

Basic Package Members



ATTENTION Basic Package Members! Have you ever wanted to try a **Group Fitness Class**? For the month of March only, you will be able to attend Group Fitness classes for **FREE!** See more under "Aerobic Corner" on page 3.

Half Marathon Running Club

offered by Healthy Results, Inc.

1st Run: March 7 - 5:30 am

Cost: \$75.00/person

Race Date: June 5, 2011

Max of 30 participants

****Registration will be taken up to 1st run on March 7th.**



5K Running Club

Offered by Shannon Selle, Personal Trainer, Healthy Results, Inc.

Ready, Set, Run...

Have you always wanted to run a 5K (3.1 miles)? Join the running club and we will give you a 7-week program to prepare you for the 3.1 miles race or fun run. In addition to our weekly runs together, we'll give you running and walking tips, stretches, and an individual running program for beginners or advanced runners. Whether working on your speed and endurance to run for the first time or trying to make a personal record, the running club can assist you with motivation, accountability and group support. All levels welcome!

Dates: Begins in April

Watch for start date to be announced.

Days/Times: Wednesdays at 5:30-6:30am

Cost: \$55.00

Registration Deadline: April 1, 2011

*Pick up registration forms from the media rack and turn in to WRCC Control Desk by April 1st.

Health Club Credit

ATTENTION BCBS HEALTH CLUB CREDIT MEMBERS: To help us keep track of your usage... when you swipe your card each day, make sure it gets logged in. It takes 3-4 seconds for your pass to be activated. Wait until you hear the beep before leaving. It is also important that no one swipes their card before yours is completely logged in. If this happens, neither card will be activated.

"Eat Right with Color" Cooking Class

Offered by Jo Marie Kadrmas, LRD, Healthy Results, Inc. and Jennifer Kuntz, Chef

Date: Saturday, March 26

Time: Kids in morning; Adults in afternoon

Location: WRCC Community Room

Registration opens: Monday, March 7

*Look for more specific details on the media rack at WRCC starting March 7.

Climbing Wall

Are you interested in becoming a Certified Belayer? We will have a sign-up sheet at the Control Desk for anyone interested. Once we have at least 6 individuals signed up we will schedule a class.

Why would I want to be a Certified Belayer? Being a certified belayer will allow you to climb the wall during Open Climb hours rather than just during Supervised Climb hours.

Swim Club for Beginners



offered by Shannon Selle, Personal Trainer, Healthy Results, Inc.

Need a new workout? Need to work on your swim stroke so you swim faster or get somewhere? Triathletes -- give your swim segment a boost with some speed specific workouts!

Dates: March 15, 25, 29 & April 8

Time: 5:40-6:35 am

Cost: \$59.00

Location: WRCC Lap Pool

Deadline to register is March 10.

*Pick up a registration form from the media rack and turn in to the WRCC Control Desk by the March 10th deadline.

UPCOMING EVENTS:

- March 6 - Dolphin's Swim Meet
- March 7 - Half Marathon Club 1st Run
- March 13 - Daylight Savings Time Begins
- March 15 - Swim Club Begins
- March 17 - St. Patrick's Day
- March 21 - Aquatic Lessons Begin
- March 26 - Eat Right w/ Color Cooking Class

POOL NEWS

- A new session of aquatic lessons will be held March 21-April 21. There are few openings left. Please visit our web site for available classes.
- Dolphins Swim Meet Sun., March 6
- Please watch for postings of Lap Pool schedule changes.



NEW CLASS! DEEP WATER AEROBICS!

Join us for a fun and challenging workout using flotation cuffs and resistance equipment. A non-impact workout that is easy on the joints yet totally exhilarating for all fitness levels. Class is held in the deep end of the lap pool. Swimming skills are not necessary as the flotation cuffs keep you buoyant and your head is above the water the entire class. Class includes cardiovascular and toning exercises, 50 minutes in length. Class is limited, so please pick up a number from the Control Desk.



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:

Natashia Ash, CSCS
Shannon Selle, ACE
Patty LaPaglia, ACSM
Shannon Halvorson, ACSM

Licensed Registered Dietitian:

Jo Marie Kadrmas, LRD

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.”

Healthy Results News...

Good job to everyone who took part in our Cross Country Ski Workshop held at Patterson Lake on Friday, February 18th. We had a lot of people who have never tried skiing before join us for some fun in the snow! Good job to all the participants that braved the cold and tried something new!



#1 - Cami and the Cupcakes Team

#2 - Johanna Njos

BodyFit Challenge

Congratulations BodyFit Challenge Weekly Prize Winners!

Week 1 - Diana Kostelecky; \$75 to Euphoria Salon & Spa

Week 2 - Valerie Martinez; EAS Columbia Sweatshirt

Week 3 - Sheila White; 1 FREE Personal Training Session

GREAT JOB! YOU DESERVE IT!!

See more on next page...



Let Color be your Guide to Nutritious Meals and “Eat Right with Color” during National Nutrition Month

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

While the trees may be bare in March, there are still plenty of colorful and nutritious foods to fill your plate. During the 2011 National Nutrition Month®, the American Dietetic Association encourages everyone to add color and nutrients to your meals through this year’s theme: “Eat Right with Color.”

“Adding a splash of colorful seasonal foods to your plate makes for more than just a festive meal. A rainbow of foods creates a palette of nutrients, each with a different bundle of potential benefits for a healthful eating plan,” says registered dietitian and ADA Spokesperson Karen Ansel.

“Healthy eating includes more than counting calories alone. In fact, most children don’t get enough of all the essential nutrients critical to normal growth and development,” says Ansel.

“Food variety supplies different nutrients, so to maximize the nutritional value of your meal, include healthful choices in a variety of colors.”

