



MIDLOTHIAN ATHLETIC CLUB

play hard. live better.

MAC Newsletter | August 2016

August News to Know

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Locker Rentals

Lockers are available to purchase.

Cost: \$8.00/month

Please contact Chuck Snow if interested.

chuck@macrichmond.com

Welcome new members & families!

Charley Bailey
Sheneque Bailey
Mary-Kay Beasley
Tiffany Bishop
Sara Butsavage
Whitney Calloway
Elicia Carey
Mara Cody

Dear Members & Friends,

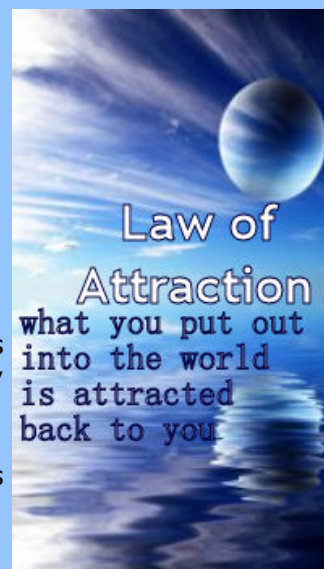
Several weeks ago back in June of 2016, I attended my 25-year college reunion at UVA. One of my sorority sisters (Jan) and I went as each other's "date," left the kids and husbands

at home, and ventured to Charlottesville, determined to have a great weekend. And, guess what? We did. It was fun and rejuvenating to reconnect with old friends. In fact, one of my favorite non-events of the weekend was simply sitting on the front porch steps of my sorority house with several of my pledge sisters, chatting, laughing and reminiscing. Another unexpected treasure of the weekend was making new friends and connections. My first year room-mate, fellow MAC member, and forever friend (Kelly) invited Jan and me to a couple of parties hosted by her friends. It was fun and inspiring to get to know these new people and create new connections. I

truly enjoyed hearing about all of the interesting life experiences of everyone I spent time with that weekend. Human beings are social creatures by nature, and connecting with other humans truly fills the soul and uplifts the spirit. The universal law of attraction states that our thoughts, feelings, words and actions produce energies, which, in turn, attract like energies. So, negative energies attract negative energies and positive energies attract positive energies. I firmly believe that the energy we put out into the universe is the energy we receive back. And, I believe the reason Jan, Kelly, all of our friends, and I enjoyed such a fun, fulfilling and inspiring weekend is because we all determined it to be so, and we all arrived on campus with similar, positive energies. Quite simply, it is the universal law of attraction in action. Unfortunately, my college years are long gone. However, I am a lucky girl. I won't say that I get to relive my college years through our gym, but I will say that I get to enjoy similar social interactions and opportunities to connect with other human beings through our gym, and so does every one of you. That is a true blessing, and for that blessing, I am grateful.

With health & happiness,

Melissa O'Toole



Tricia Cole
 Heather Cooke
 John Cooke
 Julie Daniel-Fox
 Maegan Deibler
 Jay Diehl
 Garret Doll
 Josh Duncan
 Ransford Ellis
 Ashley Encinas
 Katherine Fickes
 Marisha Fiden
 Ed Fitzgerald
 Taylor Flowers
 Rosa Franco
 Traci Gardner
 Andrew Garofolo
 Frank Gerloff Jr
 Katelin Hamilton
 Steve Hein
 Emily Henderson
 Doris Hickman
 Elisabeth Hodges-Johnson
 Pam Hughes
 Amanda Jarrells
 Mark Johnson
 Mary Jorstad
 Patrick Jurgens
 Diane Kelly
 Chelsea Keiron
 Heather Kovacs
 Peter Lambert
 Scott Landry
 Jennifer LaRuffa
 Katie Lemon
 Rebecca Lowe
 Kelly Mahoney
 Greg McMillan
 Beckton Miller
 Meghan Miller
 Louis Neal
 Megan Negri
 Paul Odonnell
 Ethan Palmer
 Young Park
 Kim Pate
 Erik Peterson
 Marianne Pitts
 Sandra Quinlan
 Idalmi Ramirez
 Cynthia Remington
 Linda Salas
 Joss Sallade
 Esther Schmitt
 Kathleen Shaw
 Spencer Sloan
 Caitlin Smith
 Shawn Smith
 Kai Sommer
 Andrea Tobin
 Corey Trent
 Ruby Vasquez
 Amy West
 Denae Whiten

