

Chris Weincek



Fitness is Fun!

Fitness is Fun! It is common for people to give me a strange look when I tell them how fun fitness can be. Most people who are

removed from the world of fitness think of sweat and sore muscles. But those of us who exercise on a regular basis know that it really is a positive experience.

At The Wellness Center there are an abundance of FUN workout options. Cheers and upbeat music pour out from the cycling room as participants challenge their muscles to intense cycling classes. In the weight room, you will find workout partners dedicated to helping each other reach their fitness goals, all while telling jokes and having fun! The options are really endless.

Now is the time to incorporate fun into your fitness routine. Visit our Carnival of Classes this month and learn about the many special programs we offer. And most of all — thank you for helping to make The Wellness Center the fun and enjoyable experience it is.

In good health,

Chris Weincek
Director

Dates to Know:

- August** 7 New Session begins
- 29 Ladies Night at Reflections Spa
- September** 5 Labor Day
- Club Hours: 7am-1pm
- 11 Grandparent's Day

Special Programming registration is underway. Don't delay! Register today!

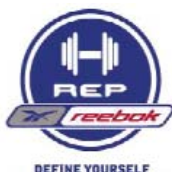
Cholesterol Screening Days

Friday, Sept. 23: 6:00-10:00 am

Saturday, Sept. 24: 7:00-11:00 am

A Complete Lipid Profile: Total Cholesterol, HDL, LDL and Triglycerides
Finger-stick test with results are given immediately. A 12 to 14 hour fast is required.

To register call 847.618.FIND.



REP REEBOK HAS ARRIVED

Rep Reebok is a pre-choreographed class that is designed to increase your muscle tone. By alternating between strength and endurance, this program is designed to give you a periodized workout. This type of exercise keeps your body constantly challenged which in turn will eliminate muscle and mental training plateaus.

Check the new Group Exercise schedule for Rep Reebok days and times and join the fun. **Start now and attend 25 times during the summer to receive a Rep Reebok muscle shirt.**



Getting to know you

At The Wellness Center, we are always looking to implement fun new programs. As we begin the planning phases for our new programs, it is important for us to gain a better understanding of the different areas our members utilize while at the facility. Beginning in August, you will be asked which area of the club you will be using when you check in at the Service Desk.

Let us know if you will be working out in the cardio area, taking a class, going for a swim and/or whatever is appropriate for that day's visit. The information you provide at the Service Desk is in no way binding. Should you get to the fitness floor and decide you would rather play basketball instead of running, go ahead. The information we are collecting could spark us to add a new class at a peak time in our cardio area, look at the feasibility of purchasing additional equipment or develop special programs based on your interests!

We thank you for your assistance as we work to serve you better.

Special Programs — Aikido



Come join Sensei Keith Moore in studying this unique and dynamic art of self-defense and self-development. This peaceful resolution course will teach powerful throws, strikes, joint locks and pins. You can learn how to use speed, timing and technique to overcome strength. Anyone can train in this technique regardless of size, gender or body type. Students are encouraged to become confident, strong, courageous, aware and centered individuals.

Instructor Keith Moore began Aikido in 1986. He spent six years as a personal apprentice under the late Aikido and Zen master Fumio Toyoda Sensei. Sensei Moore has trained martial arts students, military and law-enforcement personnel internationally. He founded, and directs, the Japanese Martial Arts Society and the Aikido Center of Chicago. Keith's intense martial style, combined with powerful technical traditions inherited from Yoyoda Shihan, provide access to Aikido training with enormous depth and richness. **Classes begin the week of September 11. See Page 4 for more information.**

Someone you should know: Shannon Pohl

The Wellness Center is pleased to Welcome World Class Badminton player Shannon Pohl as one of our newest members.

Shannon grew up in Arlington Heights and placed 5th in badminton singles in the Illinois High School State Competition. She went on to the University of Illinois where she started, coached and trained for the first ever Illinois Traveling Team. Shannon has participated in numerous tournaments throughout the world and has led exhibitions and clinics for local public schools. Currently Shannon is in Denmark training at the International Badminton Academy in preparation for the 2005 World Championships in Anaheim, California. Shannon hopes to compete in the 2008 Olympics.

Good luck Shannon! Learn more about Shannon at www.shannonpohl.com.