



# THE CORE CONNECTION

November 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!!!

## Group X News

### FYI's

#### NOON BOOTCAMP IS BACK

That's right, lunch time is calorie burning time!

You now have the option of 6am or 12pm, for bootcamp. Sign up at the Member Service Desk, and for more information contact Annette at 529-8600.



#### Stroller Bootcamp

The weather is cold, so we are back in the gym.

#### Class schedule for Thanksgiving



November 23<sup>rd</sup>

- 8:30 am cycle Annette
- 8:30 am Step Julie
- 8:30 am Step Interv. Stacey
- 9:30 am Powercut Julie
- 12:00 pm Group power

Nov. 24<sup>th</sup> NO CLASSES

Nov. 25<sup>th</sup> NO CLASSES

## Sports

### 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 7 and 21 from 7 – 8 pm. The class is limited to six people, so sign up today!

## 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, 2012 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.

## Tennis News

### Ron Sayer BMW Thanksgiving Prize Money Tournament

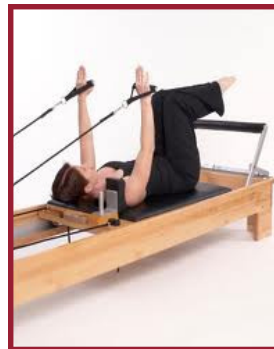
The Ron Sayer BMW Thanksgiving Championships are slated for November 25 – 27. This very successful tournament offers prize money in every division and has had players from every continent competing in its rich history.



## Pilates News

### Try Unlimited STOTT PILATES for \$29!

That's right. Try our Unlimited STOTT PILATES for two weeks for only \$29. Take as many classes as your body and schedule can handle. Go to [appleathleticclub.com](http://appleathleticclub.com) and click on the STOTT PILATES link, register, and schedule your first class. Mention this ad 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 Nicki Thiel at 529-8600.

# Personal Training & Aquatics News

## Personal Training News

### Women's Only weight Loss Class

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.

#### November Class Schedule

9:00 AM PM Monday/Wednesday starting November 13th with Lisa Morton



5:30 PM Monday/Wednesday starting November 7th with Janet Service.

Call 529-8600 or stop by our Member Service Desk for more Information! Or go to [appleathleticclub.com](http://appleathleticclub.com) and click on Women's Only Weight Loss tab 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. 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.

## Aquatics News

### What a Great Fall

The outdoor pool was open and used until Oct 4!! WOW! It was great while it lasted but the outdoor pool is now closed. Thanks to Chad and Gil for keeping our pool clean, heated, full and useable. We really enjoyed the outdoor pool!

### Adult Swim Clinics Offered

Clinics are 6 weeks long, on Wednesday evenings from 7:30-8:30pm. If you have skills, or limited skills, if you want to improve your speed or stroke or kick, try a swim clinic. Members-\$57 and non-members-\$67, you can sign up at the Member Service Desk. The next session is in January 2012. Watch for details, and if you have questions please call 529-8600 ext 109.

### Tri Training Class

Offered for those with swim skills. This is an intense workout for swimmers who need to work on endurance, stroke, speed, or technique. You can improve any or all with the drills and instruction from the Tri Training class instructor, Melissa. Monday and Wednesday at 5am (yes am). Remember, these classes, along with all others on the water group fitness schedule are included in your membership. No charge!!

### Swim Club

Our youth swimmers are loving it, thanks to our Liz Peebles and our other great coaches. The next block begins in January 9, 2012, you can sign up between October 1<sup>st</sup> -December 1<sup>st</sup>. Remember, space is limited and it's first come first serve. Information is available at our Member Service Desk or online at [appleathleticclub.com](http://appleathleticclub.com) Contact the Aquatics department with questions 529-8600 ext. 109.

### Idaho Falls Swim Team at Apple

For many years now we have hosted the Idaho Falls Swim teams while the Deist Aquatic Center closes for maintenance. This will be the week before the regional meet in Boise. We have allowed them to practice at our club so they can continue their practices before the big meet. The Cutthroats will be using the lap pool for one week in November, at the times listed below. We apologize if this

interferes with your regularly scheduled swim time but please help us support these swimmers as you have done in the past. Thanks!!

**November 14<sup>th</sup>-18<sup>th</sup>**

- T/TH 5-6am
- M-TH 7:30-8:30pm

### Private and Group Swimming Lessons Available Year Round

Private lessons are a great way for you (yes, adults) or your children to learn how to swim. Our group lessons can't be beat, warm pool, great coaches, small class sizes and more. Check out our new registration form that includes all Aquatic programs in one easy, descriptive form, available at the Member Service Desk or online at [appleathleticclub.com](http://appleathleticclub.com).