MEMBER OF THE MONTH



I would like to introduce MAC member, Vicky. Originally, I wanted to write about Vicky because she maximizes the use of her membership. She is getting every penny's worth of her monthly dues. Vicky takes all kinds of group exercise classes, she plays USTA and Suburban tennis at MAC, she takes tennis clinics with our fabulous pro, Tom, her three kids love the kids' club, her husband exercises in the morning on his way to work, and as a family they all enjoy the water park. However, when I called her for a phone interview, the reason for featuring Vicky shifted. Through our conversation, I learned two, ironic and unsuspected facts. For one, Vicky has actually belonged to the gym for roughly 20 years! In fact, she recalled that when she first joined, she must have been about 15 years old, because she couldn't even drive herself to the gym! For two, years ago, she worked at the gym in several capacities, front desk attendant, kids' club staff, and as a lifeguard. Vicky graduated from Virginia Tech, but she said all the way through college, she continued to work at the gym on her breaks, and it was the best job because the managers were always willing to schedule her when she was in town. I was pleasantly surprised to learn these two facts about Vicky, and so I obviously inquired further, and this is where the focus of featuring Vicky shifted. If you know her, you know she always has a smile on her face and is super friendly. So, when I inquired about why chooses to remain a member for all these years, she replied, it is the people. She feels when she comes to the gym, it is like catching up with old friends. She has made friends with both staff and other members through the kids' club, classes and tennis, and she truly enjoys being with all the people at the gym. I believe the friendliness with which Vicky operates brings friendliness back to her, the law of attraction, and that is the unexpected theme of this short biography. On a side note, she and I enjoyed a big laugh on the phone when we remembered the time years ago when we first met. She was a teacher in Chesterfield County, so was I. I also taught BodyPump™ on Mondays at 4:30, and she was a regular participant. During class, I used to say something like, "feel your heart beating." And, she shared a story about one of her elementary students who talked about feel your heart "beeping." So, that became our motivation in class, "feel your heart beeping!" Remembering that expression from years ago brings a smile to my face and warms my heart. This is what our gym membership offers for all of us, the opportunity to connect with other people and lift each other up. Let's enjoy it

ACTIVITIES

If you have any questions or need any further information, please contact Chrissie Callis, Activities and Program Director, at 330-2222 (ext.304) or chrissie@macrichmond.com.

[National Night Out at MAC!](#)



Join us as we celebrate National Night Out at the Water Park.



The water park will stay open until 8:00 pm for National Night Out and enjoy a special FLOAT NIGHT from 6:00-8:00 pm.

The Sweet Frog mobile truck will be on-site & selling yummy treats from 5:00-7:30 pm.



Members of the Chesterfield County Police Department and McGruff the Crime Dog will visit us anytime between 6:00-7:00 pm.

**National Night Out is open to Members and their Guests. Normal guest fees apply.*

[All Sports Summer Camp Registration - Sign up TODAY!](#)

We still have a few spots remaining in certain weeks at All Sports Summer Camp, so don't wait and sign up TODAY! Soccer, Ultimate Frisbee, Tennis and Yoga are just a few of the sports & activities your child will experience at MAC All Sports Summer Camp.

Please click [HERE](#) for our All Sports Summer Camp registration form and further information.



August Member Breakfast

Our complimentary Member Breakfast will take place in the Cafe on Wednesday, August 17th from 8:00-10:00am. Join us with your workout buddies or meet a new one!

AQUATICS

August Group Swim Lessons - Register TODAY!

New group swim lessons for your little swimmer this month. Stop by the Front Desk today, lessons fill quickly!

Group Swim Lessons



<p>Preschool Class <small>Ages 3-5 yrs</small></p> <p>Friday @ 10:00-10:30am August 5th, August 12th, August 19th & August 26th OR Saturday @ 10:30-11:00am August 6th, August 13th, August 20th & August 27th</p>	<p>Level 1 Class <small>Ages 4-7 years old</small></p> <p>Saturday @ 11:00-11:30am August 6th, August 13th, August 20th & August 27th</p>
<p>Level 2 Class <small>Ages 5-9</small></p> <p>Friday @ 10:30-11:00am August 5th, August 12th, August 19th & August 26th</p>	





MIDLOTHIAN ATHLETIC CLUB
www.MACRichmond.com
(804) 330-2222 (ext. 304)

Sign up is available at the Front Desk.

\$45/Members and \$60/Non-Members

Minimum of 3 participants required.

Congratulations MAC Manta Rays!

Congratulations to the MAC Manta Rays for an incredible 2016 summer league season. The Manta Ray swimmers won the B Division Regular Season as well as the B Division Championship Meet on July 25-26, 2016.

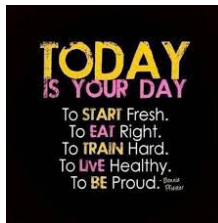


THANK YOU to all the swimmers, parents, volunteers and coaches for making this season a great one for our MAC families.

