

CLUB ACTION

News you can use from Lake Country Racquet & Athletic Club

TRX is Coming to Lake Country

First used by the U.S. Navy SEALs and developed by Fitness Anywhere, suspension training is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity you choose.

The TRX is a complete training system. To ensure your success, every session includes complete use instructions, training tips and a comprehensive full body workout adapted as your fitness improves. All of our personal trainers are TRX suspension training certified. Look for our class schedule and register for your session now. For more information contact Fitness Director Kris Walter.

Changing Shape: Women on Weights

Our new program, Women on Weights, provides you with the confidence, knowledge and skills that empower you to succeed in the Fitness Center. This awesome 45-minute class is a small group strength training program specifically designed for women and targeting arms, abs, legs, back and balance. Experience tremendous benefits from weight training: easier weight loss or maintenance; a leaner, stronger body; better posture; increased resting metabolism rate; improved balance and coordination; stronger bones and protection against osteoporosis.

Classes start Monday, March 1 and will be held on Mondays and Wednesdays from 11-11:45 a.m. Contact Jill at jenskreckerj@lclub.com.

Pickup Basketball

Can't find enough players for a good game of basketball? Try the lunch hour pickup games that are going on Monday, Wednesday and Friday at noon. If you can't get to the Club over lunch, join us on Tuesday nights at 7 p.m.

Not Just a Dance Party

Zumba instructors know the program is not only a dance-fitness party. It's part of a philosophy by which we live. Instructors find ways to bring that surge of life we get from partying in a Zumba class into everything we do: playing, working, friends and family. Life should be more pleasurable than punishing! Zumba can rock your life. You'll love it and you'll spread the word. Bring your friends to Zumba this summer. Consider buying a punch card for a non member, and they'll want to join us here... for life.



Triathlon Training Group

Thinking about doing your first triathlon or training for your 50th? Swim, bike and run your way to fitness and fun. Join the Lake Country Triathlon Training Group and train for races, find training partners, engage in social activities and accomplish more than you thought possible. You'll learn how to be more efficient, while gaining strength and confidence when you swim, bike and run!

Practice transitions, learn swim stroke techniques, cycling and running form and efficiency, run intervals, drills and more. Contact Jill at jenskreckerj@lclub.com or Chris at armbrusterc@lclub.com and mark your calendar to attend the kick-off meeting Wednesday, March 3 at 7 p.m.

Guest Policies

LCRAC welcomes guests to use the Club. Members have the opportunity to bring a guest to use the facility up to 16 times per year – four times with a pass or by paying the guest fee of \$15 per visit, and also on Free Guest Friday, which falls on the second Friday of each month. Out of town visitors who belong to a health club elsewhere may use the facility an unlimited number of times by simply showing a current membership card from their club and paying the guest fee. Ask for a complete copy of our guest policies in our membership office.



GROUP FITNESS



The Benefits of Exercise

A recent *Wall Street Journal* article contained some inspiring findings. Medical experts state that regular exercise may help fight colds and flu, reduce the risk of certain cancers and chronic diseases, and slow the process of aging. Regular exercise has been shown to boost the body's immune system, increasing the circulation of natural killer cells that fight off viruses and bacteria. It also combats the ongoing damage done to cells, tissue and organs which underlies many chronic conditions.

In addition, exercise can:

- Lower the risk of a stroke by 27%.
- Reduce the incidence of diabetes by about 40%.
- Reduce mortality and the risk of recurrent breast cancer by approximately 50%.
- Reduce the incidence of high-blood pressure by approximately 40%.
- Lower the risk of colon cancer by over 60%.
- Reduce the risk of Alzheimer's disease by approximately 40%.
- Decrease depression as effectively as Prozac or behavioral therapy.

Ask the Trainer

Questions about your current workout or nutritional issues?

Email us at fitness@lcclub.com and one of our professionally certified personal trainers or our registered and certified dietitian will be happy to help you.

