

Happy  
New Year 2012!

From all of us at the  
West River Community Center.

## HOLIDAY HOURS

### New Year's Eve

Saturday, December 31- Close at 6:00 pm

### New Year's Day

Sunday, January 1- Open 12:00-6:00 pm

## Racquetball & Tennis

### REGISTER TODAY for our upcoming programs...

Racquetball League - Jan. 9-Mar. 4, 2012

Youth Tennis Lessons - Jan. 10-Feb. 2

(Tues & Thurs - 4:00-4:55 pm)

For more information please visit  
[dickinsonparks.org](http://dickinsonparks.org).



## Pre-Super Bowl "Doubles" Tennis Tournament

February 3-4, 2012

Tournament is open to Doubles players 7th  
Grade to Adult.

**Entry Fee:** \$20/person

**Entry Deadline:** January 30, 2012

click here for an [ENTRY FORM](#).

## Pat Fadden Racquetball Classic

February 10-12, 2012

**Entry Fee:** \$40/person

**Entry Deadline:** February 3, 2012

click here for an [ENTRY FORM](#).

## NEW YEAR REMINDERS:

With the New Year comes a few reminders to help patrons off to a great start in 2012!

## TOWEL MEMBERSHIP



For our patrons who hold a Towel Membership... your membership expires on Dec. 31st. Please renew at the Control Desk to continue your towel usage. For any patron who wishes to sign up for our towel membership, Cost is \$25/year and \$15/year for additional family members.

## TANNING USERS

Tanning users will need to sign a new waiver for 2012. A 2012 waiver must be on file before you will be able to tan in 2012, so please allow extra time the next time you schedule a tanning appointment.

## HEALTH CLUB CREDIT

For BCBS of ND members who are required to do so, please make sure you complete your 2012 health assessment at [ndwellnesscenter.com](http://ndwellnesscenter.com). For most users, this process needs to be done at the beginning of each year to continue to receive your reimbursements. If you have any questions regarding your reimbursements please call the number on the back of your card.

**\*\*REMINDER:** In order for your visit to count towards your monthly credit, you must workout at the facility.

## LOCK UP YOUR VALUABLES

Please remember to lock up all valuable items you bring to the community center. WRCC is not responsible for lost or stolen items. We have locks available for rent or you may bring your own lock. Just remember to remove your items and lock each day when you leave. Locker memberships are also available for anyone interested.



## No Street Shoes



**REMINDER:** Please make sure you are always bringing a separate pair of shoes to use while working out on the equipment, as well as on the track and courts. Please help us keep our equipment and floors free of mud and dirt.

## UPCOMING EVENTS:

- December 31 - New Year's Eve - WRCC closes at 6:00 pm
- January 1 - Happy New Year! WRCC is open 12:00-6:00 pm
- January 7 - Orientation Classes
- January 7-8 - Winter Freeze Swim Meet
- January 9 - Racquetball League begins
- January 10 - Parent & Me aquatic lessons begin
- January 10 - Youth Tennis Lessons begin
- January 16 - Martin Luther King Jr. Day - WRCC
- January 16 - Snowshoe Club Meeting
- January 20 - Grocery Store Tour
- January 23 - BodyFit Challenge Informative Meeting
- January 30 - Aquatic Lessons begin

## POOL NEWS

- **AQUATIC LESSONS:** PARENT & ME Lessons will be held January 10-February 9, 2012. The next session of aquatic lessons begins January 30-March 1. Check our web site to see what's still open. **During aquatic lessons,** the pools will be closed to the public with the exception of water walking.
- **WINTER FREEZE SWIM MEET:** Dickinson Dolphins will have their Winter Freeze Swim Meet January 7-8. Lap Pool will be closed during the meet.
- **LIFEGUARDS NEEDED:** If you are someone you know is interested in becoming a certified lifeguard, please call Kellie at 701-456-2074.

# BodyFit Challenge 2012: Couples Challenge

by Natasha Ash, CSCS, Healthy Results, Inc.

Let our Healthy Results, Inc. personal trainers and dietitian help you and your husband or wife improve your health in 2012. We will provide information and practical tools for you to achieve your goals TOGETHER! Each partner will benefit from the quality time with their spouse as well as the amazing results from a scientifically and creatively designed exercise and nutrition program. Other benefits include: Accountability, motivation, fitness assessment, and exercise instruction. Health seminar topics include: Goal Setting, Making your Health a Priority, Make Room for Meal Planning--Quick & Healthy Meals for Busy Couples, Fitting in Fitness--Quick & Effective Workouts for Busy Couples.

