



THE CORE CONNECTION

December 2011

Christmas is the Time for Giving

In conjunction with St. Vincent De Paul, Apple Athletic Club will be sponsoring a gift giving drive for those who are less fortunate this Holiday season. Our Christmas tree in the lobby will be decorated with special nametag ornaments. The nametag ornaments will have a child gender and age. Let's show our Christmas spirit and give the gift of giving. Merry Christmas!!!

The Racquetball Zone

Winter league signups begin in December

Don't let the cold weather get you down. Sign up for the winter racquetball league! We offer seven different divisions – Men's Open A, B, & C, Women's, Mixed Doubles, and Juniors. The league format is round robin run on a flex schedule for nine weeks. The fee is \$25 for members and \$35 for non members. Sign ups begin December 1. Sign up at the member service desk by Wednesday, January 5, 2010. The league will begin the week of January 9, 2011. For more information contact Liz Panter.



Free Racquetball Clinic

Sign up for a free clinic taught by Derek Thomason. The clinic will cover basic skills, forehand, backhand, serving, receiving and safety. The clinic is held the first and third Monday of the month, and is for new members and members who have never played before or had formal instruction. Available dates are November 5th and 11th and December 6 and 20 from 7 – 8 pm. The class is limited to six people, so sign up today!

Court Sports

Winter Volleyball League

If you didn't get a team for our fall co-ed league, make sure you get signed up to play in our Winter League. The league will be starting on Monday, January 9, 2011 and will be played every Monday night for nine weeks with an end of the league tournament. There is a team fee of \$150.00 plus a player fee of \$25.00 for members and \$35.00 for non members. Sign ups for the league will begin December 1st.

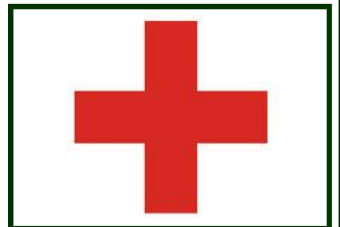
HOLIDAY VOLLEYBALL CLINIC

Attention Girls and boys in 4th – 7th grade – Join us Wednesday, December 27th and Thursday, December 29th from 10:00 am –

3:00 pm for two fun days of volleyball skills and drills. Cost is \$25.00/ person. Bring a sack lunch and your volleyball enthusiasm for an awesome time during your xmas break.

Blood Drive

A blood donation is the gift of life that only you can give to someone in need. Join Apple Athletic Club and the American Red Cross as we hold a blood drive in the gym on Friday, December 9th from 7:00 am – 11:00 am. Sign up at the member service desk if you would like to help save lives and donate blood. Space is limited.



Hungry Bowl – Pet Food Drive

Support the pets of the Humane Society of the Upper Valley with a donation of cat or dog food. Happening Hounds of Idaho Falls, LLC will be collecting donations December 1 – 12, 2011 in our front lobby area. Pets fill our lives with love and joy... Don't we owe it to them to make sure their bowls never go unfilled?



Eliminate your varicose & spider veins without surgery

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- + Often covered by insurance
- + Available for men and women



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Personal Training, Pilates & Aquatics News

Personal Training News

Women's Only weight Loss Class

Limited to 6 women, the classes focus on weight loss and lady-friendly exercise with lectures and fitness testing. You will meet two times per week for eight weeks. Following the program, participants lose one to three pounds per week while lowering blood pressure and improving health and appearance. Cost is \$299 members or \$349 nonmembers. Come and enjoy the motivation of a personal trainer! Call 529- 8600, ask for Lisa Morton.



December Class Schedule

9:00 AM Mon/Wed starting December 12th with Lisa Morton

Next Ultimate Loser Applications Due January 13th!

It's just around the corner: Ultimate Loser! If you want to lose 20 or more pounds working under a great trainer, be part of a winning team, sample some fine healthy dining around town, and change your life, then Ultimate Loser is for you. This is our 4th year of competition and it just keeps getting better. There will be at least three teams of eight participants working out for 10 weeks with their trainer with the chance to win membership and one-on-one training. If you're interested, sign up now to reserve your slot. Competition begins January 16th. Either call Robby at 529-8600 or visit appleathleticclub.com under the Personal Training drop-down menu to get an application. You can follow blogs for the fall competition which just ended there, too. Cost is \$329 members (\$299 if paid in full at time of registration or \$269 each if signing as a couple) and \$379 nonmembers.

Pilates News

Try Unlimited STOTT PILATES for \$29!

That's right. Try our Unlimited STOTT PILATES for two week for only \$29. Take as many classes as your body and schedule can handle.

Go to www.appleathleticclub.com and click on the STOTT PILATES link, register, and schedule your first class. Bring the coupon in below and your instructor will sign you up for the great rate of \$29 for two weeks... See what Pilates is all about and how it can make you look and



feel better. If you'd rather call to schedule, call Robby at 529-8600.

