

THE MAVERICK MESSENGER

MAY 2011

CELEBRATING 30 YEARS OF HEALTH & FITNESS IN ARLINGTON



MAY NEWS

Now that the spring cleaning is done, it's time for making your get-happy checklist. Having a clean slate to work with is easier to focus on without worrying about the trash you left behind. The more you put things off, the more you'll feel anxious about them. Start with exercising. That is definitely a "blues buster". Working out can offer emotional benefits by reducing depression as well as relieving stress and boosting your spirits. Eat breakfast. It will prevent grumpiness and help you perform better. Go outside. Walking in the great outdoors has beneficial effects. Physical affection in your life doesn't have to be a hug, but the power of touch. Say something nice. It's a mini joy explosion caused by good taste and a nice compliment. Be grateful. Things can always be worse than they already are. Set a smarter bedtime. You'll recharge your body and mind to get ready for the next happy day. Savor your snapshots. Ever see those pictures on display tacked to the bulletin board in the hall? Those were happy times. Tape some inspirational quotes to your computer. Speak up. This increases your self-confidence and shuts down feelings of helplessness. There are so many things that can put you in an instant good mood. Yes, you can be happy, even with this weird weather we've been having. Share your happiness and laughter with others - it's contagious.

Joanie Lovell
Group Exercise Director

IT WAS A HAPPY AND ACTIVE WEEK

Sunday started off the active week with the Grandmother Shower for Candace Latimer and her first born granddaughter. Great crowd and lots of presents. Monday was such a hoot to see the group dressed in mismatched clothes. Tuesday had scarves on every part of the body and a bowtie clipped to a t-shirt. Wednesday was a hula-hula flower power day. Lots of food at the potluck luncheon along with the "Tai-Mai" Hawaiian drink without the rum. Thursday had some people come in their pajamas and robes. Friday finished off the week with patriotic red, white and blue. The pictures below prove there were lots of participants and laughs. Join us for the next time we have active week by wearing your favorite outfit.



Flip Flop Classes

By popular request to have a cardio/pump-it-up class every other day instead of back-to-back, we have "flipped" the Wednesday 9:00 a.m. cardio to yoga and "flopped" the Thursday 9:00 a.m. yoga to cardio. Thus, Wednesday 9:00 a.m. - yoga and Thursday 9:00 a.m. - cardio/pump. Check the schedule for the updated classes and join us.



SILVER SNEAKERS DAY

On **Wednesday, May 18** will mark the biggest day that Silver Sneakers® class will be held at the same time across the United States. Be part of the largest gathering of Silver Sneakers® members exercising on a single day to recognize our commitment to an active, healthy lifestyle. Watch for flyers announcing the event and what's going on that day. Let's get fit together.



SPROUT YOUR FINS ON SPLASH DAY

Water aerobics will begin Monday, May 30 (Memorial Day) at 8:00 a.m. There will be a Splash Day outing at noon with hot dogs, hamburgers and the works. Come join us in celebrating the start of summer and cool times in the water. Check the schedule for times of the water classes.



TAI CHI CLASS

This Tai Chi class is always open to beginners and meets every Tuesday at 1:00 pm. This class will lower your blood pressure, reduce stress, boost your immune system, increase oxygen transport, tone your muscles, and is a gentle self-defense method.

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.

WE WANT TO THANK YOU FOR BEING A MAVERICK MEMBER

IF YOU KNOW SOMEONE ELSE WHO ENJOYS EXERCISE, TELL THEM ABOUT US.



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.

If you lost it, we found it. Check at the front desk for your missing item. If you left it in the aerobic room, it got picked up and placed in the box upstairs. Jewelry will be safe-guarded in a locked drawer. Also, don't leave anything in sight in your car. Not even a purse in the trunk. Always use caution when walking to and from your car. Be aware and help deter thieves.