

## MAC Newsletter | July 2016

### July 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](mailto:chuck@macrichmond.com)

### July Recipe

Click [HERE](#) to enjoy this month's sweet, healthy recipe.

Welcome new  
members & families!

Susanne Anguilar

Dear Members & Friends,

I have an indelible, and hugely positive, memory of the hum of box fans; it is medium then dark in tone, blue then black in color, speckles of gray and flashes of white appear in ever changing patterns. This same memory turns into crisp light blue marked with wisps of pale yellow and white, and the hum of peaceful rest. When I was a child, growing up on Triton Drive in Woodmont, we didn't use air conditioning at our house in the summertime. My father, the final child of two batches of siblings, three before the Great Depression and three after, didn't believe we "needed it." (He, of course, went to work each summer day to his chilly, air conditioned office that required the employees to wear long sleeves and long pants in the summer time, the very same pieces of my wardrobe that disappeared come April of any year of my youth.) This is the same kind of office building that causes your glasses to fog when you walk outside. I know, because I also worked there in my teenage years. Anyway, sometimes the air conditioning fairy (aka my mother) would sneakily appear at my house, remove the box fans from windows, close all the windows and doors, and cool the house for a short smidgen of time during the day. The fairy would just as mysteriously disappear, about an hour later, so that my father would not become suspicious of some evil plot to thwart his plan of no air conditioning. But. We had box fans. Boy, did we have box fans. Each bedroom of my childhood home had a huge, humming fan that consumed the bottom half of the window. All of our bedroom doors were left open with the fans running at night to encourage the air to circulate and make the temperature of our home more comfortable and "sleepable." On a particularly lucky year, I may have had two fans in my room! I actually loved my box fan (to this day I sleep with a fan running; in fact, it is the very same fan that accompanied me to college). However, my fan caused me one trouble in the summer time. My best friend, Liz, lived next door to me. Not only was I lucky to have her right next door, but also our bedroom windows faced each other. So, most nights of my young life, she (of the air conditioned house) and I would open our windows, share our news (as if anything had happened since we parted ways for dinner), and say our final good nights. However, the problem in the summer time, for me, was the removal of the box fan, so that I could talk with my buddy. I would have to flip the switch to off, remove the plug from the outlet, lift the fan out of the window, and endure the loss of circulating air. For a ten year old, that was a bit of work just before bedtime, just to chat with my friend, and bear in mind, the whole process must be reversed in order to replace the fan at the conclusion of our conversation. But, the work was worth it. So



Julie Albelo  
 Seneque Bailey  
 Michelle Bain  
 David Bess  
 Sarah Bliley  
 Karen Briley  
 Michelle Bain  
 David Bess  
 Sarah Bliley  
 Karen Briley  
 Elaine Bowling  
 Michael Burke  
 David Carter  
 Mara Cody  
 Andrew Cogswell  
 Tricia Cole  
 Randi Cross-Brash  
 Kelly Decker  
 Maegan Deibler  
 Jay Diebler  
 Jay Diehl  
 Garret Doll  
 Hannah Donlon  
 Trey Eanes  
 Travis Ellwanger  
 Suzanne Elms  
 Ashley Encinas  
 Ed Fitzgerald  
 Traci Gardner  
 Kim Garnett  
 Frank Gerloff Jr  
 Matthew Grinsell  
 Angel Harrell  
 Steve Hein  
 Emily Henderson  
 Doris Hickman  
 Tom & Tephaniae Hodges  
 Sharon Hudson  
 Pam Hughes  
 Abil Jamil  
 Amanda Jarrells  
 Danielle Jones  
 Mary Jorstad  
 Michael Julian  
 Patrick Jurgens  
 Deborah Kane  
 Nicholas Kantner  
 Theoeun Kao  
 Daniel Kaufmann  
 Diane Kelly  
 Kimberly Kiefer  
 Colleen Knopke  
 Lisa Lamberson  
 Peter Lamberta  
 Gail Lamm  
 Jennifer LaRuffa  
 Earl Leggette  
 Katie Lemon  
 Shannon Magne  
 Kelly Mahoney  
 Richard Martin  
 Greg McMillan  
 Ralph Mileouski  
 Meghan Miller

worth it. Especially when we would plan to bring our flashlights!!! Most nights of my summers of my youth, I was the box fan mover. The point of my story is simple. Sometimes unplugging in order to be present fully and sincerely requires conscious effort and work. In today's world, turning off our electronic devices at night mirrors the dreaded removal of the box fan. For the month of July, I have several plans, but I have two specifically I will share here. One, I plan to put in the work to unplug at night and enjoy conversing with my family and friends. And, two, I will sleep with both my air conditioning and my fan!

