

THE MAVERICK MESSENGER

NOVEMBER 2010

CELEBRATING 30 YEARS OF HEALTH & FITNESS IN ARLINGTON



NOVEMBER IS HERE

By now everyone should have already exercised their right to vote in the election. It doesn't matter whether you see RED or BLUE on the ballot, but you will see plenty of those colors circulating throughout the gym as well as Arlington. The Texas Rangers have given us a lot to cheer about with the pennant race to the World Series. I see big smiles on your faces as we all discuss the game(s) the night before. The amazing plays, athletic players and rambunctious crowds have given us much more to join in the excitement. You can work out in the comfort of your own home. With the World Series going on, there will be yelling, shouting, getting up and down from the recliner or couch. That in itself is a workout! Just watch out for those peanuts, Cracker Jacks and Corn Dogs!

Thanksgiving is a wonderful time to reflect and count all the blessings of the Almighty and be grateful to God for His presence in our life. We would like to thank all our Maverick members and Silver Sneakers whose lives touch us more than you will ever possibly know. We also want to thank our heroic troops who fight for liberty and daily risk their lives and limbs to keep our country free.

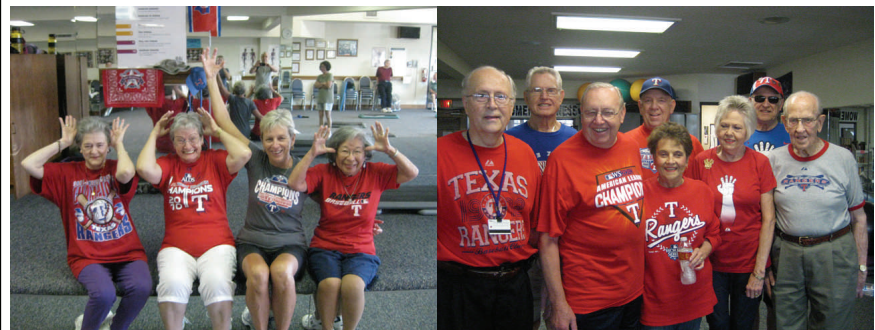
Joanie Lovell
Group Exercise Director

OKTOBERFEST AND RANGERS FANS



There was a good crowd celebrating the end of the month with an Oktoberfest luncheon. Lots of sauerkraut, red cabbage, sausages, potato salads and casseroles galore! Oh, and Pumpkin Spice Cake and German Chocolate Cake. Beer was the first choice of beverage and everyone was full! Even German music filled the air. The Only thing missing was the tuba player and some good dancing.

Rangers fans were showing their true spirit with their t-shirts, caps and colors. Thanks to everyone for wearing their outfits and supporting the home team. GO RANGERS!



THE BIGGEST RANGERS FAN



Our very own instructor, Chris Houston, has displayed a different Rangers t-shirt every time she came to the gym to either teach or workout. She and her husband Joe have had season tickets for years. They were given the privilege to volunteer with 100+ other fans to hold the big USA flag on the field during the National Anthem at the Rangers playoff game.

THANKSGIVING HERE AT THE MAVERICK

We would like to invite everyone to the Maverick Member Thanksgiving Feast-**Wednesday, November 24** at **11:45am**. Yes, this is the day before Thanksgiving. We will supply the turkey and the members, who are the most generous people ever, have shared in the past their wonderful dishes of dressing, mashed potatoes, yams, green beans, vegetables, salads and desserts. This is a HUGE gathering and so much fun. So bring your favorite dish and join us.



TEXAS STATE SENIORS



Texas State Seniors Racquetball and Golf Tournament November 13-14, 2010

Join us for the Texas State Seniors Racquetball and Golf Tournament. This is a USAR/TXRA sanctioned event. Mixed Doubles will be played on Friday night, November 12th. Saturday-November 13th all the racquetball will be played. Sunday-November 14th we will play a 4-man best ball golf tournament at Waterchase Golf Course. The entry deadline will be Monday, November 8th at 10:00pm. More information on our website or entry forms available at the front desk. Racquetball players must be at least 35 yrs. old and the golf tournament is open to any

Maverick member and their family or friends. If you would like to play in the golf tournament as a single or with a partner, we can find a group for you to play in. Any questions please contact Leo Vasquez (817)-275-3348.

FITNESS NEWS



Are you tricking yourself into thinking that you are burning enough calories when you skip the gym? Most members perform circuit training and then cardio. A 180lb. person will burn 600+ calories during an hour of circuit training. One hour on the treadmill at 3.5 MPH will burn 490 calories in that same person. This time of year, the holidays is when we let our schedule pull us away from our workout routine and the pounds sneak on. We often think that some household chores might make up for the time lost in the gym as we try to make everything else fit into our schedules. The same 180lb. person only burns 204 calories dusting the house or 327 calories in an hour of gardening. Cleaning the gutters will burn 409 calories while playing a game of golf, no cart of course, will burn 368 calories. If you plan on replacing your workout time with Christmas shopping, beware that 180lb. person is going to burn about 179 calories an hour. None of this compares to the calories burned in the gym. So this holiday season, don't skip the gym!

DON'T FORGET

- Silver Sneakers Members--Please let the front desk know if there's a change in your insurance or plan. We need to update the paper work and keep the records current. It is imperative that you swipe your card IMMEDIATELY when you enter the gym.
- For the seniors/Silver Sneakers classes, Monday and Wednesday at 10:30am or Tuesday and Thursday at 11:45am are chair classes and very similar to each other. Try them all especially when you have a conflict and you can't make it.
- Stephanie is now doing her AB's class on Tuesday at 10:00 a.m. upstairs in the activities room where the ping-pong table and pool table are located. Her Thursday class will remain in the Women's Fitness Center downstairs.
- Candace will now teach the Monday 9:00 a.m. yoga class. She will also teach the 9:00 a.m. Cardio Exchange on Wednesday morning.

THANKSGIVING - FOR ALL MAVERICK MEMBERS

WEDNESDAY--NOVEMBER 24, 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. 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