With those statistics, we encourage all members to check out the Group Fitness schedule. Getting involved in classes is a great way to keep up your motivation along with making new friends who are really excited about exercise! We have so many different kinds of classes: Turbo Kick, Zumba, Cycling, Fit Challenge, Strength, Aqua, Yoga, Pilates and more. If you have questions about what might be the right class for you, please contact Kathy McCarthy at mccarthk@lcclub.com.

New Cycling Bikes

We have recently upgraded all our cycling bikes to Keiser M3 Indoor Bikes. The Keiser M3 is a revolutionary piece of equipment, a true performance cycle that is more reminiscent of a real bike ride experience. It offers whisper-quiet rides, is comfortable and easy to adjust. Visual feedback while you ride is provided by the computer on every bike. This allows you to monitor your progress in real time with heart rate, power output, pedal speed, distance and resistance level to name a few.

GYMNASIUM



For more information on any of the programs listed, contact Dave Gaatz at gaatzd@lcclub.com.

Family Fitness for All

Have a blast with our Family Fit class that lets mom and dad work out with kids ages 8-12. A personal trainer will take you through fun activities that develop strength and agility. The one-hour class ends with families teaming up to play kickball, dodgeball or maybe running an obstacle course. The new session starts February 21.

Trying to find something to do at the Club with younger children? Check out Pee Wee Family Fit. Parents workout with kids ages 5-8 and have a ton of fun. We help children develop basic physical skills while pushing adults to stay fit. Exciting

games and activities are planned that will make you laugh and sweat. A new session starts February 22.

Fitness Plus is a 30-minute class for all children ages 8-12 and involving activities such as obstacle courses, speed ladders and dodgeball to work on speed, jumping, agility and core strength. Kids have a blast and learn that exercise can be fun.

It's Party Time

Give that special someone a party they'll talk about for weeks. We have packages for every occasion. Relax and enjoy your child's special day while the kids play organized games in the gym with a trained host, then up to our lobby for food and presents. Girl & Boy Scouts are welcome to have fun while earning that special badge. Adult party-goers can enjoy an exciting game of tennis, then visit our lobby for liquid refreshments. We do everything and, best of all, we clean up!

Sport Specific Training

If you are looking to get quicker on the tennis court or you want to be more powerful and agile for the upcoming season, we encourage you to sign up for our sport specific camps. Camps are one hour long and run twice a week for six weeks. The camps are for adult, children, members and non-members.

We guarantee results so you have no excuse not to enroll! The new session starts February 22.

Gym Rental

Is your team looking for a place to practice? Rent our state-of-the-art gymnasium to help your team get ready for the next game or upcoming season.



The Easter Hunt

Spring is just around the corner! We are all looking forward to warmer temperatures and green grass. Ms. Sue and the rest of our staff are on the hunt for some new and fun craft ideas to do for Easter and over spring break. If you have any great suggestions that your kids enjoy doing at home or school, please let us know.

They may also play racquetball or basketball on a walk-in basis, if courts are available. The hours are:

Mon. & Wed.	noon-2 p.m. & 6-8 p.m.
Fridays	3-8 p.m.
Saturdays	1-4 p.m. <i>(noon-3 p.m. in summer)</i>
Sundays	1-4 p.m. <i>(no Family Swim in summer)</i>

Spring Break

Over spring break, we will get a lot of older children in the Kid's Club, so we will try to utilize the gym as much as possible. Spring break hours will be posted in the Kid's Club a week before Easter.

Family Fun & Swim is open only to members' children under 14 years. For racquetball or basketball, only non-marking shoes are allowed. Children under 18 are permitted to use the Club pool only during designated times, regardless of membership status. Children must be supervised during Family Swim.

Please Remember...

When you need to use the Kid's Club at night, you **must** book a reservation at least 24 hours in advance. Also, please remember to label your child's cup, snacks, diaper bags, etc! It gets extremely hard for our staff to know whose things are whose.

