



## CLUB NEWSLETTER

### *Visual Fitness Planner*

New at the Ogden Athletic Club! We now have the technology to help you know your health risks and health age. Why is this important? If you know where you are at, then you are better prepared to help yourself moving forward, setting goals, finding motivation, and understanding what you can do now, can BRING YEARS TO YOUR LIFE AND LIFE TO YOUR YEARS!

Don't miss out on the opportunity to find out what you can do. We want to help educate you so you can make choices that improve your body and mind! Make an appointment with a membership director or fitness trainer today.



### *Thank You*

Thank you to all of our members and employees. We have gone through a year of changes from 2 computer conversions, payroll systems, physical changes, and more. Thank you for your patience and understanding as we tackled these big issues.

We still continue to grow and change, and we are currently working at renovating our fitness locker rooms. This project will take about 5-6 weeks and the end result will be amazing, with a few extra special surprises!

We also have a few things coming in the fitness room (4 new treadmills are on their way) that should be here in time for Christmas. We also hope you are enjoying the 3 new and bigger TV's in the back of the fitness room.

In 2015, we will be working on the re-model of the "old racquetball area". I appreciate your patience, as we step through these projects.

We hope you all have a Safe and Healthy Holiday season!

### *Billing*

Reminder that you can access your account online to see your statements and your usage. If you are not sure of user name and password please contact the business office. We do need your current email in order to give you access. Please take a moment to look over your account and make sure we your most up-to-date information.

### *Front Desk*

We are currently working on the second turnstile, and we will have it up and running soon. In addition, we are trying to update the new system with your emails, picture, and liability releases. This is a big project for us and we appreciate all your help. New club cards are also here, and we would like all our members to have one to help with their speed of entry. Children over 8 may have their own card. Children under 8 must be accompanied into the Club by a parent.

We will start the 12 days of Christmas on Saturday, December 13 as a way to say thank you. Have a Happy Holiday Season!

### ***Kids Club Reminder***

If your children are under 5 they must be in the childcare facility or directly supervised by a parent ( arm's length away). They are not permitted in the Crossfit, Parisi, or Fitness Areas. Please keep these little ones safe as they are so precious!

### ***Clancy Massage at the OAC***

It's been 2 years, since we have opened our doors here at the Ogden Athletic Club. We have truly enjoyed working with the dedicated staff and friendly members at the Club. In celebration, we have extended our office hours to include afternoons Mon.-Sat. with Sundays 11-3 still available and walk-ins are welcome.

Our year end specials include:

\$5 off our 1 -hour massage

\$15 for 20 minutes Neck/ Shoulder treatment

\$15 for 20 minute Hand/Foot treatment

- Specials effective until Dec. 31st, 2014
- Give yourself the gift of time and come in TODAY!

### ***Endurance Running Program***

It's never to late to join in! It's the perfect time to practice for your upcoming race or marathon. If you would like to be in this class call Lindsay or Megan . 801-479-6500

### ***Tennis***

Mike White has developed our tennis program into a whole new futuristic style of development. He's new style is really developing the juniors into strong tennis players. If you don't know the a-b-c's of tennis its time to ask Mike to teach you. Our junior program has new life and the kids are loving it.

Pee Wee Tennis starts for kids 5 years and up. Start you kids early to help them learn great eye hand coordination!

### ***CrossFit***

This has been an amazing year for our CrossFit Team and CrossFit Program. This is truly a world class program with our team taking 7th in the World Competition this last July. Lindsay and his trainers have provided a place to get fit. There are several levels of CrossFit, so if you have never tried it we encourage you to call Lindsay for a free trial day to learn more about the sport of CrossFit. You will not be disappointed! You will be fit, strong and motivated!

## MEMBER / EMPLOYEE HIGHLIGHTS

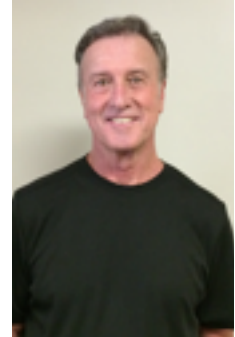
### Leon Gardner

A retired Pharmacist worked from 1972-2008 mostly in Northern California. He graduated from the U of U. He became a pharmacist because he wanted to help people that couldn't afford to go to the doctor with their medical needs.

Leon lost his eyesight from a disease called Retinitis Pigmentosa.

Some of the hobbies he has loved has been surfing, gold panning, fishing, hunting, woodworking and swimming.

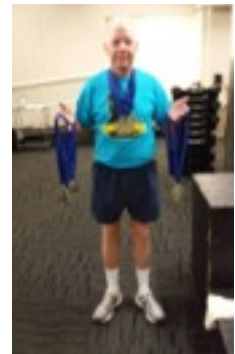
He came back to Utah because he promised his wife, Sharon, that he would bring her back. They have been a member for 2 years. He has worked closely with Frank Romney, Physical Therapist at the OAC, and Frank has motivated him into lifting weights and he loves it. He loves to meet new people, be physically fit and independent.



### Clint Baxter

Clint competes in the Senior Games every year and as you can see has won many medals for his athleticism. We are so proud of Clint and his continued dedication to staying healthy.

Clint has been a member for several years and continues to impress us with his accomplishments.



## CLUB CLEAN-UP DAY

Thank you to the Staff that worked so hard on Club Clean Up Day! They did an amazing job! Here's just a few of many employees that worked to clean the club

