

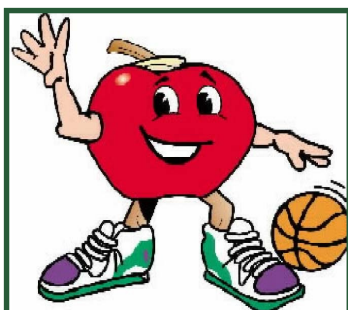


# THE CORE CONNECTION

March 2011

## It's 3 on 3 Time!

Our 12<sup>th</sup> annual March Madness Basketball Tournament is set for March 17 – 19, 2011. You won't want to miss out on our biggest tournament yet. Get your team signed up as soon as possible, and compete for a Cash Prize! The entry fee is \$100.00 per team. We have divisions ranging from 4th grade all the way to adults. Registration forms are available at the Member Service desk, and online at [www.appleathleticclub.com](http://www.appleathleticclub.com), so make sure you sign up today!



## Women's Only Weight Loss Class March Classes

Start losing weight and getting in shape instead of just thinking about it, join our Women's Only Weight Loss Classes taught by our excellent staff of Personal Trainers.

### March Class Schedule

- Monday/Wednesday 6:00PM begins March 7<sup>th</sup>
- Tuesday/Thursday 10:00AM begins March 8<sup>th</sup>
- Monday/Wednesday 9:00AM begins March 14<sup>th</sup>
- Tuesday/Thursday 7:00PM begins March 15<sup>th</sup>
- Monday/Wednesday 11:00AM begins March 21<sup>st</sup>
- Monday/Wednesday 5:00PM begins March 21<sup>st</sup>

Call 529-8600 now or stop by our Member Service Desk for more Information! You can also go to [www.appleathleticclub.com](http://www.appleathleticclub.com), and click on Women's Only Weight Loss under the Personal Training Tab. 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. By following the program, participants lose one to three pounds per week while lowering blood pressure and improving health and appearance. Come and enjoy the motivation of a personal trainer! Call 529-8600, and ask for Lisa Morton.



## I.S.U. Men's Tennis at Apple

The Idaho State Men's Tennis Team scheduled one of its home matches at the Apple Tennis Facility. Coaches Bobby Goeltz and Mark Rodel consented to this experiment, hoping to draw a bigger crowd for a home match than they usually have had at Reed Gym in Pocatello. With Mark Rodel and Apple Tennis Director Holger Nickel working out the details it became a great afternoon of tennis. Unfortunately, the men from Montana State did not cooperate when it came to the score line, allowing only the number one doubles team for Idaho State to score a win, but everything else was topnotch.

The three doubles matches starting off the dual meet were exciting, fast-paced tennis, rarely seen in Idaho Falls. In singles the rallies were longer and elicited some astonishment from the crowd. Over 80 people came to see Division I NCAA tennis and were not disappointed. The players enjoyed the atmosphere and the food provided by Apple. Margaret Spruill and Kristi Edlin did the work to make it look good and appetizing. The relish with which the players loved, spoke for itself. However, they made sure to surround Margaret at the end to personally thank her. She even received a hug from one of the coaches, and there is now talk from all parties to make this an annual event.

## Swim Club

Apple Athletic Club Swim Club is awesome! It has been a huge success due to Liz Peebles and her great staff of coaches. Our summer block of Swim Club begins June 6 and runs through July 30 on T/TH 10-11:30am and T/TH 4-5:30pm. We now offer fall, winter, spring and summer blocks, that are all 8 wks long. The cost is a \$15 registration fee plus, \$96 for members and \$116 for non members. Sign up soon, because swim club fills up quickly. Thanks to our lap swimmers who have shared the pool with us!



## Ride Across America Comes to a Close

Apple's Indoor Cycling just wrapped up their annual Ride Across America incentive. They would like to extend a huge thanks to all of our wonderful Sponsors. You Guys are awesome!!!

- \*Wada Farms\*Wealth of Health\*Farr's Jewelers\*
- \*Performance Therapy\*Vino Rosso\*The Growth Coach\*
- \*Stacy and Troy Scott\*Fairfield Inn and Suites\*
- \*First Life Photo\*Lifetime Wellness Chiropractic\*
- \*EIRMC\*Eagle Rock Cycle\*Aspen Dentistry\*
- Peterson, Parkinson, Arnold\*Alpine Schwinn\*
- \*Stosich Dentistry\*Aspen Dentistry\*

# Activities, Tennis & Group Fitness News

## Court Sports

### Free Racquetball Clinic

Sign up for a free clinic taught by AmPRO Certified instructor, Derek Thomason. The clinic will cover basic skills, forehand, backhand, serving, receiving and safety on the first and third Monday of every month. The clinic is for new members and members who have never played before or had formal instruction. Available dates are March 7<sup>th</sup> and 21<sup>st</sup> from 7:00 – 8:00 pm. The class is limited to six people, so sign up today.