Kids Policy

The LCRAC is a family place with a variety of activities for adults and children. We remind you that children must be supervised. For everyone's safety, especially your children's, we have these policies.

1. Parents must accompany & closely watch kids at all times during Family Swim. Kids unaccompanied by a parent will not be permitted in the pool.
2. To respect the privacy of all our members, children of the opposite sex are not permitted in the main locker rooms. Family changing rooms are available in the pool area. Restrooms, lockers and a shower are located inside. An additional shower is located on the pool deck.
3. For their safety, children are not permitted unsupervised in the locker room or lobby.
4. For health reasons, children under 14 are not permitted in the whirlpool, sauna or steam room.
5. For health reasons, children under 14 may not use Fitness Center equipment unless involved in a specialized training program and supervised by a personal trainer.

Free Guest Friday

On Free Guest Fridays, adult members of the Club may bring up to two guests at no charge and the visits are not counted towards the yearly total. What a great way to show off your club to friends and family! Watch Club e-mails for special activities that will be offered on "FGF" and mark your calendar for the 2nd Friday of each month!

Winter Nursery Hours

Monday – Friday	8 a.m. to 2:30 p.m. <i>Under 2 by reservation</i>
Monday – Thursday	4 to 8 p.m. <i>By reservation only.</i> <i>No babies under 2.</i>
Saturday	8 a.m. to noon
Sunday	Closed

Family Fun & Swim

We offer Family Fun & Swim times where members may bring their children or grandchildren to swim.

FITNESS/WELLNESS

The Hip Bone's Connected to the Leg Bone

If you've never heard of the term "kinetic chain", you're not alone. But, whether you're aware of it or not, you utilize the concept every day. Everything from a tennis serve or golf swing to movement as "simple" as getting out of your car requires a highly coordinated activation of body segments to be accomplished efficiently.

During complex movements, the parts of the body act as a system of chain links, whereby energy or force generated by one link can be transferred successively to the next. Each movement builds upon the previous motion. In the lower half of the body, the foot, knee, hip and even the low back act as links in the chain, which are totally dependent on one another for effective and efficient motion.

Take a simple act like squatting. In order to squat and maintain balance, coordinated flexion (bending) must simultaneously occur in the ankles, knees and hips on both legs. If any one of these joints can't move effectively, you immediately change the motion at another segment. For example, limited mobility at the ankle alters movement and places increased demand on the knee joint. This scenario is often seen by physical therapists working with patients with knee pain. Just imagine a motion as complicated as a golf swing or tennis serve, where you move nearly every joint in your body!

At Body in Balance Physical Therapy, one of the foundations of our treatment philosophy is to work on retraining these movement patterns to re-establish normal kinetic chain motions. This is a prerequisite for full restoration of pain-free function. If you have an injury or problem, remember we offer a free 15 minute injury consultation.

Massage Q&A

We hear about so many kinds of massage. It's confusing! What kind of massage can I get at the Club?

We see all ages and body types, but in general, we do full-body massage using the amount of pressure the client requests.

Can I just get my back rubbed? Or my legs?

Of course! This is your time and we do our best to deliver the experience that suits you the best. It's always your choice.

What is "deep tissue massage?"

The term "deep tissue" is a way of differentiating from Swedish massage, which is generally lighter pressure. Many active people (but not all) prefer a firmer touch which helps loosen knots.

What is "sports massage?"

That's a term used to describe a massage with deeper pressure geared to athletes pre- or post-event (such as at marathons). Pre-event the goal is increased range of motion and increased circulation to the muscle tissue. Post-event the goal is reduced muscle soreness.

Can you massage moms-to-be?

Yes, we do prenatal massage. Our massage table adjusts so mom can be upright. We also make her comfortable on her side with pillows.

When are massages offered?

We are here by appointment six days a week. Please call or stop by the front desk to schedule.

