

# MAC Newsletter | November 2016

## November 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)

## Welcome new members & families!

Ryan Adams  
Elizabeth Aristov  
Emily Blakemore

Dear Members & Friends,

Every family has certain activities they enjoy doing together, such as preparing a newly discovered recipe, walking the dog at Pony Pasture, playing a board game, going on a bike ride, watching movies or perhaps even exercising at the gym! We are a fortunate community in RVA because we have access to many varied hobbies, passions, sports and past-times. Of course, these chosen activities of how to spend our discretionary time vary from family to family based on the members' preferences and passions, and wow, our American life is full of options. Personally, I think we should explore them! For my family, we enjoy listening to live music and traveling, sometimes the listening to live music entails the traveling. We recently took a quick trip to NYC to visit our son, who is in college in the Big Apple. I had this revelation. I like to talk to strangers. So does my daughter. She will start up a conversation with anyone anywhere. My husband is guilty as well. He is particularly chatty with cab and uber drivers. He wants to learn all about their history (which often includes where they were born and how they came to America). For me, I like to chat with people on elevators. Often, a hotel elevator is full of people, all choosing to visit the same city, and everyone is standing in complete silence, as if it is impossible to consider we have anything to say to one another. I listen for accents of speech and inquire about fellow travelers' hometowns, or I break the silence and ask what is the purpose of their visit and what they are planning to do. It is in these short, spontaneous conversations I often learn of unexpected, cool things to do or activities occurring, things about which I had no idea. In all these years and visits to NYC, I had never heard of the High Line, a new discovery for me this weekend, as I was chatting with a "stranger" on an elevator who shared that was his current destination. So, we followed along and discovered the High Line, a cool, public park built on a historic freight rail line elevated above the streets on Manhattan's West Side. Of course, I wouldn't have learned of this park without sparking the conversation in the elevator, which is the point of my message today, openness and curiosity. For me, I enjoy being open and



available to others and being curious about others' lives and experiences. Being open and available creates positive and meaningful human interactions, and being curious and open to possibilities often leads to growth and enriching experiences. It is through the same openness and curiosity I have learned interesting stories of our fellow

Ed Bradley  
Katharine Clark  
Harold Clarke  
Scott Clayton  
Marnee Hadfield  
Janice Hall  
Treva Harris  
Thomas Held  
Noelle Levasseur  
Dave Dayong Li  
Jeffrey Marlow  
Jared Meyers  
Dante Murphy  
William Mustain  
Helen Naeger  
Laura Rackley  
Sabiha Reza  
Arnold Robinson  
Keith Smith Jr  
Connie Speicher  
Scott Steudle  
Elizabeth ABBY Sykes  
Jason E. Taylor  
Matthew C.  
Thomson  
Jonathan Tombes  
Veronica Valencia  
Mark Vaugahn  
Pam Whitaker  
Kathleen Williams

MAC members, and I would like to share particular poignant one below in the newsletter.

With health & happiness,

Melissa O'Toole

## MEMBER OF THE MONTH

*Usually in the Member of the Month section of the newsletter, Melissa writes a short story about a member. However, the story below is written and shared by the member himself, Rafael, with minor editing by Melissa. His honest voice best describes his story of motivation, determination and perseverance, and the story also shows the value of being open to new ideas and how being curious can bring knowledge and confidence.*

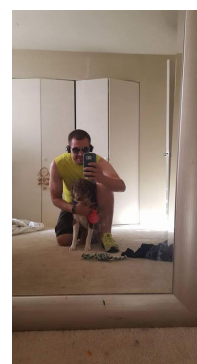
"Being overweight is an issue I have struggled with for as long as I can remember. I never thought of myself as obese because the weight added up slowly. Over time I began to notice that I didn't fit in regular clothes, found it hard to sit in booths and noticed people staring. Over time, the weight began to add up and caused my health to decline. My health issues ranged from psychological to physical. I was extremely lethargic, had an immense lack of energy and complete lack of motivation. My physical pain included pain in my joints,



shortness of breath and increasingly high blood pressure. By 2011, I maxed out at 498lbs. I never thought I would lose the weight. However, my life changed the day my son was born. His birth opened my eyes; I knew I wanted to be around for him. I began researching what would be the best way to lose weight. I tried to exercise in order to lose the weight but became discouraged when I did not see results.

