

# THE MAVERICK MESSENGER

FEBRUARY 2011

**CELEBRATING 30 YEARS OF HEALTH & FITNESS IN ARLINGTON**



Watch out and beware, Super Bowl weekend has been declared the most over-eating, over-drinking weekend of the entire year. Just think how long it has taken to get back into the groove after the Christmas holidays. Everything in moderation, regardless of the food you are eating, will accommodate your quench for "comfort food" during game time. The Maverick will be opened for workouts 7 days a week to help you get back into shape. Have fun now and pay later. Due to the cancellation of the Pre-Super Bowl party, the Mav is hosting instead a POST-Super Bowl Party with \$1 dollar bets on the score, \$1 pizza - all you can eat and \$1 for a cup of beer. Let's plan our strategy of getting together and scoring touchdowns of laughter! Just recently, America lost a legendary icon of the fitness industry. Jack LaLanne couldn't have said it better. "The only way you can hurt the body is not to use it". Even more so: "Inactivity is the killer and it's never too late." More and more seniors are living longer and enjoying a quality life by exercising, walking the mall or parks, and staying active with outside activities. Mr. LaLanne was truly an inspiration to the younger generation who grew up to follow in his footsteps. I am definitely one of them. Rest in peace, Jack!

Joanie Lovell  
Group Exercise Director



## TAILGATE POST-GAME PARTY

Be the first "on the 50 yard line" to place your \$1 bet on the Super Bowl game of 100 squares. This will be displayed on the Skybox level of the Maverick. If there's any squares left after the party, you can place more bets without any penalty.

Meanwhile, enjoy the concession of "all you can eat" pizza for \$1 at kickoff time. A salad will be provided as well. To wash down the high carb meal, there will be \$1 cup of beer (not \$8 like they are charging at the game!). This event will NOT take place in the parking lot but in the comfort of Maverick's "living room"! There will be no overtime or delay of game. Take your time and let's huddle around on Friday, Feb. 11, at 11:30 a.m. This will immediately follow the 10:30 Silver Sneakers class.

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**Date: Friday, Feb. 11th**  
**Time: 11:30am (upstairs)**  
**\$1 PIZZA**  
**(ALL THE PIZZA YOU CAN EAT)**  
**\$1 BEERS**  
**(EACH CUP)**  
**\$1 SQUARES**  
**(BET ON THE SUPER BOWL GAME)**

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## VALENTINE'S DAY DEALS



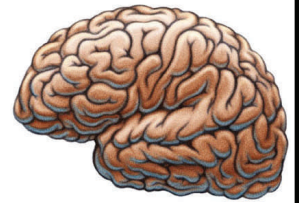
Love your body. Several years ago during a holiday craft show, we had the vendor Body Talk selling her workout clothes. Wow, what a business it was doing and the clothes last forever. We are bringing it back by popular request.

Plan on coming in early on Monday, February 14 to check out the pants, tops and whatever else you can work out in. Look for flyers posted throughout the gym as a reminder.

## **UPGRADE YOUR BRAIN**

Your brain changes over the course of your lifetime - for better or for worse. Make the most of your gray matter. Your thoughts affect your genes. Our mental activity can interact with our genes in a powerful way. Chronic stress can prematurely age your brain. The stress response can cause memory and other aspects of cognition to become impaired. Meditation rewires your brain.

If you think about things that make you feel mad, you are sensitizing the amygdale, which is primed to respond to negative experiences. Your brain learns by doing and growing older can make you smarter. Middle age is a kind of cranial prime time, with a few comedic twists thrown in for fun. In conclusion, exercising is good for the brain.



## **Texas State SINGLES** Texas State Singles Racquetball Championships March 18-20, 2011



Join us for the Texas State Singles Racquetball Championships. This event will be hosted at the historic Maverick Athletic Club in Arlington, TX and is the premiere singles tournament for racquetball. This event is SINGLES ONLY and open to all Texas residents. Entry forms are available at the front desk or you can sign-up online. Adult divisions for men and women and also juniors/kids divisions. Any questions please contact Leo Vasquez (817)-275-3348.

## **Brrrrrr**



As we go through the frosty month of February, the cold weather can get blustery or nippy. Good ole Texas climate. Remember the foot deep snow in the middle of the month last year? A lot of members were wondering if the gym was opened. YES! Unless it's icy and absolutely un-drivable, don't attempt to come in. Phone in and check about the classes to make sure it's still happening.

For seniors who want a muscle-toning and strengthening workout, the 10:30 a.m. class on Monday and Wednesday is very similar to the 11:45 a.m. class on Tuesday and Thursday.

## **WEIGHT TRAINING BOOT CAMP FITNESS**

The Maverick will be offering a Weight Training Boot Camp Fitness class led by Glenda Hatton. The classes will be on Tuesday and Thursday mornings for anyone looking for a full body workout. This will help gain lean muscle, increase strength, and include core training with ab work. Look for more info soon with dates and times.

## **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