With health & happiness,

Melissa O'Toole

## MEMBER OF THE MONTH

"I would rather wear out than rust out," replies Dave when asked about his life philosophy. Just about everyone at the MAC knows Dave, as he is at MAC most days of the week. He has been a MAC member for more than 24 years, and he is five years into his retirement from International Paper, where he worked for 37 years! Dave graduated from Loyola University, where he played collegiate lacrosse, and he also served in the army as a combat officer during the Vietnam War. Dave and his wife, Susan, have a daughter, son-in-law, and two granddaughters. Their family has the unique distinction of enjoying four generations living in the same neighborhood, Susan's parents, Dave and Susan, and their daughter's family! While there is much to share about Dave's past, it is how he chooses to live his retirement years that is the current inspiration. Dave chuckles when he mentions being president of his ROMEO's Club, a club of over 125 members. ROMEO stands for retired old men eating out. Dave volunteers for the Chesterfield Police, Chesterfield Fire and EMS, and Chesterfield Emergency Response Team. He is an advanced weather spotter for the National Weather Service, an ambassador for the Capital Bike Trail, and an active member of his church, Episcopal Church of the Redeemer. Dave's latest project is a cute, yellow Labrador puppy named Daisy, whom he is training to be a therapy dog. Dave chooses to share his zest for life and love of community by being an active and engaged citizen of our county, and for that we are all grateful. We are also grateful for his support of the MAC group exercise program, as he avidly participates in classes such as spinning® and BodyPump™. Dave's fitbit shows that on average, he earns 25,000 steps per day. With that level of activity, there is no chance of him rusting out, though his fitbit will likely wear out!



## TENNIS

Congratulations to the MAC Peer 6.0 Mixed Team who battled all the way to the Sectional Finals! Such a tremendous effort by all players and such a positive way to represent MAC Tennis.

Gene Morgan  
Louis Neal  
Minh Nguyen  
Paul O'Donnell  
Linda Onorati  
Cristina Pagano  
Ethan Palmer  
Young Park  
Kim Pate  
Sandra Perez  
Lisa Pope  
Christopher Preuss  
Amy Pritchard  
Robert Ramer  
Lee Ann Randolph  
Cynthia Remington  
Stephanie Rummel  
Linda Salas  
Joss Sallade  
Esther Schmitt  
Akela Silkman  
Caitlin Smith  
Madison Smith  
Robin Smith  
Kai Sommer  
Christina Spence  
Shantaram Talegaonkar  
Andrea Tobin  
Corey Trent  
Ruby Vasquez  
Alvin Walker Jr.  
Linda Wallace  
Gwen Wind  
Courtney Wirt  
Wanda Wood  
Henry Woolard  
Michael Ziadeh

### Upcoming Events

- **June 27th-July 1st** - Club Challenge Tournament #1
- **July 4th, 12:00-3:00pm** - Round Robin followed by July 4th activities at the water park. Sign up for the Round Robin on Tennis Bookings.
- **Club Singles Tournament** - We will be rescheduling this event, please stay tuned for further details.

### High Performance Tennis Camp

Our first session of High Performance Tennis Camp is currently underway, but have additional weeks throughout the summer. If you have a Junior who is not yet signed up for this great camp, please stop by the Tennis Desk or Front Desk to register today!

### NEW Clinics & Cardio Classes

The Tennis Department has added several new clinics and cardio classes throughout the week to help you, our valued Tennis members. Please check the events schedule on [midlothianactennisbookings.com](http://midlothianactennisbookings.com). We encourage all players to sign up online in advance!

We are looking forward to a great summer and we will see you on the courts!

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## MEMBERSHIP

### Welcome New Members

Welcome to all of our new Members! Please be sure to take advantage of the 2 FREE PERSONAL TRAINING sessions that come with your new membership. Also, we encourage all of our summer memberships to take advantage of the classes that MAC offers.

Summer Members, please stop by our Membership Department soon to look at signing on for a long term membership before our current specials come to a close!!!

### Member Referral Program

All Members, please remember the member referral program. Refer a new member who signs up for a 1 or 2 year term, and receive a \$100 credit towards your account. Thank you for the large number of member referrals we have received thus far.

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## KIDS' CLUB

### Parent's Morning Out-EVERY Tuesday & Thursday in July

We will offer Parents Morning on Tuesday & Thursday in July from 9:00am-1:00pm. Cost is \$3/hour per child for Members and \$5/hour per child for non-Members.

Please sign up in Kids' Club the day before your child plans to attend.

### Parent's Night Out - Friday, July 15th, 5:00-8:30 PM

Parent's Night Out will take place on Friday, July 15th from 5:00-8:30pm. Cost is \$3/hour per child for Members and \$5/hour per child for non-Members. Sign up in Kids' Club by Thurs., July 14th!

