

THE MAVERICK MESSENGER

APRIL 2011

CELEBRATING 30 YEARS OF HEALTH & FITNESS IN ARLINGTON



SPRING TIME IS HERE

Spring has definitely "sprung" upon us. As we come out of our winter lockdowns, it's finally time to declutter and do spring cleaning for our body and soul. Why not polish our competitive advantage playing off our unique talents and approach? Flexing our mind muscle helps us live a good life of personal satisfaction, positive emotional development and spiritual accomplishment. The Maverick staffs a personal trainer to help motivate you to achieve your fitness goals. You should think about talking to a trainer to see if they can help you achieve these goals. Now and then, we have to overcome the personal hurdles and the roadblocks along the way. Everyone always wants to improve their current lifestyle and be in better health. At least focus on your strengths and all the little battles won along the way. You will maintain your fitness goals for today and many healthy tomorrows to come! Don't ever give up, we will help you and do what we can to make sure you get there.

As we leave behind the windy month of March and head into the Easter Season of April, let's not stress out about taxes on the 15th! We have a very active week coming up that will positively garner lots of laughter and fun times.

Joanie Lovell
Group Exercise Director



MAVERICK CHILI COOK-OFF

We had eight entries of hot and spicy pots of chili. It seemed the more we tasted a bowl, the more our foreheads broke out in beads of sweat! Yep, that's the way we like it, uh-huh, uh-huh! The first place winner went to Mad Dog Marzano. Evidently it was that good because he won last year too. Second place went to Peggy Moore who got her recipe out of the newspaper and made it for the first time. Thanks to all the other chili entrants and members who came out to help judge.



ACTIVE WEEK

Every year the Maverick sponsors an active week of fun and craziness to kick off spring! Who says this kind of fun is for kids? Heck, we can act like kids better than they can. Been there, done that. Starting on Sunday the 17th, our instructor Candace Latimer is anxious to show off her first grandchild. Some of the ladies in her classes wanted to give her a "grandmother" shower since they are experienced grandmothers themselves. This event will be held in the aerobic room at 2pm. Feel free to drop by for cake and punch and meet Allie Nicole Latimer.



SUNDAY - GRANDMOTHER SHOWER for Candace Latimer, meet her granddaughter, Allie Nicole. Cake and punch will be served in the aerobic room, 2pm.



MONDAY - MISMATCHED MONDAY MANIA, mix up the clothes and make sure you DON'T coordinate anything! Be creative, we will take lots of pictures.



TUESDAY - WEAR A BOW TIE or SCARF, around the neck, waist, leg, arm, hair, etc. Dig around in your dresser and find that cool scarf.



WEDNESDAY - HAWAIIAN DAY, wear your leis and flower shirts. Pot-luck luncheon at 11:45am upstairs; bring a dish to share with everyone.



THURSDAY - PAJAMA PARTY, wear your pajamas and/or robe to class.

I WANT YOU

FRIDAY - PATRIOTIC DAY, wear your favorite red, white and blue clothes.

ALL AMERICAN MARTIAL ARTS

The Maverick offers Martial Arts on Monday and Thursday nights from 7pm - 8pm in the aerobics room. Individuals and families are welcome to try 2 weeks of class time for FREE. You will learn full martial arts training and or self-defense. Contact Gloria Souder for more information. Members receive a discount, fee is only \$35 per month. Non-member fee is \$45.

KIDS RACQUETBALL PRACTICE

Mondays and Wednesdays from 6pm to 8pm. Ages 8-18 years old are invited. Kids will play several matches per night while learning stroke mechanics, court strategy, and footwork drills. Practice is FREE, all you have to do is make sure your child is a member of the Maverick.

MEMBERS

Please let the front desk know if there's a change in your insurance or information. We need to update the paper work and keep the records current. It is imperative that you swipe your card when entering the club.

REFER A NEW MEMBER THIS MONTH AND THEY WILL LOVE YOU FOR IT.

OUR REGULAR MEMBERSHIPS ARE MONTH-TO-MONTH--NO CONTRACT.



The Arlington Police Department reports that health clubs and other business parking lots are prime spots for vehicles to be broken into. Help us reduce these opportunities for thefts to occur here at The Mav.

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.

Every year, 1215 of my relatives are abducted from the Maverick. I don't want to be next. Please use me as you want, throw me around, kick me, I don't care. Just please return me to my home when are done with me. I am here to serve you but my owner gets very mad when I don't report back to work.

Thank You,
Towels