Fitness Challenge Results

The 90-Day Fitness Challenge ended December 20th with 36 participants in this member-to-member program. The Challenge focused on participating in various Club activities, building camaraderie and meeting new people. Weight lost and lowering body composition were an added bonus.

One participant said, "I joined the 90 Day Fitness Challenge last minute and had no idea what I was getting myself into. As the challenge went on, not only did I meet new people who encouraged me to workout, but I had fun pushing myself to try new things. Now if I want to go to a morning class on the weekend, I have friends I can meet up with."

Congratulations to all who participated and to the Challenge winners: first place individual winner Victoria Pakalski and first place team, the Red Team, which included Victoria Pakalski, Sue Kadrich, Gina Fischer and Paula Strandberg.

BODY IN BALANCE
PHYSICAL THERAPY

Got a Question? Ask a Red Shirt

Having trouble with a machine or need quick and simple workout advice? Ask the trainer wearing the Red Shirt. It designates someone who is available to help you. If you would like to work with a specific trainer, look for a posted schedule to let you know when each trainer is available at various times throughout the day.



NUTRITION

New Nutrition Habits

Making new nutrition habits may be as easy as breaking a few old ones. When it comes to food, the wrong choices can be disastrous.

Bad Habit: Eating Out All the Time

Restaurants are a calorie minefield! Portion sizes are often too large and chefs make meals with too much salt, fat and sugar.

Bad Habit: Skipping Meals

Letting yourself get too hungry can be one of the worst things if you are trying to lose weight. When you finally eat, you'll be ravenous and eat more than if you had several small meals throughout the day.

Bad Habit: Eating When You Are Not Hungry

Snacking even though you are full makes calories add up and pounds add on. Most snacking occurs out of boredom. If you think you are hungry, wait 15 minutes and if you still feel hungry, then grab a healthy snack.

For answers to your nutrition related questions, please contact Gigi Somers R.D. C.D. or Chris Schlagenhaut R.D., C.D. through the Fitness staff.

Soy Trail Mix Recipe

- ¼ cup roasted soy nuts
- ¼ cup dry roasted almonds
- ¼ cup dried cranberries
- ¼ cup dried blueberries
- 2 Tbsp dark chocolate chips

Mix all ingredients together. Divide into 4 servings of 1/4 cup each.

Nutritional Analysis (per ¼-cup): 190 calories, 7.5 gm total fat, 1.5 gm saturated fat, 24 gm carbohydrate, 3 gm fiber, 4 gm total protein, 2 gm soy protein, 13 mg sodium.

E-mail Calendar

If you're not on our Club e-mail calendar list, make sure to stop at the desk, in the membership office or in the business office and give us your e-mail address. Then you can be informed about all the great happenings at the Club each month.

AND IN OTHER NEWS

Great Looks for a New Season

Visit the Lake Country Shoppe and enjoy the new season with a new reason to be looking your best during all of your spring-time activities. From golf, to tennis and everything in between, we have the freshest styles to give you that winning look no matter which direction you choose.

Add fabulous knickknacks and lotions, shoes and bags, and you will see that the Lake Country Shoppe has something for every distinctive taste. So take a fresh new look at The Shoppe today!



The Lake Country Shoppe Coupon

Please enjoy **30% off a single regular-priced** purchase in the Lake Country Shoppe.

*Terms and Conditions: Valid for members only! Expiration date: 7/1/10. Not valid on racquets, racquet accessories, shoes or State League apparel. Prior purchases excluded. May not be combined with any other promotion or coupon. Internet copies of this coupon will not be accepted. Coupon must be presented at time of purchase.

Authorized by: _____

Trans#: _____

PILATES

Real Boot Camp

Navy SEALs and special warfare combatant-crewmen are considered to be the toughest, bravest and best trained military personnel in the world. And their newest exercise regimen is advanced Pilates mat workouts!