### [Kids' Club July Hours](#)

Kids' Club will be open all day, Monday-Friday. Hours will be 8:30am to 8:00pm. Any child under the age of 18 months will need to have a reservation.

Weekend hours will remain the same.

## GROUP EXERCISE

[Click HERE for JULY Group Exercise Schedule](#)

[Click HERE for Group Exercise Class Descriptions](#)

[Click HERE for Group Exercise Attendance Policy](#)



Can you believe it's already July and we are well into summer? Have you been keeping up with your exercise routine...or have you slipped a bit and "vacationing" more than you wanted to? If so...get back to your classes or try something new! You won't regret it!!

### [LES MILLS 4th of July Launch](#)

**LES MILLS 4th of July Launch!**

Join us Sunday July 3rd & Monday July 4th as we experience the NEWEST Les Mills releases in all of your favorite classes!

Plan on heading out to the Water Park after the grill will be going and a DJ keeping the party alive at 12pm! You'll have earned it!

**Monday July 4th**

- 7:30am LESMILLS GRIT SERIES
- 8:05am LESMILLS BODYATTACK
- 8:40am LESMILLS BODYCOMBAT
- 9:15am LESMILLS BODYPUMP
- 10:00am LESMILLS BODYSTEP
- 10:35am LESMILLS CXWORX

**Sunday July 3rd**

- 2:00pm LESMILLS BODYFLOW

**MAC**  
MIDLOTHIAN ATHLETIC CLUB

### [Class Highlight of the Month...BODYCOMBAT™](#)

WHAT IS BODYCOMBAT™?

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories\* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ! Bring your best fighter attitude and leave

inhibitions at the door. Click [HERE](#) for a clip and then come try it for yourself.

## Beginners' Spinning®, July 10th

### 10 HEALTH BENEFITS OF SPINNING

#### #1 HIGH CALORIE BURN

One of the best things about spinning is that it blasts through calories and body fat with a one hour class working off an impressive 700 calories per hour.



This makes spinning a top weight-loss tool and by going to spinning classes weekly, you can easily lose over 1lb of body fat per month.

#### #2 IMPROVED CARDIOVASCULAR FITNESS

Spinning is an intense exercise and strengthens your heart, lungs and vascular system. This enhances the amount of oxygen they can pump around your body which improves your energy and endurance levels during exercise.



#### #3 LOW IMPACT EXERCISE

Many cardiovascular exercises such as running and skipping are high impact and place pressure on your joints which leads to pain and injury in the long term. Spinning is a low impact cardiovascular exercise and gives you an intense workout without impacting your joints.



#### #4 FUN FILLED WORKOUT

Cycling on a stationary bike in the gym quickly gets boring and repetitive.



However, the group atmosphere, ever changing intensity and motivational instructor all come together to make spinning a fun filled workout that you'll love.

#### #5 IMPROVED MOTIVATION

If you find it difficult to stay motivated when you exercise, spinning class is the perfect solution.



The music instructor and other class members all help create a motivational atmosphere that will keep your spirits high.

#### #6 SUITS ALL FITNESS LEVELS

In a spinning class, you choose the pace and the intensity. This means whether you're just getting started in the world of fitness or you're a fitness pro, spinning is a top choice.



You're in full control at all times and can match your intensity to your current personal fitness levels.

#### #7 LOW INJURY RISK

Most free forms of cardiovascular exercise such as running and step aerobics come with a high injury risk and leave you susceptible to joint injuries, over stretching, sprains and muscle tears.



Spinning protects against many of these injuries by guiding your movements and taking the pressure off your joints. This helps keep your muscles and joints free from injury and prevents you from over stretching your body.

#### #8 ENHANCED MUSCLE STRENGTH & TONE

Spinning does a fantastic job of toning and strengthening the muscles in your core and lower body. The pedalling action directly targets your leg muscles while maintaining the correct position on the spinning bike works your abdominal muscles and lower back.



Pedalling faster at a lighter intensity promotes muscle toning while pedalling slower at a higher intensity strengthens your muscles.

#### #9 INCREASED MENTAL FITNESS

Spinning provides you with a physical release for stress and pressure and has a relaxing, soothing effect on your mind. The challenge of spinning also helps build mental strength, discipline and determination.



#### #10 WEATHER PROOF EXERCISE

One final benefit of spinning is that it's not dependent on the weather. Even if it's too windy and wet outside to cycle, you can always head to a spinning class, get a workout in and avoid the adverse weather conditions.



12:15pm for BEGINNERS SPINNING®. She will start with the bike...showing you how to set up the seat and handlebars, and take you through what to expect in a Spinning class.