### Spring Volleyball League for Women

Come on lady volleyballers, get your team together for our Spring league starting on April 4, 2011. The league will run for nine weeks followed by an end of the season tournament. The cost is: Team fee \$150.00, Player fee of \$25.00 for members and \$35.00 for nonmembers. The deadline to sign up is Wednesday, March 31<sup>st</sup>. Team registration forms are available at the member service desk or the display board in the hallway going into the gym. For more information, contact Liz Panter.



### What a Great Tournament!!!

Congratulations to 1st place winner Scott Johnson and 2nd place winner Bryan Magleby in the Open/A Division, and 1st place winner Dave Covert and 2nd place winner Shawn Rose in the B division. Way to go!!!

I would like to thank all of the participants that competed in our February Frenzy Racquetball Tournament; it is because of you that these events are so successful and fun to be a part of. The competition level was awesome and the positive social atmosphere outside the court was even better. I had a blast running the tournament, and from observing the participants it is easy to assume that they did as well. Stay tuned for our next racquetball tournament, the "Spring Fling Club Championships" in April.

Ben Wells  
Assistant Program Director

## At the Net: Apple Tennis News

### Apple Athletic Club Spring Tournament

All the tennis players in Southeast Idaho know that in November and December it is cold, even when playing indoors. However, having to reschedule matches because players are stuck on the wrong side of Highway 26 and 33 is a new experience. As a result a lot of the final matches for this year's Spring Club Tournament had to be postponed and rescheduled. In order to get all the results together we will report them in the next issue of the newsletter.

On the bright side, other than weather interference the event was another great success with 196 players vying for titles in 43 singles, doubles and mixed doubles divisions.

### Pro Shop

The Apple Pro-Shop now carries RED LINE 7 Hour Energy Boost. This 2.5 oz boost comes in Exotic Fruit, Grape and Mandarin Orange. This is not your average 5 hour energy drink. This 7-Hour No Crash Energy drink has Zero Sugar/Zero Carbs plus Vitamins and Amino Acids. Regular \$3.50, but on sale now at 20% off!

## In-Step: Group Fitness

### Ballroom

Ballroom classes are on a new night "Friday Night Date Night," where the Cha Cha and the Waltz will be taught.

You will also have the opportunity to show off your dance moves at "Dance Nights" Where anyone can come and dance. Bring a friend and make it your weekly date night. The next session starts March 4th at 6:30 pm.

Cost: \$59.00 a couple for members and \$69.00 a couple for non-members

If you have taken Ballroom classes in the past you are welcome to come to our Dance Nights. If you have any questions call Apple Athletic Club at 529-8600 Ext. 110.

### Bootcamp:

Summer is coming so get ready for it with Bootcamp. Our next session starts Feb. 28th at 12:00 pm and March 1st at 6:00 am. The cost will be \$69.00 for 2 months for members and \$89.00 a month for non members. If you are a member you can bring a friend and buy 1 month for both of you for only \$69.00 Come and join the Fun!!

### Yoga Workshop

We are having a Yoga workshop on March 5<sup>th</sup>, from 10:30 am to 12:00 pm. This workshop is for anyone who wants to start a yoga class, and does not know what to do. We are getting back to basic's with Yoga, by learning beginner posing and much more. The cost is \$15.00 for members and \$20.00 for non members. The class size is limited, so if you can't get in this session we will have another class on March 26<sup>th</sup>, from 10:30 to 12:00. The instructor will be Lynda Meissner.

### Meditation 101

Learn to relieve stress through meditation  
Saturday, March 19<sup>th</sup> 10:30 a.m.

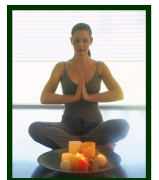
Instructor: Diane Thompson

Cost: Apple members \$15.00 Non-members \$20  
Apple Athletic Club, Studio 1

Sign up at the Member Services Desk, Apple Athletic Club

Come learn the "basics" of meditation. Train your mind to focus, increasing productivity in school or work. Learn to relieve stress, and heal your body.

Diane Thompson is ACE Certified and Level 4 Yogafit trained. She has attended Yoga Journal conferences, Iyengar Intensive and Anna Forest Intensive. She has taken classes from Beth Shaw, Rodney Yee, Patricia Walden and many more. She is excited to share with you her experience and expertise on meditation.



