



# MAC Newsletter | September 2016

## September News to Know

[Member of the Month](#)  
[Tennis](#)  
[Membership](#)  
[Kids' Club](#)  
[Group Exercise](#)  
[Fitness](#)  
[Aquatics](#)  
[Activities](#)

## Quick Links

[MAC Website](#)  
[MAC Hours](#)  
[September GX Schedule](#)  
[GX Class Descriptions](#)  
[Pool Lane Charts](#)  
[Contact Us](#)

## 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!

James Austin  
Ashley Aviles  
Lynda Banks

Dear Members & Friends,

While with family on vacation in Canada this summer, something happened that caused the kids to burst out laughing hysterically, which in turn triggered a huge response of contagious laughter from the unknowing adults. We laughed wholeheartedly, but most of us had no idea what was so funny. Our bellies were sore, our bodies were folded over and our lungs were gasping for air. This ocean of laughter got me to thinking, "How long has it been since I have laughed this hard? The kind of deep, enduring, comprehensive guffaw that contracts every muscle in the body, instantly lifts the mood and immediately relieves stress?" I honestly couldn't recall one recent example. Coincidentally, shortly after the laugh fest, I attended a four-day yoga festival called Wanderlust. This international event offered classes, training, continuing education and other wellness activities. The Wanderlust Journal included with the festival featured a research-based article called, The Science of Laughter by Caitlin Berens. I would like to share with you some thoughts from this article, because as it turns out, laughter is a joyful, fun, universal, unifying and healthy activity! After you read through this list of the benefits of laughter, watch the video, and enjoy a few minutes of simple bliss.

- 1) Laughter improves the cardiovascular system by dilating blood vessels, reducing their stiffness and increasing their flexibility. Stiff arteries can lead to hardening of the arteries, which can cause chronic pain and increase the risk of stroke or heart attack.
- 2) Laughter improves the functionality of the lungs. Laughing causes the body to exhale longer, thus removing stale air, and refuels the lungs with fresh, oxygenated air. Laughter is like a "spring cleaning" for the lungs.
- 3) Laughter boosts the immune system. Laughter is associated with increased production of cells that help to fight off infection.
- 4) Laughter is a natural stress reliever. Laughter ignites the area of the brain that regulates emotions and decreases the release of the stress hormone, cortisol. Laughter is also associated with an increased production of endorphins, the "feel good" hormones. Laughter provides a break from worries and pains, even if just for a short time.
- 5) Laughter improves memory. Laughter stimulates the hippocampus, the area of the brain associated with memory. This is why we remember events well where we laughed hysterically.

Quinn Brandau  
 Chris Castellano  
 Crystal Caudle  
 Jeffrey Cole  
 Ursula D'Amato  
 Karen Deaver  
 Jack Detreville  
 Ibrahima Diallo  
 Carole Evans  
 Teresa Fermin  
 Stacy Freeman  
 Aubrey Hall Sr.  
 Cheryl Heimbigner  
 Edwina Jones  
 Paulette Jones  
 Zachariah Judge  
 April Keeter  
 Cynthia Kelley  
 Leonardo Lavios  
 Leslie Little  
 Laura Lowery  
 Sarah Loy  
 Brittany McGhane  
 Raeniece McGhane  
 Kathleen Medarics  
 Ronni Mills  
 Stephanie Myers  
 Pamela O'Berry  
 Christopher Ordonez  
 Whitney Parfitt  
 David Perry  
 Sarah Petty  
 Jeff Pfeiffer  
 Patricia Russo  
 Omar Sanchez  
 Carmen Santos  
 Shannon Somogyi  
 Ryan White  
 Mary-Elaine Wilson  
 Carolyn Yates  
 Simon Yeung

6) Laughter is a social connector. It brings a sense of closeness with family and friends, and it breaks the ice with new acquaintances.

And now, watch the video and enjoy a healthy laugh!



