



## West River Community Center

### Upcoming Lessons

#### Tennis Lessons

**November 3—December 22**

Age 5-8 ..... 3:45-5:00..... Mon.

Age 9-12... 5:00-6:15..... Mon.

Adult ..... 9:00-10:15... Wed.  
(Beginner)

Adult ..... 5:15-6:30..... Thur.  
(Intermediate)

Racquets will be provided  
for ages 10 & under.

Register online at  
[dickinsonparks.org](http://dickinsonparks.org) or  
at the Control Desk.



- **WRCC will be open normal hours on Tuesday, Nov. 11th for Veteran's Day.**
- **Happy Thanksgiving!** WRCC will be CLOSED on Thursday, November 27th



for Thanksgiving.

- Sign up for the **Blood Drive** on Tuesday, November 4th from 2:00-6:00 pm.
- Deadline to sign up for the **Fisher Racquetball Tournament** is November 28th. Tournament will be held Dec. 5-7.

#### Aquatic Lessons

**November 3-14**

Preschool A.... 10:00-10:35 am

Preschool B.... 10:45-11:20 am

**December 1-12**

Levels 1 & 2... 4:00-4:35 pm

Pre A & L2..... 4:45-5:20 pm

Pre B & L3 ..... 5:30-6:05 pm

Levels 4 & 5 ... 6:15-6:50 pm

During lessons the pools will be closed with the exception of water walking, water aerobics and lap swim. Pick up a pool schedule from the media rack and *please watch the white board for schedule changes.*

### Holiday Sale!

We will be having an inventory sale on WRCC apparel, tanning lotions, aquatics gear and racquetball and tennis equipment. The sale will start Monday, November 17th and run until Wednesday, November 26th. Christmas is right around the corner, so get your gifts early!!

### Jingle Bell 5K Run/Walk

The Jingle Bell Run/Walk will be held on Saturday, December 6th. Race begins at 10:30 am with registration held from 9:00-10:15 am in the Community Room at WRCC. Register before December 1st at \$15.00 or \$18.00 beginning December 2nd. Registration forms are available online at [westrivercommunitycenter.com](http://westrivercommunitycenter.com).

### Youth Orientation Class

Healthy Results and West River Community Center offer a Youth Orientation Class for individuals between 12 and 18 years. The purpose of the class is to provide direction in safety, technique, and gym etiquette to the young members of our community to inspire them to integrate exercise as a vital part of their lives. Those ages 12-13 will be able to use the fitness area without adult supervision after completing this class.

#### Next Class:

November 25, 2008

**Time:** 9:30-10:30 pm

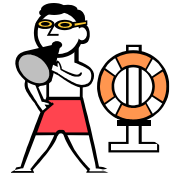
Registration Deadline:

Please register by Nov. 24 by contacting Natasha Ash at 260-8803 or 456-2070.

**Cost:** \$12.00

### Lifeguard Training

There will be a lifeguard class **November 7, 8, & 9**. Pre-test will be held on Nov. 7 at 6:30 pm in the Lap Pool. Lifeguard training begins November 8 with CPR/First Aid training on November 9th. Register at Stark County Red Cross or call Shirley at 483-8704 or Laura at 456-2074.



### Splash Week

Check out the Dolphin Swim Team during SPLASH WEEK! If you are interested in fun, friends and fitness, this is an opportunity to see if swimming with the Dolphins is for you. Come try it out for three days for FREE with no obligation.

**November 17-19 / 4:15-5:30 pm / WRCC Lap Pool**

Registration for the season will be held from 4:00-7:00 pm on November 20th.

*Schedule  
change*

**\*\*Beginning November 17th the Lap Pool will be closed from 4:00-6:00 pm for Swim Team Practice.**



### Personal Training Services

"Providing direction to attain Healthy Results and inspire everyone to integrate exercise and wellness as a vital part of their life."

To make an appointment with a personal trainer or dietician, please contact Healthy Results at 456-2070 or Natasha at 260-8803.

### Certified Personal Trainers:

Natashia Ash, Shannon Selle,  
Doug Groce & Patty LaPaglia.

