

THE MAVERICK MESSENGER

CELEBRATING 30 YEARS OF HEALTH & FITNESS IN ARLINGTON



April Fools!! We have a new look and format. You may also receive a copy of this via e-mail so hopefully you guys with computers will enjoy this process better than trying to hold on to the newsletter and getting it home in one piece! And not to mention, losing it!! There will still be one available in the aerobic room.

How about that spring cleaning we've been doing this past month?....and we still aren't finished. So much to do, so much to get rid of, so much to get cleanagain and again. Or have you NOT started? I'm thinking of having a "garage sale" at the Mav sometime in May when it's warmer. Anyone interested in participating? Let me know. **START CLEANING!**

Joan Lovell

Maverick Chili Cook Off

The Maverick Chili Cook-Off was a huge success this year as well as hot, sweatin' and



1st Place Winner - Mad Dog

spicy! We had nine entries and so many close calls to determine the winner. After all the ballots were tallied by the judges the results were announced and the top prizes were awarded to the top three finishers.

A special "congrats" to the first place winner **Mad Dog (Marzano)** who walked away as the grand prize winner. Second place would be awarded to runner-up chili **A-1 Road Kill (Dunn)** and the third place winner would go to chili **Killer Chili (Rouse)**.



2nd Place - Road Kill

A big thanks to all the other chili entrants and those who participated as judges. We had nearly 50 people who showed up to taste-test and help us judge all the steaming pots! The next Maverick event could be a spaghetti sauce or some other dessert tasting contest so get your recipes ready.



3rd Place - Killer Chili

UPCOMING EVENTS AND DATES



April 19th through the 23rd is our annual Active Week for Members and Seniors. Each day we are asking you to wear something different to the club. We are having a pot-luck luncheon on Friday the 23rd at 11:45 am. Bring any kind of dish to share. ALSO, bring a senior high school picture of yourself so we can share some memories with friends. If you can't find one, bring your high school annual. Surely you have one on your bookshelf somewhere. As a reminder here is the list of activities so you won't forget:

- Mon. - Wear a hat - any kind of hat!
- Tue. - Wear a bandana anywhere on your body. (Neck, head, arm, leg, waist)
- Wed. - Wear RED, WHITE and BLUE. Be patriotic!
- Thur. - Wear STRIPES or POLKA DOTS or both of anything (shirt, shorts, pants)
- Fri. - Wear crazy socks (Luncheon at 11:45am)

WATER AEROBICS

Water aerobics will begin on Saturday, May 1st at 9:00 am All The morning water classes will start at 9:00 am then it will change to 8:00 am in June through the summer. I will remind you again of this change before June arrives.



DON'T FORGET TO CHECK-IN

Please remember to keep swiping your card when you enter the gym.

It is very important to count your attendance and keep the program a success here at the Maverick. If you have a problem with your card or lost your card, please ask the staff at the front desk to help you.



Tell a friend about how much fun exercising is for the mind, body and spirit. You can even tell them about this crazy instructor who tells jokes at the end of class!

There's nothing I like better than to see you all leave with a smile on your face!

POT LUCK LUNCHEON - FRIDAY, APRIL 23, 2010 @ 11:45AM



The Arlington Police Department reports that health clubs and other business parking lots are prime spots for vehicles to be broken into. **REMINDER: Do not leave your valuables and purses sitting in your vehicles in plain view. The Maverick is not responsible for lost, stolen or damaged property.**



MAVERICK ATHLETIC CLUB

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Aerobics

At the Mav.

The Maverick offers a comprehensive schedule of many different classes. Classes are offered for participants of all levels so that members may choose those offerings and times that fit perfectly into anyone's busy schedule.

April 2010 Group Exercise Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a	Step Challenge Candace	Pilates Jesse	Step Challenge Candace	Pilates Jesse	Yogalates Candace	-
9:00a	Yoga Stretch Janne	Pump It Up Janne Wacquetball Free Play	Cardio Exchange Janne	Yogalates Candace Wacquetball Free Play	Zumba Blast June	-
10:00a	-	Nautilus Orientation Class Staff	-	Nautilus Advanced Training Staff	-	Martial Arts
10:30a	Silver Sneakers®I Level 1 Candace/Chris	Step,Strength, Stretch Joan	Silver Sneakers®I Level 1 Joan/Candace	Silver Sneakers III Level 4 Joan	Silver Sneakers®II Level 3 June	-
11:45a	-	Golden Seniors Level 2 Joan	-	Golden Seniors Level 2 Joan	-	-
1:00p	-	Tai Chi Dr. Painter	-	-	-	-
5:30p	Zumba Blast June	-	Wacky Wednesday June	Pump It Up Candace	-	-
7:00p	-	Martial Arts	-	Martial Arts	-	-