Trainer, Lt. Cmdr. John Mahoney, starts them with a workout that's much harder than they're used to, or expecting. This way they learn where they are weak. Many are triathletes or weight lifters, and all are

interested in being better athletes. They quickly learn that Pilates does not need to be a "wussy" workout. When Mahoney first tried Pilates, thinking he was pretty fit, he claims he "got destroyed and became acutely aware very rapidly just how weak my powerhouse was." A few lessons later and Mahoney's chronic back and shoulder pain began to disappear.

Now are *you* motivated to try Pilates? See our schedule for times, or contact the studio for private consultation. Private sessions can be scheduled at your convenience to get ready for the summer season of recreation and competition.

MEMBER PROFILE

An Encouragement to Us All

By Terry Casper

Who would think that playing a game of Ultimate Frisbee at the age of 51 would turn my life around?

In the spring of 2006, it was hot and I thought I was having a heart attack. After going to the doctor for a stress test knew I had to lose weight and get fit again. I had reached over 260 pounds!

My sister-in-law got me on a bike and I met people who were doing this triathlon thing. Some friends got together and decided they were going to form a team and do the Pewaukee Triathlon in July 2007. Oh my, what had I gotten into?

As a once long-time member of LCRAC, I immediately set up a meeting and rejoined the Club. I knew I needed to start working out and especially needed a place to swim.

I made my triathlon debut the day before my 52nd birthday. I turned in a time of 1:44:23 and was hooked. I immediately signed up for the Camp Whitcomb Triathlon in August. It was here I learned I didn't really know how to run properly.

When a friend saw my enthusiasm (my wife says "obsession"), he approached me about attempting Ironman Wisconsin. I thought he was crazy, but didn't totally dispel the idea. In September of 2008

I did the Lake Geneva Half Ironman distance. The run was a killer up the hills of Fontana, but it was the race that told me Ironman was possible! I went to Madison the next day and, mesmerized, watched Ironman Wisconsin 2008 and then signed up for the 2009 race. No turning back now!

In May 2009 I did my first marathon in La Crosse. The training hours began to mount with five- and six-hour bike rides and four-hour runs. Members of LCRAC offered advice, training companionship and lakes to swim in. My wife began to wonder where her husband was. My children were amazed at my dedication. Without my family's support none of this would have been possible.

Then the day arrived. I was 54 years old and 60 pounds lighter than when the quest began. The training was done, it was time. I had a plan, now I just had to stick to it. My emotions were so high. Treading water, waiting for the cannon to go off and start the swim with 2400 others!

The swim went as planned and I finished in 1:32:24. Of course, that Sunday was the hottest day of the entire summer and the bike was brutal. One flat tire and 7:29:01 later I got off my bike and it was time to run. Amazingly, the run had become my favorite leg of the Triathlon. I got off the bike in 2028 position. After a well paced and paced marathon of 5:17:36, I finished 1728. I had passed 300 people on the run! And now I can say, "I am an Ironman."



TENNIS



Important Tennis Dates

- March 6** – Adult State League registration begins
- March 13** – Junior Rookie Tournament
- April 2-9** – No Junior Tennis (Easter/Spring Break)
- April 30-May 2** – USTA May girls open tournament
- April 26** – Tentative USTA Adult State League schedules
- May 15** – Junior Rookie Tournament
- May 29-May 31** – No Junior Tennis (Memorial Day weekend)

Tournament Information

LCRAC hosts two different types of junior tennis tournaments – Junior Rookie and USTA sanctioned. Each guarantees a minimum of two matches and require participants to check their starting times three days prior to the tournament.

Junior Rookie is an entry level tournament for kids who do not have a state ranking. USTA membership is not necessary. This is a one day tournament of one-set matches. It's a great way to get your kids experience in a tournament at their home facility where they're comfortable. We have entry forms behind the front desk or online at tennislink.com.

SWIM



Variety: The Spice of Life... and Swimming!

We've talked about intensity, speed and interval training. Now we discuss adapting an already existing workout. Many lap swimmers do not require lessons, merely a program to implement.