After discussing with my doctor, we decided a gastric bypass would be the best course of action. So my journey began. I had the surgery in March of 2012 and began the journey of losing weight. It was a painful process. I could no longer eat as much as I wanted, and my body couldn't withstand the junk food I was so used to eating. I had to adjust to my body's needs. As life went on, I slowly saw my body change. This change inspired me and gave me the energy to find work in a bar. A lot of people that lived a fit life spent time at the bar, so I built friendships, asked questions, did research, learned how to keep the weight off and live a healthy lifestyle. This was not easy, but once I began to see and feel the progress I was not turning back to my old lifestyle. When I was invited to MAC by GM, Patrick, I decided to check it out. I continue to go because of the people, atmosphere and involvement from the staff. It is inspiring to see people wanting to get fit and healthy- which is what I look for in a gym. I am now down to 232

pounds. I still struggle every day with my weight loss but I have come a long way. The issues from my weight loss that cause some insecurity are the sagging of skin from the surgery. However, it is a constant reminder of how far I have come. I have done research on how to tone, keep at it, and I have gained a lot of focus and determination from working out. When people say I look good, it makes me feel good about myself, but at times i still see the same (former) guy in the mirror. It is an ongoing struggle I'm trying to overcome. My journey still continues and it always will, but the will I have now is more profound than ever before. I will keep trying, keep working and continue to keep the weight off. My dedication is powered by the love of my son. I want to be in this world as long as I can, and if I leave it will be of God's doing, not my own."



## TENNIS

### Recent News

We had a terrific turnout on our last Dubs-n-Suds with a total of 32 players participating, including a handful of former MAC members who have expressed interest in returning to MAC. We ate, drank, played fun tennis and just generally had a BLAST! Stay tuned for information on our next event and make plans to be there!

### Upcoming Events

- **Monday, October 31st-Friday, November 4th:  
Fall s-MAC-k Down Doubles  
Tournament** -FINAL CALL. The levels are Men's and Women's 3.5 & below, and Men's and Women's 4.0 & above. Cost is \$40 per team and includes two guaranteed matches, nightly dinner and one beer ticket per night. We still need additional teams in each category, so grab a partner and sign up at the Tennis Desk or send an email with both player's names and USTA levels to [tennis@macrichmond.com](mailto:tennis@macrichmond.com). Deadline to sign-up is Saturday, October 29th.
- **Ladies Winter League:** Sign ups are on the tennis window for the league. As of now, we have 20 players signed up for the Wednesday 3.5 & 4.0, but only nine for the Thursday 2.5 & 3.0. The fee is \$20 for the winter season and will run approximately 10 weeks. The season will begin as soon as the bubble goes up and as we all know, that is contingent on the weather!



### Special Acknowledgements



We would like to thank our two sponsors for the Anthem Club Challenge - OrthoVirginia/Advanced Orthopedics and Eric Bilson of Buford Chiropractic. We appreciate all the help and support of our sponsors, as they greatly helped make it a great

tennis weekend for MAC.

## [Remember to use Tennis Bookings to sign up for Clinics!](#)

As a reminder, we are encouraging all players who plan to attend any of our Adult Tennis Clinics and other tennis events to use our Tennis Bookings website. Simply click [HERE](#) for the Tennis Bookings site and click on the Event button at the top of the page to register. This assists our teaching pros in determining how best to structure the clinic.

## MEMBERSHIP

Thank you MAC Members for inviting your Friends & Family to join us during our Launch Week in August. We truly hope they enjoyed their visit and decide to join our MAC Family full time. Please remember that when they commit to join for 1-2 years YOU receive \$100 credit.