### Licensed Registered Dietitians:

Jo Marie Kadmas &  
Deb Dohrmann



## New Cardio Equipment

WRCC will be replacing the Cardiovascular equipment in early 2009. We are interested in any ideas or feedback you may have concerning specific pieces of equipment you would like to see in our facility. Please fill out a comment card with your ideas or suggestions so we may provide the best possible equipment to meet our patrons needs.



**Your input is greatly appreciated!**

## 7 Action Steps

By Doug Groce, BS, CSCS, ACE

### 7 Action Steps to Begin Achieving your Fitness Goals Today.

It's November and 2008 is rapidly coming to an end. What have you accomplished? How much progress have you made in reaching your goals? You do have goals, right? If you're still on track, then good for you! For those of you who found themselves off track or if you have yet to get started, then no sweat. You just need to take ACTION today! Here are 7 simple steps you can take to accelerate your progress.

1. **Decide what you want.** What exactly do you want to accomplish? Are you looking to lose fat, put on lean muscle, lower your blood pressure, improve flexibility, increase strength...? Pick one key aspect of your fitness that you'd like to improve, and make that your purpose for coming to the gym. Simply having a specific

purpose is very powerful in keeping you focused and preventing burnout. Do you have your purpose yet? Good—write it down.

2. **Make SMART goals—Use Reverse Goal Setting.** Now it's time to take your purpose and put it into a quantifiable goal. A SMART goal is something Specific, Measureable, Attainable, Reward-Based and Time-Bound. An example of a SMART goal for the purpose of losing fat would be the following: "I will achieve 20% body fat by April 1 and my reward will be looking good in my clothes for the wedding I'm attending that month." Now, use reverse goal setting and break this goal up into a series of smaller goals: If you start at 30% body fat, then you have 5 months to drop 10 percentage points. This gives you 5 mini-goals of dropping 2% each month. So, if you start today your goal is to be at 28% on Dec. 1st, 26% on Jan. 1st and so on until you reach 20% by April.
3. **Create a plan.** Now that you know what you want and by what date you're going to achieve it, you need a plan that will work. You want a plan that is backed by science and by what actually works for you. This is where you may need help, but there is no reason that you cannot come up with a solid plan. Educate yourself. Use the internet, get help from a personal trainer or dietician. Take the guess work out of it, and come up with a program that will help you get results. This will save you a lot of time, stress,

and wasted effort. If you have a good plan, it should include exactly what you need to do and which day to do it.

4. **Execute the plan.** Creating the plan was the hard part. Now simply show up and do it! Just make sure you take it seriously and make your program a priority. You likely spend a good portion of your day working or running errands. Commit to taking time each day for your own health and well-being. You deserve it!
5. **Track Progress.** Record weights you use during your strength session and the intensity you use during your cardio session. Keep track of your body fat percentage. Record what percentage of your meals for the week under your meal plan. It's really hard—tracking progress let you know how you are progressing and keeps you accountable, ensuring you're constantly moving forward.
6. **Evaluate Results.** Are you making progress as fast as you'd like? If you are, keep it up. If you're not, sit down and figure out why. Are you following every aspect of your plan? Are you eating quality meals? There's likely a specific reason for your lack of progress. Pinpoint the problem, fix it, and keep moving forward.
7. **Repeat.** *Congratulations!* You've worked hard and achieved your goal by following the above steps. Now what? Are you satisfied and want to maintain your new fitness level? Do you want to go after another goal? Simply go back to #1 and start the process again.

It seems like almost everybody wants to improve their fitness or get started in exercise. The main reason for not succeeding is either not starting or not having a system to follow and a clear purpose. Breaking it down into actionable steps will help demystify the process, and allow you to get what you want from exercise.

**NOW GO GET STARTED!**

### TELL YOUR FRIENDS!

### GET PAID TO WORK OUT!

It's a great time to get healthy! By joining WRCC today you could be eligible to receive up to \$20 credit per person toward your monthly membership fee.

## Health Club Credit Program

In case you haven't heard—we are now enrolled in the Health Club Credit Program offered by some insurance carriers including Blue Cross Blue Shield of North Dakota. If you are not sure if you qualify please contact your insurance carrier.