With health & happiness,

Melissa O'Toole

## MEMBER OF THE MONTH

One thing I love about the membership of MAC is the many families where grandparents, parents and children all choose to belong. I find it heart-warming and inspiring to meet family members who enjoy working out, staying active and enjoying quality time together at our club. I love seeing generations of family enjoying the amenities of the gym, and it feeds my soul to know they are practicing a healthy and happy lifestyle with their loved ones. While there are many examples of extended families who belong to our club, for this newsletter I would like to introduce some of the "Boitnott Girls." I say the Boitnott girls, as I knew these women when we were kids, all growing up in Midlothian. Pictured are Kim and Laurie, who are sisters, and Laurie's daughter, Emily. All three of these women are avid tennis players, and they also enjoy taking group exercise classes. Yet, I think it is safe to say, tennis is their passion. All three of them have been MAC members for many years, and they originally joined to play year-round tennis. Kim, pictured on the left, works full-time as a paralegal for a local law firm, so she devotedly carves out her time for the tennis court. Emily, pictured in the middle, is a stylist who works for Ahead of Hair (which is owned by one of her other aunts), and again, she plans her tennis time to fit into her work schedule. Laurie, pictured on the right, is a sign language interpreter, which I personally find very interesting. And, again, Laurie finds a way to make the time to get to the gym, with her family, even with her career. Finally, as I have known these ladies for many years, I am quite certain they have enjoyed innumerable laugh fests, and some of them likely on the tennis court!



# TENNIS

## [Important Tennis Bookings Reminder](#)

As a remainder, we encourage all players who plan to attend any of our Adult Clinics or other tennis events, to register on Tennis Bookings and click on the "Event" button at the top of the page. This will help the teaching pro determine how best to structure class. To access Tennis Bookings, simply click [HERE](#).

## [Upcoming Events](#)

- **Friday, September 2nd, 6:00-8:00pm: Combo Event - Dubs-n-Suds & MAC Pro/Am -**  
Continuing our series of semi-monthly Dubs-n-Suds, we are going to liven it up by including the Pro/Am event. MAC Pros will participate in "friendly" doubles. From 6:00-7:00pm, the Pros will pair up with our 3.0/3.5 players and from 7:00-8:00 pm, Pros will pair up with 4.0/4.5 players. Drink specials will be available for all to enjoy. If you are interested in participating, please sign up on the event on Tennis Bookings.

## [Special Acknowledgements](#)

MAC congratulates Ed Blackwell's MAC Yaks team on their terrific effort in winning the Richmond Racquet League's Spring 2016 Championship. Be sure to check out the banner on the wall of the indoor courts and offer congratulations to the team when you see them. Way to go, Yaks!

Stay healthy and enjoy the rest of the summer. See you on the courts!

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## MEMBERSHIP

INVITE your Friends and Family to take advantage of our Anniversary Special! \$21 for the family to join for the month of September (includes everything except tennis). Remember, if they LOVE it here and join us for a 1 or 2 year commitment, you receive a \$100 membership credit!

BRING your Friends and Family to try out MAC the 1st week of October for free and be entered to win a "Prize Pack". Friends and family who visit the club during this week will also be entered into a drawing for a free month membership.

If you joined us JUST for the summer, STAY with us and continue the healthy lifestyle you and your family have enjoyed. Come see Patricia, Tyler or Kevin in membership and stay with our family here at MAC!!

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## KIDS' CLUB

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

We will offer Parents' Morning Out on Tuesday mornings from 9:00am-1:00pm for the month of September.

Price 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.

### [Parents' Night Out - Friday, September 16th, 5:00-8:30 PM](#)

Parents' Night Out will take place on Friday, September 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 Thursday, September 15th.

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

Kids' Club will be open from 8:30am-8:00pm on September 1st and September 2nd. Any child under the age of 18 months needs to have a reservation.

Please note on Labor Day, Monday, September 5th, Kids' Club will only be open during morning hours (8:30am-1:00 pm). After Labor Day, Kids' Club will return to normal hours Monday-Friday (8:30am-1:00 pm and 4:00-8:00 pm). Weekend hours will remain the same.

## GROUP EXERCISE

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

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

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

WAKE UP  
AND  
SMELL THE  
ROUTINE

Happy September! There is a bit of sadness that comes as summer ends, but also excitement for the months ahead! Think fall, cooler weather, holidays even! Haha...not to get to far ahead.

September also brings back to school and back to routine...

rou·fine  
rōō'tēn

*noun*

a sequence of actions regularly followed; a fixed program.

"I settled down into a routine of work and sleep"

synonyms: procedure, practice, pattern, drill, regimen

Group Fitness Classes are an excellent way to create and stick to your workout schedule! They also give motivation, structure and FUN! Click [HERE](#) to learn six benefits of group exercise classes.