**8-Week Fitness Challenge for Husband/Wife Partners will be limited to 16 Couples (32 participants)**

**Cost: \$250/couple**

## MARK YOUR CALENDARS FOR THESE BODYFIT CHALLENGE DATES!

Informative Meeting: January 23, 2012 (7:00-8:30 pm)  
Measurements: January 26, 2012 (7:00-9:00 pm)  
Measurements: January 28, 2012 (1:00-3:00 pm)  
Introduction: February 2, 2012 (7:00-9:00 pm)  
Regular Meetings: February 6 - March 29, 2012 (7:00-8:00 pm)  
Each Monday & Thursday = Health Seminars & Exercise Workshops  
Partner Exercise Program Included  
After-Measurements: March 31, 2012 (1:00-3:00 pm)  
After-Measurements: April 2, 2012 (7:00-9:00 pm)  
Awards Ceremony: April 19, 2012 (7:00-9:00 pm)

## Snowshoe Club

by Shannon Halvorson, Healthy Results, Inc.

Shannon Halvorson, a Healthy Results Personal Trainer will take you for an outdoor snowshoeing adventure each week. Snowshoeing is a great form of cardiovascular exercise that targets every muscle in the body. Burn calories and fat while enjoying the outdoors and fresh air!

**1st Meeting:** January 16 - 5:30 am - WRCC

**1st Adventure:** January 17 - Time TBA

**When:** Meets every Tuesday for 8 weeks

**Cost:** \$45.00

**Where:** Different parks or locations each week

**Who:** All levels of fitness are encouraged to join

**Equipment:** Bring your own snow shoes

**Click here for the [registration form](#) or pick one up at WRCC. Deadline to register is January 15.**



## Grocery Store Tour

by Jo Marie Kadrmias, LRD,  
Healthy Results, Inc.

Grocery Store Tours are hosted by Jo Marie Kadrmias, LRD. A tour will last approximately one hour and 15 minutes within Dan's Supermarket. The tour is an economical way to gain valuable nutrition education and learn practical ways to prepare nutritious foods. The focus of the tour is to help participants learn to identify healthy food choices and understand appropriate portion sizes. In addition, Jo Marie will teach participants how to read and understand food labels. Food preparation suggestions, recipes, and other unique foods will be discussed. The ultimate goal of the tour is to increase the variety of healthy foods eaten by participants in order to improve overall health and decrease risk of chronic disease. Join me and improve your health today!

**Date:** Friday, January 20 - 9:00 am

**Cost:** \$15/person

**Location:** Dan's Supermarket North (please meet at the courtesy counter)

**Register by Thursday, January 19.**



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

### Certified Personal Trainers:

Natasha Ash, CSCS; Shannon Selle, ACE  
Patty LaPaglia, ACSM;

### Licensed Registered Dietitian:

Jo Marie Kadrmias, LRD and

Healthy Results Mission Statement:

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

## Youth & Adult Orientation Classes

**Are you new to WRCC? Do you need help learning how to use the fitness equipment at WRCC? This class is for you!**

**Next Classes:**

**Saturday, January 7**

**Youth: 2:00 pm / Adult: 3:00 pm**

**Cost: \$12.00**

Pre-registration is required, please register at the WRCC Control Desk.

\*Youth ages 12-13 will receive a certificate enabling them to use the fitness equipment without an adult present.

**REGISTER TODAY!**

## What's New at Healthy Results, Inc?

**[New Personal Training Packages!](#)**

**[New Dietitian Packages!](#)**

We have new packages and prices for you to consider when thinking about personal training and dietitian services. Please call Natasha at 701-260-8803 to schedule your appointment today!

**"Like" Us on Facebook!**



# Aerobic Corner by Brenda Erie, Group Fitness Coordinator

## Schedule Changes

- The **6:30 am Pilates** class on Tuesday/Thursday has been changed to **6:00 am T/Th**.
- All 5:40 am classes Monday through Friday have been changed to **5:35 am**.
- **More Zumba classes!** We have added 3 more Zumba classes to the week:  
**Wednesdays 8:30 am; Thursdays 6:30 pm** (this will replace the 7:00 pm Cycling class);  
**Fridays 5:35 am** (Cycling will be in Studio B and Zumba in Studio A).

## Welcome New Instructor

West River Community Center welcomes new instructor Courtney Olson. Courtney will be subbing for Yoga Blend at 5:30 pm as well as Yoga at 12:00 pm on Tues/Thurs. Please welcome Courtney!

## Feature Class of the Month: **CARDIO PUMP!**

New Moves, New Music! Come and enjoy Cardio Pump, this month's Feature Class. Cardio Pump classes this month have a new look. Instructors will be adding new music, and adding completely different formats to the class.