*Thank you to our Members for being OUR motivation! You guys ROCK!*

*As always, please feel free to use my email for any questions, feedback, or suggestions at [jen@macrichmond.com](mailto:jen@macrichmond.com).*

## FITNESS

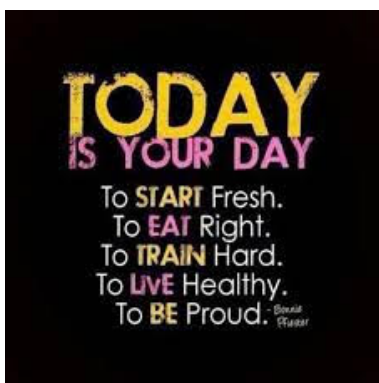


A note and farewell from Midge and Thom Stanton follows, as they are set to begin their new adventure. Members may follow their journey on [Timbertrails.tv](http://Timbertrails.tv) or [Timbertrails](http://Timbertrails) on FaceBook.

"We want to thank everyone in our MAC family for 12 great years. We have so many great friends and fond memories. We are excited about our new adventure, and at the same time we will miss everyone. So we will not say goodbye but rather we look forward to seeing you soon.

We wish you all the best!

Love and hugs,  
Thom and Midge Stanton :)"



## BE GREAT...TODAY!

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. Contact our

Fitness Department at 330-2222, ext. 307 or stop by the Fitness Desk to schedule your free fitness evaluation or equipment orientation today.

### [Tracey's Challenge](#)

This class, led by 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 exercises to fit all fitness levels. Are you up for something new? Then, take the challenge! Join Tracey on Thursday evenings from 6:30-7:15pm in GX2. Cost is \$5/class, 5 classes for \$25, 10 classes for \$50. For more information, contact the fitness department at 330-2222 ext. 307.

### [BRAND NEW...Personal Yoga Training](#)

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](#).

## AQUATICS

### [July Group Swim Lesson Classes](#)

# Group Swim Lessons

**NEW Class Offerings!**

**Preschool Class** *Ages 3-5 yrs*  
**Thursday @ 11:00-11:30am**  
July 7th, July 14th, July 21st & July 28th  
OR  
**Saturday @ 10:30-11:00am**  
July 9th, July 16th, July 23rd & July 30th

**Parent-Tot Class** *Ages 6 months - 2.5 yrs*  
**Saturday @ 11:00am-11:30am**  
July 9th, July 16th, July 23rd & July 30th

**Level I Class** *Ages 4-6 years old*  
**Thursday @ 11:30-12:00pm**  
July 7th, July 14th, July 21st & July 28th



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www.MAC@richmond.com  
(804) 330-2222 (ext. 304)

Sign up is available at the Front Desk.  
\$45/Member and \$60/Non-Member  
*Minimum of 3 participants required.*

Be sure to sign up at the Front Desk by Tuesday, July 5th to get your little swimmer in our next round of group lessons.

### [Important Aquatics Reminders](#)

-When necessary, please be sure to share a lane with fellow lap swimmers and remember lap lanes in the outdoor pool are reserved for lap swimming.

-Cell phone use is strictly prohibited in the hot tub and in the locker rooms.

-Please make sure that proper swim attire is worn in the pool and the hot tub. Workout shorts, cotton and denim are strictly prohibited.

## ACTIVITIES

*If you have any questions or need any further information, please do not hesitate to contact Chrissie Callis at (804) 330-2222 ext. 304 or [chrissie@macrichmond.com](mailto:chrissie@macrichmond.com).*

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

Sign up your child today for a week full of fun & sports at MAC's All Sports Summer Camp. Whether your child likes playing basketball, soccer, wiffle ball, kickball or Capture the Flag, All Sports Summer Camp covers them all. This year, we are happy to introduce yoga, tennis as well as kayaking (in the indoor pool) to our campers!

Click [HERE](#) for further details on All Sports Summer Camp and to see a sample day. Space is limited, so don't wait and sign your child up today. Camp registration forms are available [HERE](#).



### [Member Breakfast](#)

Our July Member Breakfast is scheduled for Wednesday, July 20. Join us in the Cafe from 8:00-10:00am for a complimentary breakfast.

### [July 4th at the Water Park](#)



Celebrate Independence Day at the MAC Water Park on Monday, July 4th. The celebration starts at 12 noon with a DJ by the water park and the grill running for hot-dogs and hamburgers. Other activities offered on July 4 are tennis in the morning (sign up on tennis bookings) and group exercise classes from 7:30am - 11:30am. Please read more about these activities in their designated sections of this newsletter.

(804) 330-2222

[www.macrichmond.com](http://www.macrichmond.com)