### [Tuesday Night Trainer Takeover!!](#)



On Tuesday nights for the month of September, 30/20/10 at 6:30pm will be taken over by one of our certified MAC Personal Trainers! A fresh perspective and a fresh workout based on the model of 30 minutes of cardio/20 minutes of strength/10 minutes of flexibility!

This class is for all levels, with multiple options given.

[Coffee Talk on Thursday, September 8th](#)

Join us on Thursday, September 8th at 10:30am for Coffee Talk. Coffee Talk is a member social with food, time to mingle with friends and a 10-15 minute presentation on a topic that matters to you, our Members. This month, we will have MAC Certified Personal Trainer, Cindy Mills, discuss functional exercises for improving posture. Cost is \$5/per person and sign up is available at the Front Desk.

## FITNESS

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

This class, led by MAC Certified Personal Trainer & Group Exercise Instructor, 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.

### [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](#)

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

### [MAC Swim Clinics](#)

We are happy to announce the new season of MAC Swim Clinics get started this month! Under the direction of Coach Joss Sallade, this is great for swimmers looking to continue training in the off season. Clinics focus on stroke technique as well as endurance work.

**MAC**  
MIDLOTHIAN ATHLETIC CLUB

# SWIM CLINICS

**September 13th-November 6th**  
**8 Week Session**

**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\***

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

**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.

For further information, contact Chrissie Callis at 330-2222 (ext. 304) or [Chrissie@macrichmond.com](mailto:Chrissie@macrichmond.com)

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

[MAC Masters - New Session starts this month!](#)



MAC Masters Swimming  
September 6th-December 31st

**Join our MAC Masters Swim Team!**



All practices have prepared workouts to meet your swim level and a coach on-deck assisting you along the way! Open to all swimmers, regardless of swim level, ages 18 years & up.



- Consistent practice times
- Dedicated coaches at every practice
- Structured program
- Camaraderie between swimmers & coaches

**Practice Times**

Tuesday & Thursday 7:45-9:00pm

Saturday 8:00-9:00 am

**September 5-December 31, 2016**

- 1 Practice Per Week:  
\$110/Members, \$125/for non-Members
- 2 Practices Per Week:  
\$160/Members, \$180/for non-Members
- 3 Practices Per Week:  
\$200/Members, \$225/for non-Members

Contact Chrissie Callis at 804.330.2222 (ext. 304) or [Chrissie@macrichmond.com](mailto:Chrissie@macrichmond.com) with any questions or further details.

September Group Swim Lesson Classes

Sign up at the Front Desk by Wednesday, September 7th to reserve your swimmers spot!

**MAC**  
MIDLOTHIAN ATHLETIC CLUB

## Group Swim Lessons

**Parent-Tot Class** *Ages 6 months-2.5 yrs*  
**Saturday @ 10:30-11:00am**  
 September 10th, September 17th,  
 September 24th, & October 8th  
 \*NO Class on Saturday, October 1st.

**Preschool Class** *Ages 3-5 yrs*  
**Saturday @ 11:00-11:30am**  
 September 10th, September 17th,  
 September 24th, & October 8th  
 \*NO Class on Saturday, October 1st.

Sign up is available at the Front Desk.  
 \$45/Members and \$60/Non-Members  
 Minimum of 3 participants required.  
 Contact Chrissie Callis at [chrissie@macrichmond.com](mailto:chrissie@macrichmond.com) or 330-2222 for further information.

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 September 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).*

### Movie Night + Float Night = LOTS OF FUN!



### Labor Day at the Water Park



Celebrate Labor Day at the MAC Water Park on Monday, September 5th. We are happy to announce the School of Rock House Band will perform on the upper deck of our water park from noon-3:00 pm. Be sure to check out this amazing bunch of talented musicians and enjoy the last days of summer with us!

### Member Breakfast

Our September Member Breakfast is scheduled for Wednesday, September 21st. Join us in the Cafe from 8:00-10:00am for a complimentary breakfast.

### Youth Ballet Classes -New session starts this fall!

Save-the-date...Wednesday, August 31st from 5:30-7:30 pm for our Youth Ballet Registration Night. Come meet Ms. Cindy, learn further information on our youth ballet offering and register your little dancer for a year of ballet fun at MAC!



If you are not able to make our information day, please contact Jill Stansfield at [jill@macrichmond.com](mailto:jill@macrichmond.com) for further information.



