

# THE MAVERICK MESSENGER

SEPTEMBER 2010

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



Who says you can't wear white shoes after Labor Day? Hey, we are in Texas and this heat is the norm. So,

white is cooler to wear! As we wind down with the end of summer and autumn approaching (and the grand-kids back in school), it's time to get serious with our workouts.

Especially since - GASP - Ugh, Whoa, Yikes, - the holidays are upon us in just several more months! If you are really serious about firming up and trimming down, Stephanie offers some awesome private training sessions as well as weekly 30 minutes tone-ups to help you attain your goals. Yes, she can give you the motivation you need as well as sound advice to keeping up your agenda. There are many group classes available here at the club as well to help you maintain your stamina. Hey, an hour a day isn't much to ask for right? But look at the bright side, all your friends are here too! Isn't it fun to laugh while working out? Burning all those calories and fat is better than sitting around the house and doing nothing. We've got more activities planned for this month as well as the coming months ahead. We would like to invite all of our members to attend our events and activities. Let's get together and have a great time.

Joanie  
Group Exercise Director

## Maverick Hawaiian Luau

The Hawaiian Luau started out hot and humid for a short time until the clouds decided to burst! The crowd took the rain in stride and waited it out in the workout room.

In fact, some even worked out on the treadmill just waiting for the rain to stop.



Uh-Oh! It rained some more and there was no rainbow to show for it. Needless to say, we all congregated in the dining area and took it from there. Everyone had a great time gabbing

and eating chicken shish kabobs, lo mein noodles, healthy salads and delicious desserts provided by our wonderful members who attended this flowery feast! With the day winding down, we made sure that nobody went home hungry or without eating something.



Dean and Redge did a great job grilling the chicken outside in the rain. Thanks, guys and also to Carol Henline for organizing the event. See ya'll at the next one.



Ever see the sign posted by the coffee maker about the anonymous donor? Well, the secret is out. These special "Java Drinkers" who make it possible for all the members to get their caffeine fix are the greatest bunch of "Dirty Dozen" men (and one woman!). Not all are pictured when we snapped this photo, but these seniors bond together every Monday, Wednesday and Friday mornings for a chit-chat session before and after their workouts. You can't walk by without laughing or even smiling. These guys are a happy group and we thank you from the bottom of our hearts! All of you that contribute, we sincerely appreciate it.



### Maverick September Triple Crown Shootout September 10-12, 2010

Join us for the Maverick Triple Crown September Racquetball Championships. This is a USAR/TXRA sanctioned event. Mixed Doubles will be played on Friday night, September 10th. Saturday-September 11th, ALL singles divisions will be played. Sunday-September 12th, ALL doubles divisions will be played. The entry deadline will be Monday, September 6th at 10:00pm. ANYONE can play in this event regardless if you played in any of the summer shootouts. This event awards \$100 in Mavbucks for 1st place in ALL divisions and \$20 for 2nd place. Larger awards for Men's and Women's Open. More information on our website or entry forms available at the front desk. If you can't play come out and watch the best racquetball players in Texas.

#### FITNESS NEWS



We were talking last month about trimming fat. Your exercise program should consist of weight lifting, cardio, flexibility, proper nutrition, and core conditioning. You need all these components to be successful. Core conditioning will be our focus this month and you can join me for a complimentary class to learn more. Core conditioning enhances the other aspects of your exercise program. Conditioning of the core is going to improve the way you feel and move. Your core muscles assist with movement, stabilization and posture. Low back pain can be combated by improving your core muscle strength. Core conditioning is designed to work the 30 plus muscles of the trunk. The exercises can be added to your current workout program. You will want to start with basic exercises and then get more advanced as your strength develops. We have resistance bands, stability balls and medicine balls to help you enhance your core. Contact me if you need to develop a core strength program. Call Stephanie at (817)-275-3348.

#### DON'T FORGET

- If you have a change in address, phone number or e-mail address, let us know at the front desk. It's a great way to stay in contact with friends we meet here and to make sure you receive all our announcements and updates. We keep a book at the front desk for all changes.
- Due to the Labor Day Holiday, The Maverick will be closing early Monday, September 6, 2010. The club will close at 6pm on Monday. regular hours all other days. There will be no 5:30pm aerobic class on Monday.
- Do you know someone who may be interested in exercising with us here? Stop by the front desk and ask for a guest pass. Successfully increasing our membership in this manner helps maintain the high quality of our membership and limits the need for direct promotion to the general public.

## MAVERICK LABOR DAY COOKOUT - FOR ALL MAVERICK MEMBERS

MONDAY--SEPTEMBER 6, 2010 @ 12pm



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