need please inquire at the Control Desk or call 456-2070.



Upcoming Events:

- **March 1** Junior Racquetball Lessons begin
- **March 1-12** Preschool Aquatic Lessons
- **March 6** Youth & Adult Orientation Classes
- **March 8** Half Marathon Running Club begins
- **March 13 & March 17** BodyFit Challenge "After" Measurements
- **March 19** SilverSneakers St. Patrick's Day Party
- **March 25** BodyFit Challenge Awards Ceremony

FITNESS AREA NOTES:

REMINDER: When working out please remember not to drop the dumbbells. These are very expensive to replace. Also, please rack all weights when finished.

YOUTH & ADULT ORIENTATION CLASSES SCHEDULED:

Saturday, March 6th
2:00 pm (YOUTH 12+)
3:30 pm (ADULT 19+)

****There must be 3 or more participants to hold a class.**

Classes are provided to give a thorough orientation to the community center including safety, gym etiquette and use of fitness equipment.

*Youth ages 12-13 will receive a certificate enabling them to use the fitness equipment without an adult present.



POOL NEWS

- **March 1-12 Preschool A Lessons will be held from 10:00-11:20 am in the Leisure Pool. Pool will be closed for Open Swim during this time.**
- **The Lap Pool will be closed for Open Swim from 4:00-6:00 pm Monday-Friday for Swim Team Practice.**
- **There are still openings in our April 12-23 Aquatic Lessons. Go online to view and register for open classes or stop by the Control Desk to register.**

Dolphins Swim Meet - Sunday, March 7th

***The Lap Pool will be closed from 12:00-3:00 pm.**

Half Marathon Running Club

by *Natashia Ash, BS, CSCS*
Healthy Results, Inc.

Healthy Results, Inc. is offering the 2010 Half Marathon Running Club March 8 to June 6, 2010.

Recruit a friend or family member and come run with us once a week. Follow a science based running schedule to properly prepare you to run 13.1 miles. Join the fun of running with others for motivation and accountability. Say goodbye to the dull, painful runs all on your own while guessing how far and how often you should run. Follow my running program and helpful tips to run a half marathon for the first time or to improve your time from previous years.

Cost: **\$75.00/person**
Deadline to Register:
Saturday, March 6, 2010

We will meet for the first short run and information meeting at 5:30 am on Monday, March 8th.

Click here for a [Registration Form](#) or pick one up from the front entrance media rack. Please turn in your registration form to the WRCC Control Desk by Saturday, March 6th.



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

Certified Personal Trainers:

Natashia Ash, Shannon Selle,
Patty LaPaglia &
Shannon Halvorson

Licensed Registered Dietitian:

Jo Marie Kadrmas



New Personal Trainer Coming This Summer!

Kyle Kudrna will be on staff this summer to help teach an Off Season Conditioning Camp as well as personal training. Watch next months newsletter for more information on Kyle.

BodyFit Challenge Participants
KEEP UP THE GOOD WORK!
"After" measurements are in two weeks so take your **CHALLENGE** to the finish line. Give your best and you will see results.

BodyFit Challenge Schedule

MARCH EVENTS

March 2 - Low Back Pain Prevention Seminar

March 3 - Active Workshop: Time efficient & high calorie expenditure (**Sign up Required**)

March 4 - Active Workshop: Back Squat & Bench Press Technique (**Sign up Required**)

March 9 - Small Changes; Big Results Seminar

March 10 - Active Workshop: Time efficient & high calorie expenditure (**Sign up Required**)

March 11 - Active Workshop: Time efficient & high calorie expenditure (**Sign up Required**)

March 11 - **GROCERY STORE TOUR 6:00 pm & 7:00 pm**
(Rescheduled from Feb. 23)

March 12 - Active Workshop: Time efficient & high calorie expenditure (**Sign up Required**)

March 13 - "After" Measurements & Pictures (**Sign up Required**)

March 16 - Active Workshop: Intro to Group Fitness Classes

March 17 - Active Workshop: Cooking Class; Recipe Modification (**Sign up Required**)

March 17 - "After" Measurements & Pictures (**Sign up Required**)

March 18 - Cholesterol/Glucose Test

March 18 - Fighting the Metabolic Syndrome Seminar

March 19 - Cholesterol/Glucose Test

March 25 - **AWARDS CEREMONY & SOCIAL**

March is Nutrition Month

March is National Nutrition Month. Please contact Jo Marie Kadrmas, Licensed Registered Dietitian to set up an appointment for personalized nutrition counseling.



