

Sonora Sports & Fitness Center

NEWSLETTER

13760 Mono Way † Sonora, CA 95370 † Ph: (209) 532-1202
email: ssf@mlode.com † www.sonorasportsandfitness.com

THIS EDITION

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- Diet Tip of the Month

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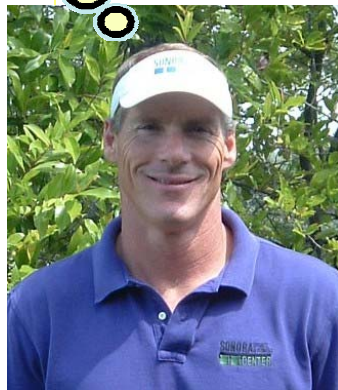
Diet Tip of the Month

Buy smaller plates! Sound ridiculous. Well, when you buy smaller plates and dishes, you will have smaller servings and in turn consume fewer calories to lose weight. The key is to only have one serving, and refrain from going back for seconds. If you are not completely full, drink an extra cup of water or start having an apple before dinner.



"If it were easy, then everyone would do it"

THINK TANK



AUGUST 2009

Have you heard the county (due to the state budget) will be eliminating recreation services? The recreation department is not the only service to be affected. However my main focus will be recreation.

A significant number of kids participate in county run programs: swimming lessons being the most important. There are many others that most of us don't realize the consequence of how these cuts will affect this community.

I grew up in a community that had the boys club, Red Cross swimming lessons, wrestling, baseball, football, tennis, basketball, and any number of summer recreation programs. My parents believed in keeping me busy during the summer. Many of you may remember my story of when my dad signed me up for

tennis. I insisted I was a football player and football players don't play tennis. I was dropped off the first day and proceeded to walk home. When asked by my mother "What are you doing home?" I reiterated I am a football player not a tennis player. Later that evening my dad said you are going to be a tennis player for the next two weeks. At the end if you don't want to play tennis fine. My point is it exposed me to something new and I appreciate my parents for making those choices.

These choices will not be available for a large number of kids in this county unless we as a community, figure out how to provide them. Sonora Sports and Fitness Center will participate by offering assistance: ideas, programs and money. The importance of recreation goes far beyond swimming lessons. The ramifications of a community without recreation access are much more costly than the current recreation budget. Please keep this in mind when you read the local newspaper. There are numerous websites available to show the results of limited recreation access. Please take the time to look for yourself. This may remind you of a childhood experience that helped you become the person you are today.

Sonora Sports and Fitness Center is a private business that does provide access for recreation for a cost. Although we are not in a position to offer the same kind of diverse programs the county is able to provide due solely to cost, we are committed to help overcome these obstacles as a part of this great community.

Respectfully,
Tim
tsg@mlode.com



Ironman Champions



Congratulations

*To the winners of the Sonora Sports
and Fitness In-House Ironman
Triathlon*

1st Place: Wanda Griffin

2nd Place: Sharon Smith

3rd Place: Carmen Bush

*Great job to everyone who competed and added
miles to their weekly workout. Look for another
upcoming in-house ironman in the near future.*



**Saturdays
11:00am—12:00pm**

**August 8th — Back to School with
Clean Kid's Lunches**

September 12th — Quick Breakfast

**Only \$10/class!!
Members &
Non-Members Welcome**

Upcoming Activities



CLUB SPIN



Starting September 1st!

Tuesday & Thursdays—6:00pm

Power Hour Saturdays—11:00am

Sign up today at the front desk!

Contact Nicki Holt for more info:

nicki@sonorafitness.com

WALKING CLUB AND LUNCH CRUNCH

Both starting on October 5th!

**Contact trainer Tammy with any ques-
tions and look for more details in the
September newsletter.**



THE NEW SPIN BIKES ARE HERE!



*Do your workouts need an extra
boost?*

Come give our spin class a try.

**New bikes include RPM's, dis-
tance, gears, and watts to enhance
any workout.**

*All members, spin and non-spin
gym members are welcome to try
our bikes on:*

August 3: 4:30-5:30 pm

August 13: 5:00-6:00 pm

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**BRING YOUR
APPETITE
FOR FOOD
AND FUN**



September 17th, 2009 5:00-9:00 pm

WHERE: Sonora Sports and Fitness Center

WHO: All SSFC Members and children

*WHAT: A fun afternoon including a free BBQ,
games, music and socializing.*

More information will follow in the September Newsletter.

Please contact Nicki Holt with any questions: nicki@sonorafitness.com

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**STEP
INSTRUCTION**

101

WITH SHANNA

CLASS STARTS

AUGUST 11TH!

Tuesdays & Thursdays - 8:00AM - 8:30AM



THIS IS A CLASS FOR BEGINNING STEPPERS! Join Shanna for this slow paced instructional class designed to teach step terminology and moves taught in our regularly scheduled step classes.

*All members welcome
Free with Adult center membership*

WHAT'S UP With The YOUTH?

GIRLS HOOP ACTION IS HERE!

This year the **Girls Youth Basketball Leagues I and II** are being offered in the winter to avoid conflicts with school sports. These leagues are open to girls ranging from **1st grade (6 years old) to 8th grade (14 years old)** who are interested in playing basketball. All skill levels are encouraged to play.

Registration begins August 15th!

Early Registration \$45

Late Registration \$60

Girls Basketball Leagues I & II, grades 1st through 8th

Early Registration: August 15th - September 15th

Late Registration: September 16th - October 1st

Last Day to Register: October 1st

Practices: October 15th - November 1st

Season: November 2nd - December 11th

Tournament: December 12th and 13th



UPCOMING BOYS HOOP ACTION

Boys Basketball League I—grades 1st through 5th

Early Registration: October 1st - October 31st

Late Registration: November 1st - November 15th

Last Day to Register: November 15th

Practices: December 14th - December 31st

Season: January 4th - February 5th

Tournament: February 6th, 7th & 8th

Boys Basketball League II—grades 6th through 8th

Early Registration: December 1st - December 31st

Late Registration: January 1st - January 15th

Last Day to Register: January 15th

Practices: February 9th - February 21st

Season: February 22nd - March 26th

Tournament: March 27th - March 28th

For more information contact Nicki Holt at nicki@sonorafitness.com



Beginning Monday, August 10th!

Sign up today!

Monday—Tuesday—Thursday

11:00—11:45am or 5:00—5:45pm

Would you like to swim for the health of it? Masters 101 is the perfect class to jump into swimming for the first time or get back into it after some time away!

\$60 Members/Non-Members

price includes 2 weeks of regular masters workouts when the class is over for no additional cost

For more information about the 101 class or any of the swimming programs, Email Patti at rrb@goldrush.com



Open Monday through Friday

Saturdays available by appointment

Need to look good for that special occasion or just need some fixing up. Wanda, Michelle, Doreen and Ardella are here to help you.

Color, cuts, ear piercing, waxing, pedicures, manicures, acrylics and massages.

The crew at the salon will get you looking and feeling better.

MISSION STATEMENT

Our mission is to provide an educational, nurturing, safe, and healthy environment for our members.