**Use your membership 12 times per month and get credit.**

**It's a great incentive to get healthy!**

# Aerobic Corner By Brenda Erie, Group Fitness Coordinator

## Push Beyond Your Comfort Zone & Increase Your Fitness Level

Pushing yourself is a very necessary part of training, of increasing your fitness level, and one that frequently requires an outside stimulus. When you simply park yourself on a cycle and read your book, you tend to settle into a slow, steady pace that your body eventually adapts to. You don't get the results you'd get if you pushed once or twice per week.

You can boost intensity several ways: You can speed up the pace. You can choose harder exercises. If you're lifting weights, you can increase the

load. Finally, you can sequence exercises in ways that keeps the heat on a particular muscle group. However you do it, be sure to do it regularly.

Here is a simple formula that works like a charm: One day per week, train at your comfort level. Two days per week, grit your teeth and push into that zone where you're using all the strength and wind you've got. If you do this, instead of hitting a plateau, your fitness level will continue to increase, gradually allowing you to burn more and more calories in less time.

So ask yourself, "What's that little button that's going to

help me to work a bit harder?" Is it a one-on-one trainer, is it an instructor at the front of the class encouraging me to push it, is it working out with a motivated friend?

If you don't know what that little button is that is going to help, I encourage you to try a **group fitness class**. Try them all until you find one for you. You get the group energy, the competitive spirit, and the personal attention—a good mix for keeping the effort up. Basically how you do it is up to you, but find some way to push yourself beyond the comfort zone to achieve the fitness level you want.

*Hope to see you in class!*



**Studios A & B upstairs are to be used for group classes only and are not to be for individual use.**

**KIDS FIT—A parent or guardian must be in attendance at all times during Kids Fit classes.**

**Thank you for your cooperation in these matters.**

### Group Fitness Schedule

Pick up your monthly group fitness schedule from the media rack or find one on [westrivercommunitycenter.com](http://westrivercommunitycenter.com)

### Water Aerobics Schedule

8:00-9:00 am Mon-Fri  
5:30-6:30 pm Mon-Thur  
7:00-8:00 pm Tues & Thur

# SilverSneakers

## Turkey Trot

SilverSneakers Turkey Trot is back!! The visit driver for the month of November is Turkey Trot. Make sure to grab a turkey at the front desk. The more turkeys you get the more chances you have at winning the raffle drawing at the end of the month. Make sure you get your turkey card initialed each time you come in to WRCC. If you fill your card make sure to start a new one! Turkey Trot starts November 1st and runs until November 30th.

## SilverSplash

Make sure to check out our new SilverSneakers class. SilverSplash is a water exercise class that offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.



# Health Screening

This month's health screening offered by Southwest District Health Unit will be held on **Wednesday, November 26 from 9:00-11:30 am**. Stop by to have your blood pressure, pulse and weight checked.

Anyone with special needs should contact SWDHU at 483-0171.



## Congratulations!



To Jo Marie Kadrmas & Family on the birth of baby girl **Madelynn Marie, 7 lbs, 10 oz born on 9/30/08.**

&

To Marya Skaare & Family on the birth of baby girl **Hetta Jayne, 7 lbs, 1 oz. born on 10/20/08.**



**Sign up to receive your newsletter via E-MAIL and get a FREE T-Shirt!**

Fill out this form and turn in to the Control Desk to be eligible for 1 free shirt per membership package.

**Offer begins November 15th to the first 500 Members. Limited sizes will be available.**

**TAPE ADDRESS LABEL HERE (from newsletter address on back)**

E-Mail Address: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_



2004 Fairway Street  
Dickinson, ND 58601

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## Endless Possibilities...



### Holiday Pass—\$45

Do you know a college student coming home for the holidays? If so, inquire at the control desk about our Holiday Full-Center Pass for \$45.00. The pass is good from December 15 to January 15. **Makes a great gift!**



#### Current Memberships:

Annual = 4,297  
3-Month = 572  
Punchcards = 779  
**5,648** Total Members

#### Hours of Operation:

Monday-Friday..... 5:30 am—10:00 pm

#### Weekend Hours:

Saturday ..... 7:00 am—9:00 pm

Sunday ..... 12:00—8:00 pm

2004 Fairway Street, Dickinson, ND

**(701) 456-2074**



**Register online –  
it's easy!**