Here's a Deal!

Unlimited STOTT PILATES \$29 for two weeks.

Offer can not be combined with other offers

For new clients only

Coupon Expires 12/31/11

Aquatics News

Happy Holidays from the Aquatics department!

Great gift idea...Adult Swim Clinics

Clinics are 6 weeks long, Tuesdays are for beginners and Wednesdays for intermediate-advanced, from 7:30-8:30pm. Cost is \$54 for members and \$64 for non members. If you have skills, or your skills are limited, if you want to improve your speed, stroke or kick, if you want a challenging workout or have never swam before, then check out our adult swim clinics. Sign up at the member service desk. The next sessions are: Jan 17-Feb 22, 2012 and Mar20-April 25, 2012. Questions 529-8600 ext 109.

Great Gift Idea...Private and Group Swimming Lessons

Private and group swimming lessons are available year around. Private lesson are a great way for you (yes, adults) or your children to learn to swim. Our group lessons can't be beat, warm pool, great coaches, small class size and more. Information is available at the Member Service Desk. Next sessions begins Jan 9 and Feb 6, 2012.

Are you Bored with your Workout?

Jump into the pool and add a Hydro-fit, H2O or a swimming class to cross train. Water GF classes will challenge you differently than a land class, or a machine. The water is isokenetic, equal resistance. It's your cardio and weights class all in one. Certified instructors know how to challenge you to make the most of a water workout. Low to high intensity, pick a class that will challenge you and change up your weekly workout.



Swim Club

Swim Club is going great! Our youth swimmers love it. Thanks to Liz Peebles and our great coaches. The next block begins in Jan 9, 2012 with sign ups being available Oct 1-Dec1 (registration fee only). Dues are required to be paid by the first day of swim club. Space is limited. Information is available at our Member Service Desk or on line at appleathleticclub.com Contact the Aquatics dept with questions 529-8600 ext 109.

Think ahead to the Holidays:

2011 Holiday schedule changes for Water GF

- **Sat, December 24 & 31** classes *are as scheduled, club closing early*
- **Sun, Dec 25 & Jan 1** (Club closed for Christmas and regular hours New Years Day)
- **Dec 26-30** (all classes as scheduled)

Regular schedule resumes Jan 2, 2012, Happy Holidays!!

Tennis News

Juniper Hills Competition

The friendly battle between Apple Athletic Club and Juniper Hills Country Club in Pocatello has been going on for years with each club hosting one encounter annually. The November exchange saw Apple Athletic Club victorious for the fifth time in a row. Each encounter consists of 4 men's doubles matches at the 3.0, 3.5 and 4.0 level each and 4 women's doubles matches at the 2.5, 3.0, 3.5 and 4.0 level also. Apple Athletic Club dominated in November deciding 18 out of a possible 28 matches in its favor.

2011 Apple Athletic Club Fall Club Championships

Winners

Boys' 8 Singles	Miles Mecham
Boys' 10 Singles	Joe Pigott
Boys' 12 Singles	Isaac Smith
Boys' 14 Singles	Sam Thompson
Boys' 16 Singles	Spencer Neville
Girls' 8 Singles	Mariel Stuart
Girls' 10 Singles	Emily Stuart
Girls' 14 Singles	Olivia Warner
Girls' 16 Singles	Makinley Duffin
Girls' 18 Singles	Payton McGriff
Boys' 14 Doubles	Sam Pigott/Will Warner
Boys' 16 Doubles	Parker Erikson/Trey Hendrix
Girls' 16 Doubles	Carly Blatter/Sylvia Smith
Girls' 18 Doubles	Kaylee Fennern/Erica Shenton
Mixed 18 Doubles	Hunter Neville /Lydia Smith
Mixed 16 Doubles	Curtis Calder/ Lindsey Hall
Men's Open Singles	Orin Duffin
Men's Open Doubles	Bjorn Eide/Ken Krebs
Men's 3.0 Singles	Blake Purcell
Men's 3.0 Doubles	Joe Belnap/Doug Nelson
Men's 3.5 Singles	Jared Lamph
Men's 3.5 Doubles	Jared Lamph/Bryan Stromberg
Men's 4.0 Singles	Jeff Bird
Men's 4.0 Doubles	Cory Mecham/Brian Nelson
Women's Open Singles	Jenna O'Dell
Women's 2.5 Doubles	Alice Fivas/Vicki Krogstrand
Women's 3.0 Singles	Kaly Shippen
Women's 3.0 Doubles	Trisha Chatterton/Holli Turner
Women's 3.5 Singles	Jenell Lester
Women's 3.5 Doubles	Nicole Michaelson/Tawnya Stocking
Women's 4.0 Singles	Carlicia Huntsman
Women's 4.0 Doubles	Tamara Neville/Melanie Smith
Mixed 3.5 Doubles	Brian Cook/Jenell Lester
Mixed 4.0 Doubles	Melanie Smith/Frank Wilbanks
Mixed 6.5 Doubles	Jennifer Dalton/Blake Purcell
Mixed 7.5 Doubles	Brandi Cornelison/Brian Tallman