### 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.



### Think ahead to the Holidays

#### 2011 Holiday schedule changes for Water GF

- **Sat, Nov 5** (Classes canceled for swim club meet)
- **Wed, Nov 23** (Club will be closing early, no classes after 2pm)
- **Thur, Nov 24** (Club closed for Thanksgiving)
- **Fri, Nov 25, (9am & 1pm class as scheduled all other classes canceled)**
- **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!!

## Rutabaga's

Glen Rodgers and Mary Jo, proud and longstanding members of Apple Athletic Club and now the proud owners of Rutabaga's fine dining, since taking over after the untimely death of their son Eric Richardson. Glen would like to remind all members that the restaurant along River Parkway is definitely open for business. Their hours of operation are: Tues – Sat. 5:00 – pm – 9:00 pm; Sundays 10:00 am to 2:00 pm; and closed Mondays. Their great menu is basically unchanged. Do yourselves the great pleasure of visiting or revisiting Rutabaga's!



## Tennis News

### Bank of Idaho, Help Inc. Pro/Am Event



For the 11<sup>th</sup> year Apple Athletic Club hosted a Pro/Am Tennis Event to benefit Help, Inc., the local Child Abuse Prevention Center. Bank of Idaho has been the title sponsor for all those years and it has been a mutually beneficial relationship between all involved parties. Help, Inc. is dedicated to help prevent child abuse in any of its forms. They use a two-pronged approach, one focusing on education, especially with parents who might be at risk to follow a history of abuse in their lives, a second brings in the children for their post-event interviews and has all the necessary agencies meet at the Help, Inc. building, rather than send a traumatized child from agency to agency, retelling the story time and again. Jarod Phillips, Vice President of Bank of Idaho present a check for \$8,500.00 to Dr. James Drake, President of the Board of Directors for Help, Inc.

Fourteen teaching professionals from Idaho and Utah offered their time and energy to the event, making it fun for the junior players on Friday and the adult players on Saturday. Every player had three pro set matches with their designated pro. DJ Hart from Sun Valley, Dave Luebbe, formerly of Jackson Hole, now of Bozeman and Gretchen Maloney of Idaho Falls have supported the Pro/Am every one of its eleven years.

In addition to Bank of Idaho, both Idaho Falls hospitals, Eastern Idaho Regional Medical Center and Mountain View Hospital, contributed to the success. Other sponsors from the medical field included Center for Sight, Teton Radiology, Eastern Idaho Chiropractic Clinic, Park West Dental Care, Comfort Dental, Eagle Rock Dental and Foothills Dental. Rumbi Island Grill provided tremendous food through its catering services and reduced its bill to the event in a major way. Jamba Juice and Orange Leaf provided samples of their wares at no charge. The Post Register handled all printing needs and offered advertising of the event. Further advertising was done by Rich Broadcasting through Public Service An-



nouncements and an interview with Holger Nickel, the chairman of the event and tournament director, and Mindy Kary, a local broadcast personality and Help, Inc. Board of Directors member. Kohl's not only made a cash donation, but had staff on hand to assist with the dinner Friday night. Pros stayed at Holiday Inn Express for a reduced rate. Wal-Mart, ML Technologies, Peterson Enterprises, Peterson, Moss & Hall, Digital Color and Wilson Sporting Goods, represented by regional representative, Kris Johnson, made up the other company and corporate donors and sponsors. Barry Short made another one of his now almost traditional contributions to allow a worthy youth to play Friday as did the Jim Sailer family and the Rand & Bev Olsen family.

As hard as Apple staff consisting of Craig Cushing, Liz Panter and Renee Ockerman worked to make the event successful it could never have been accomplished without the help of volunteers. Kristi Edlin with Margaret Spruill and assisted by Patsy Reynolds handled all food related events. Monica Leishman functioned as the treasurer for the second year running. Gretchen Maloney took charge of decorations with crockery supplied by Shelly Smith. Cindy Carr & Sharon Price supplied gift baskets to all the pros. Tollan Whitlock and Arlen West worked on the facility to get it into ship shape. Jenell Lester was the official photographer with help from Kallie Ball and Rhonda Nickel.



### OPEN YEAR ROUND!

Beautiful Views with Waterfront & Wildlife

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Open Sunday thru Saturday

**Let Us Handle Your Next event:**  
**Holiday & Birthday Parties,**  
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**Located at Jefferson Hills Golf Course in  
Rigby off the north Rigby Exit.**

**745-5444**

# 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 17<sup>th</sup> 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

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