

THE MAVERICK MESSENGER

JANUARY 2011

CELEBRATING 30 YEARS OF HEALTH & FITNESS IN ARLINGTON



HAPPY NEW YEAR!!

Welcome to the new year of 2011. It seems like we made all those promises just yesterday and now we have to start all over again. Yep, I'm talking about the New Year's resolution. Everyone wants to lose weight, get in better shape, eat healthier and live a life without ailments. As we get older, we know what we can do now to make it easier to flow through life. I have found that coming to the Maverick is invigorating to be around our friends and have someone to work out with. Sometimes we all need a little encouragement and some positive feedback to keep the body going. A little humor and lots of laughing can get the belly burning fat. As we wind down from the holidays, it's time to put into perspective what we want and how to go about it. Attend some classes, get a personal trainer, play some racquetball or basketball, or do some walking around your neighborhood. Stay active and above all, don't give up! The hardest part is getting back into the groove.

As we start off the new year on the right (or left) foot, keep in mind there is always someone, somewhere, thinking about you! I'm one of them! See you in 2011.

Joanie Lovell
Group Exercise Director



CHRISTMAS PARTY AT THE MAVERICK

There wasn't a Scrooge to be seen in the crowd. In fact, ho-ho-ho's decked the halls for a long time. The members brought generous servings of their dish to accompany the ham provided by the Maverick. Afterward, about 30+ members and seniors participated in the Chinese Gift Exchange where everyone had fun swapping and opening gifts.



NEW YEAR'S EVE PARTY



The party just moved up the time to noon instead of midnight. The instructors wanted to thank all of our members for providing us with their friendship, for attending our classes, and their laughter that keeps us loving our job even more.

Thanks to all our members who attended the party.



NUTRITION—WATER, WATER AND MORE WATER

Even though it's wintertime, your body will still get thirsty for water. Please take sips throughout the day to conquer dehydration. Try to remember to bring a bottle of water to class or the gym while working out. Why? It supplies you with energy, digestion, regularity, blood pressure, stomach health, respiration, weight management, skin health, cholesterol, kidney and urinary health, joint health, aging, and acid-alkaline balance. Need we say more? We have water fountains here at the club and we also sell bottled



Maverick Metroplex Racquetball Championships January 28-30, 2011

Join us for the first racquetball tournament of the year, the Maverick Metroplex Racquetball Championships. This is a USAR/TXRA sanctioned event and the entry deadline will be January 24, 2011. All divisions for singles, and doubles will be offered for men and women. Juniors receive a 50% entry fee discount. More information on our website or entry forms available at the front desk. Any questions please contact Leo Vasquez (817)-275-3348.

TRY SOMETHING NEW AT THE MAVERICK

- ✓ PLAY SOME BASKETBALL
- ✓ TRY SOME WEIGHT MACHINES
- ✓ WALK ON THE TRACK
- ✓ TRY A 5:30AM GROUP CLASS
- ✓ TAKE A MARTIAL ARTS CLASS
- ✓ PLAY SOME RACQUETBALL

Group Exercise Class Changes

We have several class changes to make. Kristi's Tuesday night at 5:30 p.m. will be 30 minutes of step with 30 minutes of toning and abs. This will certainly get you going in the right direction to getting in shape and losing some weight.

On Friday at 9:00 a.m., June's Zumba class has been changed. There were rave reviews from doing the Turkey Burner after Thanksgiving so June will do a Frenzy Friday mixture of cardio and intervals. Just in time to rest on the weekend after doing her class.

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. For a low impact aerobic class (this can fit any age group too), come to the 10:30 a.m. class on Tuesday and Thursday. We offer senior class(es) every day.

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