Ansel offers ways to brighten up your plate in every season with this quick color guide.

GREEN produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

- Fruits: Avocado, apples, grapes, honeydew, kiwi and lime
- Vegetables: Artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

ORANGE and DEEP YELLOW fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

- Fruits: Apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- Vegetables: Carrots, yellow pepper, yellow corn and sweet potatoes

PURPLE and BLUE options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

- Fruits: Blackberries, blueberries, plums, raisins
- Vegetables: Eggplant, purple cabbage, purple-fleshed potato

RED indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

- Fruits: Cherries, cranberries, pomegranate, red/pink grapefruit, red grapes and watermelon
- Vegetables: Beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

White, tan and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

- Fruits: Banana, brown pear, dates and white peaches
- Vegetables: Cauliflower, mushrooms, onions, parsnips, turnips, white fleshed potato and white corn

Ansel recommends choosing a variety of colors when shopping for seasonal fruits and vegetables. “And for additional options in the color palette, choose frozen or dried fruits and vegetables available throughout the year,” she says.

Instead of grilled chicken and mashed potatoes, consider painting a more colorful plate, such as grilled chicken topped with salsa, mashed sweet potato, asparagus and spinach salad with orange slices. A colorful meal is not only visually appealing, but it also contains a variety of nutrients and is quite flavorful,” Ansel says.

For more information on how to “Eat Right with Color,” visit ADA’s website, eatright.org, for a variety of helpful tips, fun games, promotional tools and nutrition education resources.

Aerobic Corner

by Brenda Erie, Group Fitness Coordinator

Basic Member Promotion

Attention Basic Members! For the month of March only, you will be able to attend Group Fitness classes for FREE!

Basic Members will pick up a punch card at the Control Desk. This card will allow you to attend any of the group fitness classes during the month of March. At class, show the group fitness instructor your punch card and after the class the instructor will stamp your card and give it back to you. At the end of the month, if you have 6 or more stamps on your card, you will be eligible to upgrade your membership to a Full-Center Package for 20% off. At the end of the month, please turn your card into the Parks & Recreation Administrative Office to upgrade your membership.

OTHER GROUP FITNESS NEWS:

Intro to Pilates will be offered the first Saturday in March at 10:00 am in Studio A. Intro to Pilates is a 60 minute class designed to teach participants the principles of pilates, body awareness of pilates, breathing techniques, and correct form. The first 15 minutes of class the instructor will be talking about the principles/history of pilates, the second 15 minutes will be showing you the body awareness techniques, the next 15 minutes the instructor will go through some basic moves with you at a very slow pace and finally the instructor will be showing you how to do the moves correctly.

Saturday Schedule - We will be offering two cardio classes at 8:30 am on March 12 and March 26 to accommodate the overflow of participants at the 8:30 am classes. You will have your choice of Zumba or Cycling. Thank you for your participation and dedication to the Group Fitness classes!

We will be alternating Pilates and Yoga Blend on Saturdays this month. I encourage you to try out this new and vibrating class!

Coming Soon! Look for incentives in April for our Full-Center Members!

More BodyFit Challenge 2011

Teams and individuals were invited to our Team Challenge Event on February 24th. Each team played 4 active and fun games that built teamwork and camaraderie. Teams rotated after completing each game until they played 4 games. Prizes were given away to the 1st, 2nd & 3rd Place Teams. Teams were encouraged to be creative with their uniform to identify themselves as a team during the games.

*The night was a huge success!!
Thank you to everyone who participated!*



TEAM CHALLENGE WINNERS

1st Place (11,000 points) - Team #19: James & Dawn Weber, Tresa Diem and Travis Kooper; 20% off 3 Healthy Results Personal Training Session plus Ice Scraper from The Dickinson Press

2nd Place (10,000 points) - Team "The Determinators": Valerie Martinez, Malia Pederson, Hannah Lundley & Cathy Yineman; EAS/Myoplex Shirt

3rd Place (9,000 points) - Team "Rehab Visions": Dan & Nancy Metz, Lee Werchau & Stephanie Weinreis; The Dickinson Press Water Bottles



Click here for the
MARCH
Group Fitness
Schedule

Water Aerobics
Schedule

**NEW! Deep Water Aerobics -
GIVE IT A TRY!**

**Water Aerobics is open to all adults,
women & MEN too!**

SilverSneakers

SilverSneakers... Watch for a Grocery Store Tour to be scheduled in March! We will let you know as soon as possible on the day and time.

SilverSneakers Schedule

10:00 am Mondays - Cardio Circuit
10:00 am Tuesdays - MSROM
10:00 am Wednesdays - Yoga
10:00 am Thursdays - MSROM

If you have any questions regarding the SilverSneakers program please call Eric or Jo Marie at 456-2070.

Kids Fit

Cupid made a visit to Kids Fit in February for Valentine's Day! Thank you Cupid! We had a great time!



Youth & Adult Orientation Classes

There will not be an orientation class in March, but look for one to be held in April. Day/time will be available soon. Classes are provided to give a thorough orientation to the community center including safety, gym etiquette and use of fitness equipment. 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.

Daylight Savings Time Begins
Sunday, March 13th - Think Spring!

St. Patrick's Day
Thursday, March 17th



Current WRCC Memberships:

Annual = 4,157

3-Month = 731

Punchcards = 937

5,825 Total Members



Lock up your valuables!
Locks are available for rental for only
\$1.00/day or bring your own. We also
have locker memberships available.
Please inquire at the Control Desk.



**"Like" us on
Facebook!**

West River Community Center

HOURS OF OPERATION:

Monday-Friday 5:30 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!