Jo Marie has a new software system that can better analyze your diet and assist you in making changes to improve your meals and overall well being.

More capabilities, more ways to eat nutritious foods, more
Healthy Results!!

Aerobic Corner

by Brenda Erie, Group Fitness Coordinator

PROBLEM: I work all the areas of my abs, follow a clean diet, and do plenty of cardio and strength training, but I still feel like my midsection is widening and I can't seem to get my curves back. Many women struggle with this, regardless of fitness levels -- their waistline has thickened. It's that dreaded middle-age spread: In spite of your best efforts, you find that your waistline has lost those curves. Sometimes even the fittest women find themselves looking in the mirror and asking, "Where is my waistline?!"

3 Ways to Solve This Problem

1st, it's important to understand the power of the obliques. These are muscles on the side of the abdominals that can be strengthened with exercises like "bicycle crunches" and "side crunches." Working the obliques is key when it comes to strengthening your core, which not only helps give you a slim waistline and lean flat belly, but can make you stronger for everyday functional activities.

2nd, mix up your ab routine. Our obliques, are a group of muscles, just like your biceps, pectorals, and calves. And like those muscles, they can be strengthened, shaped, defined. The key is mixing up your workouts and include lots of repetition to tone and trim. Try crunches one day, the bicycle the next, move on the fit ball, the jack knife, moves with weights, double leg stretch... If you don't know how to do these moves, drop in on any group fitness class. Most classes end with abdominal toning. Or try a Pilates class.

3rd, another key ingredient to whittling your waistline that has nothing to do with working your abs (okay, almost nothing) is Cardio. Perhaps you've heard me say it before: No matter how many crunches you do and how strong your core is, if you don't burn off that top layer of fat, you'll never get to see the results of all your hard work. That's why a lack of cardio can also contribute to that "boxy" effect we're all trying to avoid. The group fitness program offers a variety of cardio classes: Boot camp, cycling, step, kick box and cardio pump. Kick box is especially effective for toning your abs. Not only do you finish every session drenched in sweat, but with every punch and every kick, you are toning your midsection because of the constant twisting action that is key to this style of exercise. So, if you'd like to crank up your cardio with a workout that really tightens your center, try my "Combo" on Monday mornings at 5:40 am, which is a combination of step and kick box.

Finally, want to look ten pounds lighter. Sound too good to be true? Well... it isn't. Don't under estimate the power of good posture. Not only is it key for a healthy back and core, but it has an instant slimming effect, especially on your midsection!

So, let's see you in class this month standing taller, doing cardio classes, working your obliques, and mixing up your routine and you will see the results you want.

Hope to see you in class!

Click here for the MARCH Group Fitness Schedule



Water Aerobics Schedule

6:00 am Tuesday & Thursday
8:00-9:00 am Monday-Friday
9:15 am Wednesday (SilverStretch)
10:00 am Wednesday (SilverSplash)
5:30-6:30 pm Monday-Thursday
5:30-6:30 pm Friday
7:00-8:00 pm Tuesday & Thursday

SilverSneakers

SilverSneakers will be celebrating St. Patrick's Day with a bagel breakfast and Green Punch Social in Community Room #1 on FRIDAY, MARCH 19TH right after class. SEE YOU THERE!

**March 16, 2010 - Humana Open Enrollment
(9:00-11:00am) in Community Room #1**



SilverSneakers is a fitness program for medicare eligible individuals. For more information on the SilverSneakers Fitness Program please call Eric at 456-2074.

Happy
St. Patrick's
Day!

Current WRCC Memberships:

Annual = 4,169

3-Month = 578

Punchcards = 824

5,571 Total Members



**Daylight Savings Time Begins
Sunday, March 14th**

**West River
Community Center**

HOURS OF OPERATION:

Monday-Friday 5:30 am - 10:00 pm

Saturday 7:00 am - 9:00 pm

Sunday 12:00 - 8:00 pm



**2004 Fairway Street
(701) 456-2070
dickinsonparks.org**



**Register online -
it's easy!**



Register Online go!