ALL CLASSES CAN BE MODIFIED TO SUIT YOUR NEEDS, EITHER TONE IT DOWN TO MAKE IT EASIER OR ADD INTENSITY FOR A MORE DIFFICULT WORKOUT.

CLASS DESCRIPTIONS ON THE OTHER SIDE



Do you know your BodyAge?

CLASS DESCRIPTIONS

Step, Strength and Stretch - This class is divided into three parts. The first 20 minutes consists of 10 minutes of aerobic warm-up and 10 minutes of basic step or floor work. The next 20 minutes is strengthening with weights and tubing. The last 20 minutes is on the floor doing 5 minutes of abs, 15 minutes of stretching and cool down.

Cardio Exchange - Overall cardio conditioning class which may include some floor exercises, step dance moves, and aerobic interval training. A well blended mix of various cardio training.

Golden Seniors Level 2 - a more intense workout with cardio added using a chair and standing behind the chair. Weights, tubing, and ball included.

Mix-It-Up Monday - Start your week off right with lots of variety. Workouts could include any or all of the following: Hi-low aerobics, step, circuit, step pump, theme night, kickboxing, zumba, sculpting etc.

Maverick Express - This workout will allow you to get a complete aerobic and strength training workout in just half an hour. Once you complete one exercise you will move to an aerobic station where you will keep your heart rate at an optimal level for fat burning.

Pilates - Focus on core muscles, you will increase flexibility, strengthen balance, enhance your posture, coordination and mental focus.

Pump It Up - Are you looking for fitness results? You will get them in this class. No complicated choreography to learn--no fancy dance moves. Just some good music and no-nonsense, easy-to-follow workouts that will tone every muscle in your body. Great for beginners and experienced exercisers alike. Also.....GREAT FOR MEN.

Silver Sneakers® I (level 1) - muscular strength and conditioning using a chair. Some movements standing behind the chair involved. Mostly upper body strength using light weights, elastic tubing and a ball.

Silver Sneakers® II (level 3) - muscular strength and conditioning with 30 minutes of non-impact cardio using arms and legs together. Also includes use of weights, elastic tubing and a ball.

Silver Sneakers® III (level 4) - this class is divided into 3 parts. The first 20 min. consist of 10 min. of aerobic warm-up and 10 min. of basic step or floor work. Next 20 min. is strengthening with weights and tubing. The last 20 min. is on the floor doing 5 min. of abs and 15 min. of stretching and cool down.

Step Challenge - High and low intensity fat burning cardiovascular workout incorporating benches. More intense than regular step class.

Tai Chi - designed to create a tranquil state of mind in a flexible and healthy body. A mind and body workout taken from ancient Chinese internal health arts and self-defense.

Wacky Wednesday - Add some variety to your weekly workout. This cardio class will keep you moving with anything from interval training and Step-Pump to "Sweatin' to the Oldies!" Come join us for some fun.

Water Aerobics - We only offer water aerobics from May through September. Classes begin May 2nd.

Yoga Stretch - This class is designed for the early morning riser who enjoys yoga mixed with some pilates movements to strengthen the core muscles of the body. Join us every Monday morning for this new and refreshing class.

Zumba Blast - This energetic class combines a variety of fat-burning combinations which may include one or more of the following: Zumba, step, hi-low, circuit, and body sculpting.

INSTRUCTORS

Chris Houston - AFAA	Candace Latimer - AFAA	Kristy Orr - AFAA
Janne Hueghs - ACE	Jesse Levy - Pilates	John Painter - Tai Chi
June Jeter - ACE	Joan Lovell - AFAA	

All classes are one hour unless otherwise noted.

*The Maverick Express class is only 30 minutes.

We suggest that everyone start off slowly and progress at their own rate. Please let us know if you have medical conditions we should be aware of. We want everyone to have a beneficial and fun workout.

For more info visit our web-site at www.themav.com