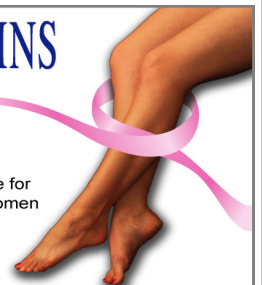
## ELIMINATE VARICOSE VEINS

*without surgery!*

The Vascular Institute  
at Teton Radiology  
Call for your **FREE** screening today

Available for  
men & women

524-7237  
www.tetonradiology.com



## Making a Splash: Apple Aquatics News

### Swim Club Meet

Saturday March 19<sup>th</sup>, Swim Club is holding their end of block meet, in the lap pool from 7am-12noon. It will be used exclusively for the meet. There will be no GF classes in the pool that day.

### Lap Swimmers

We offer lap swimming any time there is not swim club or a class in session, which gives you many hours per day, for swimming. If there are events scheduled that would cause the pool to be closed, we post the notice at least 4 weeks in advance, on the Aquatics Bulletin Board, on the web-site, and on the doors. Pick up a class schedule at the front desk or at poolside. Lap



swimmers have space priority during open swim times. Note: The Apple Athletic Club Swim Club has a end-of-season meet in Feb, May, Aug, Nov each year. This is usually held on a Saturday morning. Watch for the dates.

### Adult only times/Therapy

Adult only times are scheduled for Mondays, Wednesdays, and Fridays every week, from 1-3pm. This has been our policy since the club opened. There is a class during that time and both pools are in use. The class during the adult only swim time is our Joint Effort class, and it is one of our highest attended classes. It is an Arthritis Foundation certified class.

### Water Group Exercise Classes

Water group exercise classes are drop in, so anyone is welcome to join us anytime. Come early if you have questions or need help with gear. Our classes are a great workout and our instructors are the best!!

### Swimming Lessons

Swimming lessons are taught year around. The Spring/Summer schedule is available at the Member Service Desk, or online at [appleathleticclub.com](http://appleathleticclub.com). Session dates, times, and all other details are listed on the form. Plan ahead, because summer lessons fill fast. Lesson prices are \$38 for members and \$48 for non members. A late fee will be applied to registration forms received after the deadline date. If you have any questions call 529-8600 ext. 109.



## STOTT PILATES

### Book Free STOTT PILATES Classes Online

Want to try STOTT PILATES for free. Anyone can attend up to two of our free Trial Classes with our excellent instructors. Go to [www.appleathleticclub.com](http://www.appleathleticclub.com), and click on the STOTT PILATES link. See what Pilates is all about and how it can make you look and feel better. If you'd rather call to schedule, contact Robby at 529-8600.

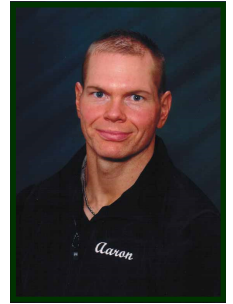


## Personal Training

### Youth Training

Youth Winter Strength and Conditioning with Aaron Schow C.S.C.S

Parents, are you interested in a good off-season program for your youth and teen? Winter sports strength and conditioning for young athletes is a fifty-minute group personal training class for ages 8-18 years old. Classes will have a base program with special exercises dependant on the sport. Youths will see an increase in power and strength, speed, dynamic flexibility, agility, cardiovascular conditioning, and self-confidence. Where: Apple Athletic Club fitness area  
When: Monday and Wednesday at 4:00 PM  
Cost: \$99/month or \$15 drop-in rate  
Registration: Call Aaron Schow at 529-8600 (leave a message- he's probably with clients getting them results!)



## Apple Athletic Club's Pre School

Apple Athletic Club is now accepting applications for our 2011-2012 Pre School program. Our program has been a phenomenal success. Not only do we feature a certified teacher, program director, Brittany Ivins, but her energy and dynamic personality are inspiring to both the kids and all of our teachers. Brittany makes learning "FUN!" And honestly, isn't that what a parent wants for their children?

Space per class is very limited so reserve your place early. Our classes run 2 ½ hours long and features everything from Zoo Phonics to days of the week to learning stations to 20 minutes of physical activity! Please check out our website at [www.appleathleticclub.com](http://www.appleathleticclub.com) for more information or contact Barbara.



Tiffany Redden  
Owner/Broker  
275 Ash St.  
Idaho Falls, ID 83402  
208-523-5200  
[suitterinsurance@aol.com](mailto:suitterinsurance@aol.com)

Since 1996



Vernon Gaffner  
THE CENTER for COSMETIC DENTISTRY

524-2034

*What a difference a healthy smile makes!*

333 S. Woodruff Ave. • Idaho Falls • Idaho  
[www.find-your-smile.com](http://www.find-your-smile.com)