[Important Aquatics Announcements & Reminders](#)

- Water Park Hours for 2016 - please click [HERE](#).
- When necessary, please be sure to share a lane with fellow lap swimmers and circle swim with multiple swimmers if necessary.
- Cell phone use is strictly prohibited in the hot tub.
- Please make sure that proper swim attire is worn in the pool and the hot tub. Workout shorts, cotton and denim are strictly prohibited.
- Click [HERE](#) for updated lane charts for our indoor pool. Lane charts are for the month of August.

FITNESS



Our MAC trainers will help you on your road to fitness and show you how to get fit for life. They are here to motivate you, inspire you, help you make a difference in how you feel, change your routine or meet new fitness goals. Get details, schedule an evaluation or buy a package today. All new members receive two free personal training sessions.

Contact our Fitness Department at 330-2222 ext. 307 or stop by the Fitness Desk today!

[Yoga Personal Training with Shannon](#)

Why invest in yoga personal training? A private session allows for a more intimate view into YOUR practice. You can start a new practice, deepen your current practice or spend some time working with an injury or specific goal or concern. Injuries and health concerns can make a normal yoga class impractical for some participants. A yoga instructor teaching several students at one time cannot focus on individual needs or ensure that the poses will not further injure or strain a particular person. Furthermore, health concerns like pregnancy, diabetes or heart disease may require special alterations to one's yoga practice. When health concerns are a potential issue, it is best to have a private yoga lesson with a properly trained Yoga Therapist. This can aid in working around the problem, avoid further complications, and help to ease pain or lessen the effects of a certain diagnosis.



The MAC fitness department announces that yoga personal training sessions are now available and offered by MAC yoga instructor and certified Yoga Therapist, Shannon Somogyi. If you are interested in exploring a deeper, personalized yoga practice, for any reason, please stop by the fitness desk or the front desk to get in touch with Shannon. Read Shannon's biography below to learn about her training and credentials.

[MAC Wellness Coaching & Body Transformation w/Casey](#)

The MAC fitness department is excited to share with you information about our newest program, Wellness Coaching and Body Transformation with Casey Lockwood.

MAC offers access to many fitness related outlets, tennis, racquetball, pickleball, personal training, massage, group classes, weight machines, cardiovascular machines, swimming, and walking/jogging on the outdoor trail. We have a full program of mind/body classes to support your internal connections to your spirit. And now, we have a program to address not only your physical fitness but also your diet.

MAC Wellness Coaching and Body Transformation, brought to you by Casey, is a program designed to address your physical fitness goals and your diet/nutrition related goals. Casey works with program participants who have goals such as, but not limited to:



- weight loss and weight gain
- body composition changes
- muscle gain and muscular definition improvements
- healthier meal planning
- improved energy

Intrigued? Click [HERE](#) to watch our introduction video and read our informational flyer by clicking [HERE](#).

[Tracey's Challenge](#)

Tracey's Challenge, is lead by MAC Personal Trainer Tracey Brooks, is a fun but challenging, high intensity interval class that will help you achieve your fitness goals. Tracey is able to adapt the exercise to fill all fitness levels.

Join Tracey on Thursday evenings from 6:30-7:15 pm in the GX2 studio. Cost is \$5/per class and be paid for at the Front Desk. Or purchase a 5 class pass for \$25 or \$10 classes for 50.

For more information, please contact the Fitness Department at 330-2222, etc. 307.

GROUP EXERCISE

[Click HERE for August Group Exercise Schedule](#)
[Click HERE for Group Exercise Class Descriptions](#)
[Click HERE for Group Exercise Attendance Policy](#)

MAC offers a variety of classes geared to our Senior

Memberships!

Strength for Seniors, Tai Chi, Chair Yoga, and LIA Gentle are perfect classes for all levels. As well as all of our Water classes- from Water in Motion to H2O Aerobics, Aqua Zumba, Deep H2O and Gentle!

**Check the schedule for class days, times, and descriptions!*

Did You Know...Five Myths about exercise & aging.

Myth 1: There's no point to exercising. I'm going to get old anyway.

Fact: Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity. Not only can exercise help stem the decline in strength and vitality that comes with age, it even improve it. And the mood benefits of exercise can be just as great as 70 or 80 as they were at 20 or 30.

Myth 2: Older people shouldn't exercise. They should save their strength and rest.

Fact: Research shows that a sedentary lifestyle is unhealthy for adults over 50. Inactivity often causes older adults to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

Myth 3: Exercise puts me at risk of falling down.

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling.

