

Peggy Emerson

Peggy Emerson has made remarkable strides since she started taking swimming lessons at TWC with her two brothers and one sister – none of whom could swim as children. After logging several sessions in the pool over a few months, Peggy set her sights higher by joining the elite Master Swim group, where coaches lead rigorous workouts for advanced swimmers each week. But even that wasn't enough.

To commemorate her 50th birthday, Peggy was determined to challenge herself to swim 50 laps consecutively at TWC pool. And in front of cheering family and friends, she did just that on April 30.

For a former non-swimmer, a non-exerciser really, this was an incredible accomplishment, although Peggy is surprisingly humble.

"Swimming has changed my life," she said, noting that she now tries to complete some cardio and strength sessions each week on the fitness floor as well. "When you are fit, everything is easier."



Michael and Sheila Brandson

Michael and Sheila Brandson are the husband and wife team at TWC that are hard to miss. Both Personal Trainers, they came aboard in May and August 2005, respectively, after taking prenatal classes here.

Michael is super busy putting clients through the paces these days, which is quite a switch from his former career as a professional musician and teacher. He manages to challenge himself to rigorous workouts as well, in addition to teaching group cycling classes. Michael also is enrolled in a master's degree program in performance enhancement and injury prevention from the California University of Pennsylvania.

In addition to being a trainer since 1997, Sheila is a certified massage therapist and a professional dancer who teaches Modern Dance at TWC. She practices yoga regularly and is presently working on her yoga teaching certification.

After living in New York for 16 years, Michael and Sheila have settled locally, along with daughter Mila Belle, 16 months. And look for another Brandson to join the family in November, when Sheila is due. We're proud to have them as part of our team!



It's Easy to BELONG in a Spa

Not knowing what goes on in a spa setting can make anyone feel like he or she does not BELONG. We want your Reflections Spa experience to be tremendously enjoyable and relaxing. With more than 156 million visits to spas over the past year, many people are indulging in spa visits for the first time. So, for newcomers and even connoisseurs, consider the following tips to help maximize your spa experience:

RESERVATIONS: You should book a treatment in advance. If you are pregnant or have specific medical conditions, let the receptionist know. If you are using a gift certificate or coupon for a specific special, inform the Concierge as well. When arranging a massage, feel free to request a male or female therapist.

ARRIVAL: Always arrive at least 15 minutes early. If you're late, most likely you will cut into your own time and miss the full benefit of your treatment. Spending a few minutes early is a better way to unwind and relax, rather than racing in at the last minute.

ETIQUETTE: Don't gab on the phone. This is a moment for you to "turn it off" – so tune out the world and tune in to yourself. In the spa room, you don't have to talk. A good therapist may ask you a few questions, but typically will follow your lead as to be silent or speak. If pressure during a massage is too light or too hard, always let your therapist know so he/she can instantly adjust.

CLOTHING & JEWELRY: Wear what makes you feel comfortable. Although the majority of people completely undress for a treatment, it isn't necessary if you prefer more coverage. It's best to leave jewelry at home entirely, or put it in a safe place like your purse. Don't use the robe pockets, as many people are likely to forget they've put valuables there and mistakenly leave without them.

You BELONG at Reflections Spa.

Call 847.618.3504 to schedule an appointment today.
Your body will thank you.

MEMBER CORNER

Badminton Superstar

Did you know that Shannon Pohl, an Arlington Heights native and a member of TWC, is the second highest ranked American in women's singles in badminton and competes in tournaments worldwide? She is on target to participate again this year at the World Championships and is passionately pursuing her dream of competing at the Summer Olympic Games in Beijing, China, in 2008.

Congratulations, Shannon!

Bring a Friend, On Us!

You BELONG to a great fitness center, so why not share your favorite class or workout routine program with a friend? On the third Friday of each month, guests that are accompanied by a member are FREE. Guests that are not accompanied with a member are \$20.*

We Listen!

We appreciate all your comment cards and do our best to implement your suggestions whenever possible. For instance, recently we have heard that you were seeking a greater selection of reading materials to keep you going on the fitness floor. As a result, we've added a number of subscriptions to give you more options. Please let us know if there is a specific periodical you would like to be sure we carry.

Thanks for the ongoing feedback.

Mark your calendar for free guest days the rest of the year:

- Friday, August 18
- Friday, September 15
- Friday, October 20
- Friday, November 17
- Friday, December 15

**Please note the Guest Policy located at the Service Desk.*

Save on Hot Stone Massage Therapy

This therapy provides the ultimate relaxation using heat and energy from strategically placed smooth, river stones on the body.

From August 6–October 14,
enjoy **\$10 off** your session.