We invite all Veterans, in honor of Veteran's Day, to enjoy complimentary access to the MAC as a silver member during the month of November. Please invite your Veteran friends and family to visit us and receive a one month FREE Guest pass from the Membership Department. This offer applies to new members only.

We remind our members, RENEW your membership if you want to CONTINUE your current rate. Come see us in the membership department any time to sign a new contract if your contract has rolled over to monthly status, so that you may LOCK-IN your current monthly rate.

We sincerely VALUE you, your family and your membership here at MAC.

## KIDS' CLUB

Kids' Club will be **CLOSED** on Thanksgiving Day, November 24th. We will resume regular Kids' Club hours on Friday, November 25th.

### [Parents' Morning Out-EVERY Tuesday in November](#)

We will offer Parents' Morning Out on Tuesday mornings from 9:00am-1:00pm for the month of November. Price is \$3/per hour per child for Members. Please sign up in Kids' Club the day before your child plans to attend.

### [Parents' Night Out - Friday, November 18th, 5:00-8:30 PM](#)

Parents' Night Out will take place on Friday, November 18th from 5:00-8:30 pm. Cost is \$3/hour per child for Members and \$5/hour per child for non-Members. Sign up in Kids' Club by Thursday, November 17th.

# GROUP EXERCISE

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

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

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



November is here! And with it brings crisp, cool weather, everything pumpkin, thoughts of gratitude and leaves falling in an array of beautiful colors. It also brings, a new president, the joy & stress of the holidays, in addition to everyday life.

Try to focus on the good in November. The colors, the smells, the positives.

Not the workouts you didn't do...but the one's that you did...because you can.

Here at MAC, we are thankful for you, our members and participants. Your sweat, smiles and sometimes dirty looks after a hard workout, make us want to come back day after day. Your encouragement and pats on the back after a workout you enjoyed, is much appreciated. So thank YOU. We are grateful for YOU.

[SPINNING-Going to Spin through the Decades in November!](#)



Every week starting mid-November, some of our Spinning® classes will be riding week by week to music from specific decades! From the 50 & 60's, 70's, 80's....until we reach the last week of the year in December, with the Best of 2016! Stay tuned to your class schedule to see which instructors will be playing your tunes!

\*There will be no Spinning® Classes on Saturday, November 5th and Sunday, November 6th due to an instructor training. We apologize for any inconvenience this might cause.

[Thanksgiving Holiday Schedule](#)

Please note there will be an altered schedule for Thanksgiving week. There will be no night classes on Wednesday, November 23rd, and special classes/times will be offered on Thanksgiving Day and Black Friday.

## FITNESS



**FITNESS IS NOT ABOUT BEING BETTER THAN SOMEONE ELSE...IT'S ABOUT BEING BETTER THAN YOU USED TO BE.**

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!

### 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.

### Tracey's Challenge

Tracey's Challenge, led 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 exercises to accommodate all fitness levels.

Join Tracey on Thursday evenings from 6:30-7:15 pm in the GX2 studio. Cost is \$5/per class and may be paid at the Front Desk. Participants may also 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.

## AQUATICS

### N\*E\*W Session of MAC Swim Clinics


We are happy to announce a new session of MAC Swim

Clinics gets started this month! Under the direction of Coach Joss Sallade and Connor Muncie, both of Poseidon Swimming, this is great for swimmers looking to continue training in the off season. Clinics focus on stroke technique as well as endurance work.



# Swim Clinics


**November 8th-January 22nd**  
**8 Week Session**  
*(No clinics the week of November 21st-27th, December 19th-January 1st.)*



\*Swimmers for the 10 & under clinic must be able to swim a 25-yard freestyle and 25-yard backstroke unassisted.

**Tuesdays & Thursdays**  
**4:30-5:30 PM Ages 10 & Under\***  
**5:30-6:30 PM Ages 11 & Up**

**Sundays**  
**3:00-4:00 PM Ages 10 & Up\***



Coached by Coach Joss Sallade and Connor Muncie of Poseidon Swimming.