Myth 4: It's too late. I'm already too old to start exercising.

Fact: You're never too old to start exercising and improve your health! In fact, adults who take up exercise later in life often show greater physical and mental improvements than their younger counterparts. If you've never exercised before, or it's been a while, you won't be encumbered by the same sports injuries that many regular exercisers experience in later life. In other words, there aren't as many miles on your clock so you'll quickly start reaping the rewards. Just begin with gentle activities and build up from there.

Myth 5: I'm disabled. I can't exercise sitting down.

Fact: Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics, chair yoga, and chair Tai Chi to increase range of motion, improve muscle tone and flexibility, and promote cardiovascular health. Many swimming pools offer access to wheelchair users and there are adaptive exercise programs for wheelchair sports such as basketball.

**Click [HERE](#) to read the full article.*



Family Friendly Classes in August

Did you know that kids 9 years up and older can take Group Exercise classes here at MAC with a parent?

We have a passion to see families being active together...and have FUN while doing it!

August 1- 9:45am BodyAttack
August 3- 5:00pm Yin Yoga
August 10- 10:35am Zumba
August 14- 2:00pm BodyFlowä
August 16- 5:30pm Butts, Guts, & More
August 18- 10:35am BodyFlowä
August 23- 10:30am Yoga
August 25- 6:30pm BodyStepä
August 30- 10:35am CX Worxä
September 1- 5:30pm Zumba

**Look for the following classes in August selected to include our younger members ages 7 and up.*

KIDS' CLUB

Parent's Morning Out- EVERY Tuesday & Friday in August

We will offer Parents Morning Out on Tuesday and Friday mornings from 9:00am-1:00pm.

Price is \$3/hr. per child for Members and \$5/hr. per child for non-Members. Please sign up in Kids' Club by the day before your child plans to attend.

Parent's Night Out, Friday, August 19th, 5:00-8:30 PM

Parent's Night Out will be on Friday, August 19th from 5:00-8:30pm.

Cost is \$3/hr. per child for Members and \$5/hr. per child for non-Members. Sign up in Kids' Club by Thursday, August 18th.

Kids' Club Hours

Kids' Club will be open ALL DAY, Monday-Friday, in August. Hours will be 8:30am-8:00 pm. Any child under the age of 18 months, still needs to have a reservation. Weekend hours will remain the same.

Please note on Labor Day, Monday, September 5th, Kids' Club will only be open for our morning hours (8:30am-1:00 pm).

MEMBERSHIP

Friends & Family Week...Coming Soon!

We are happy to bring Friends & Family Week back to MAC. From Saturday, October 1st-Saturday, October 8th, you are invited to bring your friends and non-member family members to try MAC for free. They can enter to win a free 1-month membership & YOU can enter to win a MAC Prize Pack.

Keep in mind, if they join for a year or more and mention your name, you receive a \$100 referral credit.

Congratulations to our Member Referral Winner

Congratulations to the winner of our Member Referral Contest,

Scott Gephart.



Scott had the most Member Referrals between May 1-June 30, 2016 and added this new Flat Screen TV to his home. Congratulations Scott!

THANK YOU to all the members who referred friends, family, neighbors

and co-workers to MAC.

TENNIS

Tennis Bookings

So far this new online system has been an incredible success both for members and staff, as we have received many sincere words of appreciation for its implementation.

- If you have not yet requested a user account please visit the site at midlothianac.tennisbookings.com and do so today. If you need further assistance with the system, please do not hesitate to contact me.
- As a reminder we are encouraging everyone who would like to attend one of our Adult Clinics to please sign up for it by clicking on the event button and putting your name down. This will help the teaching pro determine how to best structure the class.

Upcoming Events

August 5th from 6-8pm: Dubs-n-Suds -Starting this month we are going to begin a monthly (possibly semi-monthly) event called Dubs-n-Suds, the name says it all. Pick up doubles and beer, what could be better. If you are interested please sign up on our tennisbookings website by clicking on the event.

August 26th from 6-8pm: MAC Pro/Am - Join your MAC pro's in a "friendly" game of doubles. From 6-7pm we will pair up with our 3.0/3.5 players and from 7-8pm we pair up with our 4.0/4.5 players. Drink specials will be available for all to enjoy.

Special Acknowledgements

MAC would like to give a special recognition to MAC Peer 3.0, 18 & over, who went undefeated at regional's and are now heading to Sectionals. Congratulations for your tremendous effort.

Thank you for representing MAC in such a positive way.

Recent Updates



Please notice the new scorecards on the courts as well as the door leading to the outdoor courts. (No more getting locked outside!

(804) 330-2222

www.macrichmond.com