

Sonora Sports & Fitness Center

NEWSLETTER

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THIS EDITION

COVER:

- Think Tank
- In-House Ironman Triathlon
- Triathlon 101 Class

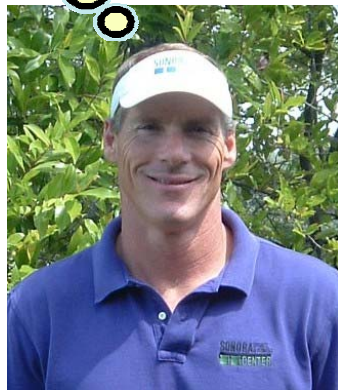
INSIDE:

- Biggest Winner Contest
- Healthy Clean Cooking
- Kettlebell Bootcamp
- Summer Youth Programs

BACK:

- Signature Salon
- Summer Intramural Basketball
- Masters 101
- Masters Mini Meet

THINK TANK



JUNE 2009

I am sad to say Brie Newton is moving on to her next challenge. During Brie's five years she developed a number of great programs. Right from the start she forged relationships with the schools in the county by implementing the Presidents fitness challenge. The program has been a huge success. She has been integral in testing over 4000 kids and making a difference in our community.

Her love for kids and activities was a driving force for our summer youth programs. Today we run some type of kid's fitness including, basketball, volleyball, boxing, sports clinic, travel challenge and character building program seven months out of the year for your kids. She and I have a strong belief in healthy body, healthy mind.

Brie has made me a better person. I have (cannot believe) been working in the fitness business for 26 years, Brie is in a class by herself. She has earned my highest respect and I have a special place in my heart for her. I will always fondly think of Brie.

Sincerely,
Tim Gallagher
tsg@mlode.com

IT'S NOT TOO LATE



June 1st—June 30th

Swim: 2.4mi—Bike: 112mi—Run: 26.2mi

Challenge yourself and **compete** against others as you rack up the miles for the month of June!

Classes do count toward your miles!

Swim in the pool, take a spinning class, ride the bike, walk on the treadmill or take a class. In no time at all you'll have done an

IRONMAN!!!

Only \$15!

Prizes for 1st, 2nd and 3rd places!

For Members Only

*There are still some spots open for the
Triathlon 101 Class*

Beginning on June 2nd.

Sign up today!

Classes will run on Tuesdays at 6:00 pm

And Saturdays at 9:00 am through

July 27th.

*Jon Miguel will give you some great
Training tips and have you conditioned to
do a triathlon by the end of the class.*



Complete a **MINI** triathlon at the gym! It's a comfortable, known, no-pressure location! What a great place to try your first tri!

Are You Up To Being The

BIGGEST WINNER



8 Weeks to Change Your Life **STARTS JULY 6TH**

**3 Individual, very intense workouts each week with either Trainer Tammy or Wilson*

**A before and after Body Comp*

**Two months access to spin classes*

**Individualized menus from Apex*

**One meeting a week for weight in and to go over menus*

This class is designed to change your habits and change your life!

WINNER: Person who has the greatest loss in percentage of weight.

PRIZE: One month free membership to the adult center gym including one month spin membership.

COST: \$350 for members
\$400 for non members

CLASS IS LIMITED TO 8 PEOPLE

B.A.R.

**Group Exercise June Class
with Hope Tucker**

Tuesdays and Thursdays 5:00—6:00 pm

This great class combines weight training and cardio to give you a full body workout every time!

Balance and flexibility training are incorporated into the workouts.

Don't Miss This Class



Saturdays

11:00am—12:00pm

Trainer's Room—Adult Center

"Clean" up your act this summer and learn to cook nutritious, healthy, natural, and clean foods!

CLASS LIST:

- *June 27th — Light Summer Pastas
- July 11th — Grill it! Lean Proteins
- August 8th — Back to School with Clean Kid's Lunches
- September 12th — Quick Breakfast
- *New Date

Only \$10/class!!

Members &
Non-Members Welcome

KETTLEBELL BOOTCAMP WITH KATHY

7 Week Program

Two Sessions to choose from:

June 9—July 23, 2009

Tuesdays & Thursdays 6:00-7:00 pm

June 8-July 22, 2009

Monday & Wednesday 8:00-9:00 am

*This class is for any and everybody,
It's low-impact and high intensity.*

Cost: \$125 Members and Non-Members

SUMMER YOUTH PROGRAMS

New "Camp" FORMAT FITS easily INTO your SUMMER schedule!
Sign ups begin Monday, May 4th!!

Sports Clinic

Soccer, Basketball, Taekwon-Do, Softball, Volleyball, Weights, and More!

July 13th—July 17th
Monday through Friday
8:00am—12:00pm
Boys & Girls Ages 7 to 12

Cost: \$100 Members/\$125 Non-Members
Instructors: John Wilson, Allison Autrey, Steve Tripp, and Loraine Neves

Travel Challenge

Virtually travel across the US by earning "miles" for doing healthy activities! Prizes for top finishers!

July 6th—August 2nd
Boys & Girls Ages 6 to 17
Cost: \$10 (parents can play too!)

Softball Fielding Clinic

Learn the ins and outs of fielding in this exciting camp! Kids interested in pitching should attend this clinic too.

June 29th—July 2nd
Mondays through Thursday
9:00am to 10:45am
Boys & Girls Ages 6 to 14

Youth need to bring their own glove.
Cost: \$45 Members/\$60 Non-Members
Instructor: Loraine Neves

Softball Hitting Camp

Improve your skills and strategies at bat.