**WHAT IS CARDIO PUMP?** Cardio Pump is strength based/weight lifting class with short burst of cardio in between sets. A typical class consists of 4 minutes of lifting various free weights, body bars or tubing and one minute of cardio. Cardio can be anything from running the track, jumping rope, running in place, jumping jacks, wall jumps... Participants are encouraged to do cardio that suits their needs. Each class incorporates balance while lifting, as an option. Instructors give participants options of using the bosu ball, fit ball or standing on one leg to challenge balance. It is a great class to tone muscles. Cardio Pump is a great class for Men and Women.

### MEET THE INSTRUCTORS:

**Kathy Himmelspach:** Kathy has been teaching at WRCC since 2005. "I love teaching Cardio Pump as every week we use a different prop. I like to set up in a circle, that way no one feels they are the focus of attention, and it gives us an environment that enables us to feel like a circle of friends. Our class is strength training with cardio breaks to get our hearts humming. The class is open to everyone at any level of training (beginners, intermediate and advanced). It is a good class for balance training and core work. Please join me in our journey to being fit in the New Year!"

**Billie Gibson:** Billie has been teaching group fitness classes for Dickinson Parks and Recreation for the past 13 years, and always interested in the latest classes to promote health, wellness and fitness. "Cardio Pump is one of my favorite classes to teach! We have offered various modifications to Cardio Pump since inception by using the step, bosu or combining it with kickboxing for cardio. If finding time to lift weights is an obstacle for you, Cardio Pump is the way to go! The platform is to engage each muscle group for 4 minutes followed by 1 minute of cardio. Muscle groups consist of engaging the upper back and shoulders, legs, lower back, glutes, chest, biceps, triceps, push-ups, abs, followed by a stretch to have the ultimate 45 minute workout. Everyone is welcome to burn fat and gain muscle! See you Wednesday at 5:30 pm!"

## Participant Spotlight: **DeLona Hecker**

DeLona Hecker is a regular participant at the Cycling and Zumba classes, although to keep things challenging she will jump into other classes here and there.

### **Her Achievement:**

**What?** Half Marathon, Ultra Ironman & Self-Paced Triathlon

**What keeps you going?** Health, Health, Health - DeLona says it is important to not only keep her muscles strong, but her bones, heart, lungs and mind. She also wants to be able to keep up with her grandchildren.

**How classes inspired her to reach her goals:** Classes improved my endurance, strength, balance and flexibility.

**DeLona's Fitness Tip:** Start with something you enjoy and you will stick to it. Then, change it up to work different muscles.

**Favorite Fitness Saying:** Commit to be fit!

**What her friends have to say about her:**

"DeLona has been an inspiration to me about how important exercise is in life and she has also gotten me motivated to go to Zumba classes, even though I sometimes don't feel like going." - **Gayleen Frenzel**

"DeLona is a wonderful inspiration to me, she keeps me motivated to try harder and to not give up." - **Jessie Twardowski**

**KEEP UP THE GREAT WORK DELONA! From all of us at the West River Community Center**

Click here for the  
**Group Fitness  
Schedule**  
(land & water based  
classes effective  
January-March 2012)

## Kids Fit

**Kids Fit Schedule:**  
Wednesdays & Fridays 9:15-9:45 am

**\*\*Parents MUST accompany child to the program and be present during class.**

**\*\*Please remember that no street shoes are allowed, this includes no sandals, flip flops, boots, etc.**

*Thank you to  
Santa and his  
very special Elf  
for coming to the  
Kids Fit Christmas  
Party! Everyone  
had a great time!*



## Saturday Group Fitness Classes

**January 7:** 8:30 am Zumba  
9:30 am Yoga

**January 14:** 8:30 am Cycling  
9:30 am Pilates

**January 21:** 8:30 am Zumba  
9:30 am Beginner Pilates

**January 28:** 8:30 am Cycling  
9:30 am Beginner Pilates

**Thank you to all our members  
for your patronage in 2011!**

**We look forward to  
another great year in  
2012!**

**Current WRCC Memberships:**

Annual = 4,754

3-Month = 443

Punchcards = 914

**6,111 Total Members**

**Finish the Dream!**

The Western Edge Pool Committee (WEPC) is asking citizens of Dickinson for donations for a future outdoor pool. The original plans of WRCC included an outdoor pool as a desired component. The existing site allows for use of ample parking and utility infrastructure that will defray construction and operating costs.

**If you would like to help please click on the link above for more information.**



**“Like” us on  
Facebook!**

**West River  
Community Center**

**HOURS OF OPERATION:**

**Monday-Friday 5:00 am - 10:00 pm**

**Saturday 7:00 am - 9:00 pm**

**Sunday 12:00 - 8:00 pm**



**2004 Fairway Street  
(701) 456-2070  
dickinsonparks.org**



**Register online -  
it's easy!**



**Register Online go!**