**Price**

3 Day Option:	\$200/MAC Members	\$225/non-Members
2 Day Option*:	\$140/MAC Members	\$160/non-Members
1 Day Option*:	\$80/MAC Members	\$90/non-Members

\*When you sign up for the one day or two day option, you are signed up for those days only. Swimmers cannot switch between days.

If you are interested, please stop by the Front Desk today and register your swimmer.

### Swim Lessons - Private and Group Classes Available

MAC is proud to offer Group and Private Swim Lessons. A new session of youth swim lessons get started in mid-November and end right before the hectic holiday season. Sign up is available at the Front Desk!

Private lessons are offered year-round with instruction available for youth and adults. If you are interested in private swim lessons and working around your hectic schedule, contact Chrissie Callis at [chrissie@macrichmond.com](mailto:chrissie@macrichmond.com) to learn more.



## Group & Private Swim Lessons

Call today for further details!



**Group Swim Lessons**

Class Dates

November 12th, November 19th, December 3rd & December 10th

Level I Class (Ages 4-6 yrs old)  
10:30-11:00 am  
Pre-School (ages 2-5 yrs old)  
11:00-11:30 am

Cost: \$45/ Members, \$60/non-Members

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



**Private swim lessons** are available for youth and adults. Lessons are designed to provide the participant with individualized instruction to meet the swimmers abilities and to help obtain goals. Private lesson packages include six (30) minute lessons.

Cost: \$120/ Members, \$150/non-Members

804.330.2222 (ext. 304)

### 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.  
-Please click [HERE](#) for November indoor pool lane charts.

## 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).*

### [Injury Assessment with Airrosti on November 16th](#)

We are happy to welcome back Airrosti's Dr. Sam Brinkley and Juli Liebig to MAC on Wednesday, November 16th, from 8:00-11:00am for complimentary injury assessments to members suffering from pain or an injury. These 15 minute appointments will allow Dr. Brinkley to properly assess and diagnose the source of the pain while discussing next steps to ensure you don't miss a beat in your workouts and day to day activities.

Please click [HERE](#) and follow the steps to secure your appointment time.

### [Member Breakfast](#)

Our November Member Breakfast is scheduled for Wednesday, November 16th. Join us in the Cafe from 8:00-10:00am for a complimentary breakfast.

### [Trim the Turkey 5k & 1-Mile Kids' Fun Run](#)



We are proud to announce our annual Trim the Turkey 5k Run/Walk will take place on Saturday, November 29th. Whether you are trying to fend off those pesky holiday calories or interested in being active with those for whom you are thankful, sign up for this family-friendly 5k.

The 5k race will start at 9:00 am and will start/end at MAC. There will also be a 1-mile Kids' Fun Run that begins at 8:45 am for participants 12 and under. Both races will be manually timed.

The registration fee for the 5k is \$25 and participants for the 1-Mile Fun Run are encouraged to bring a canned food item to benefit the Central Virginia Food Bank. Simply complete the [registration form](#) and return it to our Front Desk or register online by clicking [HERE](#).

### [Proud Sponsor of the CarMAX Tacky Light Run](#)

We are EXCITED to announce MAC is the official health club partner of the 2016 CarMAX Tacky Light Run on Saturday, December 10th. Join us and run as part of the MAC Team. Simply register online by clicking [HERE](#) and select "MAC" as your team name.

### [MAC Members, It's GIVEAWAY Time!](#)





Register for our Trim the Turkey 5k on Saturday, November 26th and be entered to win a complimentary race entry for the 2016 CarMAX Tacky Light Run. All MAC Member 5k entries received by Wednesday, November 9th will be eligible for the drawing.

Entries must be for the Trim the Turkey 5k and are accepted either at the Front Desk or online. (Information is posted above.)

Lace up your sneakers, MAC Members, we hope to see you at both events!

(804) 330-2222

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