

February 2009 Newsletter

Volume 1, Issue 1

Idaho Athletic Club

Message from IAC Management

Welcome to the new Idaho Athletic Club Newsletter! To help keep members and guests informed on what is happening at Idaho Athletic Clubs and provide you with great tips on getting fit we will be providing a monthly newsletter. This newsletter will be available in your club as well as on-line at www.idahoathleticclub.com.

now is a good time to find out what you have been missing. Look up your clubs Fitness Class Schedule, get information on Idaho's largest network of



Black Eagle Club

fitness facilities, or log-in to the Fitness Forum for weekly topics on the Trainer's Corner for new exercise ideas, dieting

tips, or the latest in supplementation. The Fitness Forum is a great tool for asking our fitness experts questions and generating discussion on things that matter to you.

We always want to hear from you! If you have questions or if there is something we can do to make your experience with us better, let us know.

If you haven't checked out the IAC website lately,

February Training Specials

10 Pack for only \$499!

4 Pack for only \$239!

Get 10% off on all Fat Burners!

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TIME 2 LOSE

The Idaho Athletic Club and Channel 2 have teamed up to bring you The Body Transformation Challenge. Four contestants have been selected and assigned their own Fit Pro to help them through their transformation and to reach their fitness goals.

All contestants will receive a gift bag from Shu-s Idaho Running Company that includes a \$50 gift certificate for shoes along with a water bottle and socks. First place will receive a 1 year membership and \$100 in supplements. Second prize will receive a 6 month membership and

\$50 in supplements.

Go to www.idahoathleticclub.com/clubs/time2lose.cfm to meet the contestants and their Fit Pro. Check back weekly to follow each contestant's progress.



Nampa Club Coming Soon!

A brand new club is coming to Nampa with over 28,000 square feet of fitness! This new club will open with a friendly trained staff of professionals ready to help you attain your fitness goals. As with all Idaho Athletic Clubs, we have membership programs to fit any lifestyle or budget.

The new club will be located across from JCPenney and the Sports Authority at the Garrity/I-84 Interchange. Stop by the Preview Center at 4217 Garrity Blvd in Nampa or give us a call at 442-6378 and learn more about what this great new club has to offer. The Preview Center is open on weekdays from 10am to

8pm and weekends from 10am to 4pm.

Hurry in now to take advantage of NO ENROLLMENT and CHARTER MEMBERSHIPS while they are still available!



New Nampa Club!

Project You

One of the new and exciting programs offered at the Idaho Athletic Club is Pilates. You might think this is not so new or exciting, but it is.

are now using the Bender Ball and have loaded schedules with Pilates classes. We are on our way to much stronger core muscles, improved posture, and reducing lower back problems. Joseph Pilates endorsed a 10-20-30 program. Ten sessions to notice a difference, 20 sessions to

feel a difference, and 30 sessions to a new body.

Talk to your Group X instructor or coordinator about the new Pilates schedules and programs at your location. You can also check out your club's fitness class schedule on-line at www.idahoathleticclub.com/project_you/schedules.cfm.

We just completed a full 2 days of training from the international Pilates coach, Leslee Bender. The Clubs



Now available at all Idaho Athletic Clubs!

No Artificial Flavors!

No Artificial Colors!

No Artificial Sweeteners!

No Fillers!

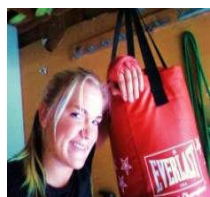
Just pure and natural whey protein.

Trainer's Corner

Check out this month's Trainer's Corner for two great articles by going to www.idahoathleticclub.com:

- Beginning an Exercise Program - great tips on starting on a program that you will stick with, the types of exercises to do, and dieting tips.
- Exercising in the Cold - stay warm and stay safe

when exercising outside this winter.



by Mindy Cornwall, Fitness Professional at the State Street Idaho Athletic Club.

This month's articles have been posted to register and once you do, you can post questions and comments for IAC fitness professionals.

If you haven't already register on IAC's Fitness Forum, go to www.idahoathleticclub.com/iac_forum/. It is free to register and once you do, you can post questions and comments for IAC fitness professionals.



State Street Club

Attention All IAC Members!

Receive \$5 off any service at Allure Hair & Nails!

887-3486

(Ask for Tia)

Located next to the Idaho Athletic Club on Fairview in Meridian