Group Fitness News

Weekend Warrior

Because of all the great programs Apple has to offer (including Indoor Cycling, Group Power, Yoga, cardio equipment and much, much more), Weekend Warrior will be eliminated on Saturdays in lieu of the other great cardio and strength training classes we offer.

Ballroom Classes

Starting in Jan. 7th 6:30 to 7:30 pm Cha-Cha and Country Two Step. They run for 7 weeks. Cost is \$69.00 a couple \$36.50 single. What better gift can you give your partner than 7 weeks of fun filled ballroom dance instruction? Be the hero on Christmas morning with the best date night ever under the Christmas tree for your special someone.

Instructors are Deborah Prince and Robert Groom.

F.Y.I.

We are going to have a Group Power new release kick off in Jan 2012 so watch for information.

Holiday Schedule

- No classes on Dec 24th
- No classes Dec 26th
- Regular classes begin on Tuesday the 27th

Taking Care of our Club

To keep maintenance and membership costs down it is now mandatory you can not wear street shoes in the new studios, Please bring your gym shoes to the club and change them before you go in the rooms, this will keep the floors looking nice so we do not have to have them refinished every year. Thanks for your cooperation.

Ladies Night

We are starting a Ladies Night Out starting in Jan. This will be for members and non members. It will be 1 Friday night a month, flyers will be posted with more information.



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Apple Business Connections

The core connection has initiated a “Business Connections” section. We see the Business Connection as a mechanism to not only allow Apple Athletic Club members to become more aware of what other members do, but to act as a referral service for those searching for the myriad of goods and services our members and their businesses provide.

We are proud of what our members have done in their business endeavors and hope that by listing them in the business connections they will be able to realize increased success. A fee of \$5 is required for your business name and address. A full advertisement would run \$50.

Dentists

Dr. Phillip Lowder

Specialist in Orthodontics

250 S. Skyline Dr.

524-4104

Dr. Vernon Gaffner

Center for Cosmetic Dentistry

333 South Woodruff Avenue

Idaho Falls, ID 83401

524-2034

Doctors

Idaho Eye Center

2025 East 17th Street

Idaho Falls, ID 83404

524-2025

Idaho Kidney Institute

2375 East Sunnyside Road

Idaho Falls, ID 83404

904-4780

Idaho Urgent Care

740 South Woodruff Avenue

Idaho Falls, ID 83401

542-9111

Mountain View Hospital

2325 Coronado Street

Idaho Falls, Idaho 83404

557-2700

Rocky Mountain Diabetes and

Osteoporosis Center

3910 Washington Parkway

Idaho Falls, ID 83404

(208) 523-1122

Teton Radiology

2001 South Woodruff Ave. # 17

Idaho Falls, ID 83404

524-7237

Media

Post Register

333 Northgate Mile

Idaho Falls, ID 83401

Printers

All American Sports

915 E Lincoln Rd

Idaho Falls, ID 83401

529-3080

Digital Color

1573 E 17th Street

Idaho Falls, ID 83404

524-0456

Restaurants

Applebees

635 North Utah Avenue

Idaho Falls, ID 83402

528-8985

Dominoes

945 W Broadway St

Idaho Falls, ID 83402

523-7530

Fiesta Ole'

450 1st Street

Idaho Falls, ID 83401

529-1499

Jamba Juice

1803 South 2500 East

Idaho Falls, Idaho 83404

542-0231

Lucy's Pizza

725 E Anderson St

Idaho Falls, ID 83401

524-2800

North Hi-Way Café & Catering

460 Northgate Mile

Idaho Falls, ID 83401

522-6212

Orange Leaf

2797 South 25th East

Ammon, ID 83406

542-6964

Subway

995 East 17th Street

Idaho Falls, ID 83404

528-0812

Wendy's

1275 W Broadway St.

Idaho Falls, ID 83402

542-5322

Vendors

Pepsi

714 W. Sunnyside Rd.

Idaho Falls, ID 83402

522-1500

Lubricants

Amsoil Synthetics and Lubricants

2&4 Cycle Stroke Oils and Products

Mike TenEyck P.E.

1271 Londonderry Ave.

Idaho Falls, ID 83404

589-4660

Lawn and Garden

Ag Grand Natural Fertilizer

Mike TenEyck Direct Jobber

529-0221

589-4660