July 6th—July 9th
Monday through Thursday
12:00pm to 1:45pm
Boys & Girls Ages 6 to 14

Cost: \$45 Members/\$60 Non-Members
Instructor: Loraine Neves

Football Camp

Develop the speed, power and agility for increased performance on the field!

July 20th—July 31st
Monday through Friday
10:00am—11:00am
Boys Ages 7 to 15
Cost: \$75

Instructor: Tim Gallagher

Soccer Camp

Improve on the fundamentals of soccer and ball-handling skills with fun games, drills, and mini-scrimmages.

July 20th—July 24th
Monday—Friday
11:00am—12:45pm
Boys & Girls Ages 6 to 14

Cost: \$45 Members/\$60 Non-Members
Instructor: Allison Autrey

Speed & Agility Camp

Athletes, improve your 40 time, vertical jump, standing long jump and more!

July 13th—July 17th
Monday through Friday
11:00am—12:45pm
Boys & Girls 9th to 12th grade
Cost: \$45

Instructor: Tim Gallagher

Club SSV Volleyball Camp

Join Club SSV director and coaches in this exciting clinic to improve your volleyball skills.

June 29th—July 2nd
Monday—Thursday
Girls Ages 6th—8th grade
11:00am—12:45pm
Girls Ages 9th grade and up
1:00pm—2:45pm

Cost: \$45 Members/\$60 Non-Members
Instructor: Loraine Neves

Basketball Camp

Improve your dribbling, passing, scoring, strategizing and shooting skills.

July 6th—July 10th
Boys Ages 6 to 14
8:00am—9:45am
Girls Ages 6 to 14
10:00am—11:45am

Cost: \$45 Members/\$60 Non-Members
Instructors: Nicki Rodriguez-Holt & John Wilson

Basketball Post Position Clinic

A two day camp focused on learning and strategizing for the post position.

July 27th and July 28th
Boys Ages 6 to 14
8:00am—9:45am
Girls Ages 6 to 14
10:00am—11:45am

Cost: \$25 Members/\$35 Non-Members
Instructors: Nicki Rodriguez-Holt & John Wilson

Basketball Guard Position Clinic

A two-day camp focused on learning and strategizing for the guard position.

July 29th and July 30th
Boys Ages 6 to 14
8:00am—9:45am
Girls 6 to 14
10:00am—11:45am

Cost: \$25 Members/\$35 Non-Members
Instructors: Nicki Rodriguez-Holt & John Wilson

CrossFitness Kids Camp

A strength and conditioning program where kids push, pull, jump, throw and lift! A fun, intense workout modified for individual abilities.

July 20th—July 24th
Mondays—Fridays
1:00pm—2:45pm

Boys & Girls ages 6 to 18
Class will be divided by age.

Cost: \$45 Members/\$60 Non-Members
Instructor: Allison Autrey

Cross Country Camp

Learn to run more efficiently and with more enjoyment. Improve your 1- and 2-mile time and your form.

August 3rd—August 7th
Monday—Friday
8:00am—9:00am

Boys & Girls Ages 7 to 14
Cost: \$45

Instructor: John Wilson

*Class meets at Willow Springs Park

Summer Guppies

Learn and improve your 4 basic strokes!

Session II: June 22nd—July 9th
Session III: July 13th—July 31st
Mondays—Tuesdays—Thursdays
Time: 3:30pm—4:00pm

Boys & Girls Ages 5 to 11
Cost: \$40

Instructor: Erica Watts

TCA Swim Team

Year-round swim team—sign up today!

Boys & Girls Ages 5—18
Monday—Friday

Swim time depends on age and ability
Cost: \$40-month Members/\$75-month Non-members

Coaches: Erica Watts, Allison Autrey, & Casey Slater

Parties

Need a place to host a party for your child's special day? Employee-led games, pool-time, and court-time available!

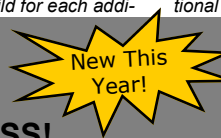
Cost*: \$150 Members
\$175 Non-Members

*Cost is for up to 10 kids. \$10/child for each additional

Sign up for 3 or more classes AT ONE TIME and receive

\$5 OFF EACH CLASS!

Offer excludes Travel Challenge. Children must be on the same membership account or in one household for non-members.





Wanda's Turning 46!

***To celebrate her birthday month,
you can enter to win \$46 off a
haircut, color and 1/2 weave combo.***

***Also, guys can enter for a
Free haircut.***

One Drawing Each Week

Summer Intramural Basketball



Beginning Monday, July 13th

*Registration begins Monday, June 8th
Registration deadline is Wednesday, July 1st*

Monday through Thursday evenings
with a post season tournament.

Individuals 14 and up, high school to adults. Reg-
ister individually as a Free Agent, or as a team.

Select Your League:

League A: High School

League B: Men's Open

League C: Women's Open

League D: Over 40

One game a week for 6 weeks and co-ed teams may
participate in leagues A, B or D.

Games consist of 20 minute halves.

**For more info email Nikki at:
holtjnr@yahoo.com**

Beginning June 8th!

Sign up today!

Monday—Wednesday—Thursday
1:00—1:45pm 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*

Masters

Mini Meet

Saturday, June 30th at 9:00 am

First mini meet of the season

Come Watch the Action

*Swimmers from 18 to 80 will be hitting
the water in a variety of events where
everyone wins ribbons.*

A potluck brunch will follow the meet.

Masters is open to all adults who are inter-
ested in swimming for fitness. All skill lev-
els are encouraged to join the groups.

***TCA summer schedule will begin on
Monday, June 15th.***

MISSION STATEMENT

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