Varying a workout program can reduce boredom, keep you motivated and increase results. As with all workouts, it is important to switch up your swims to challenge your body and prevent you from hitting a plateau. To do this, you can change your swim workouts and which days you do them. Create at least four very different daily workouts and switch them up weekly and monthly.

The other type of tournament is USTA sanctioned and membership is required. This type can last up to three days. A flexible family schedule is necessary for that weekend since tournament times can vary from 8 a.m. to 9 p.m. Registration is also online or available in a paper form.

Adult State League Information

The USTA has made waves this year by moving up 25% of the nation's NTRP ratings. Because of this, we'll have a lot of people looking for new teams, as well as teams needing new players to fill rosters.

Please use the book behind the front desk labeled "State League Tennis Book" to enter your name, rating, day or evening availability, and contact information. Teams should also enter information regarding when they play, what level and how many players they need to fill the team. Matches usually begin around Memorial Day and go through the end of July. Non-members may play on these teams with a guest fee of \$15 plus tax per home match they play. Contact Manolito at kehossm@lcclub.com with any questions.

Please remember that you cannot bring alcoholic beverages or coolers into the building.

For example:

- Month 1 – If you are swimming four days per week, do a different workout each day.
- Month 2 – Swim workout #1 the first week, workout #2 the second week etc.
- Month 3 – Swim workout #1 for two days, and then workouts #2, #3 and #4 for one day each.

Not only can the patterns be changed, but also the intensity level, distance and time. Another way to vary your pool workouts would be to attend an aqua aerobics class. Pool use is included with all memberships and is a great way to spice up your fitness routine! If you have questions about starting or altering swim workouts, contact Donna Wilson at wilsond@lcclub.com.

Referral Bonus

Every new member you refer to LCRAC earns you \$25. Stop in the membership office for a referral sheet or just make sure to tell all your friends about what a great place your club is to stay healthy.

Surf LCRAC

Visit www.lcclub.com for everything from schedules to newsletters. Or e-mail us at membership@lcclub.com or fitness@lcclub.com. We're online to make your life easier.

Guest Policies

These guidelines are here for you, the members, to ensure that you have priority usage of your Club.

1. Any one person may be a guest four times per calendar year.
2. A waiver must be filled out completely and signed at each visit, by the guest, before they can use the Club.
3. Guests must be accompanied by a member.
4. All guests must present a valid driver's license or photo ID at each visit.
5. Children under 18 may not be a guest unless the guests' parent is present to sign the waiver. NO EXCEPTIONS.
6. Out of town users without a member sponsor must show a current health club membership card every time they use the facility.
7. Members and their guests should plan to arrive 5-10 minutes early for the sign-in process.
8. Free Guest Friday is the second Friday of the month. Members are limited to 2 guests each. Free guest Friday does not count as a visit.
9. Guest fees are \$15 plus tax for each visit.
10. Members are responsible for all unpaid charges incurred by their guests.

If you have questions, concerns, or would like clarification, please visit in the membership office.

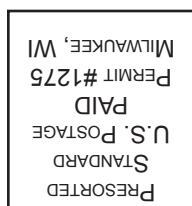
Club Hours

Mon.-Thurs.	5 a.m. – 11 p.m.
Friday	5 a.m. – 9 p.m.
Saturday	6 a.m. – 8 p.m. <i>6 a.m. – 4 p.m. Summer hours Memorial Day weekend to Labor Day</i>
Sunday	7 a.m. – 8 p.m. <i>7 a.m. – 2 p.m. Summer hours Memorial Day weekend to Labor Day</i>

The Club will be closed April 4th in observance of Easter Sunday.

Additional Parking

There is additional parking (140 spots) for LCRAC across the street at 553/555 Industrial Drive. To avoid having your car towed, please do not park in the traffic or fire lanes. This presents a safety hazard.



560 Industrial Drive
P.O. Box 76
Hartland, WI 53029

