

# March 2009 Newsletter

Issue 2

## Idaho Athletic Club

### Message from IAC Management

The Idaho Athletic Club has started the new year off with a bang! Thanks to all of our new and current members, IAC is continuing to experience growth. All of the clubs are filled with members and guests excited about fitness and it is that excitement and commitment to a better you that allows us to continue to expand and improve our services.

As we settle into the new year, we would like to welcome some new staff to the IAC team. Steve Pierce (controller) along with Krista Griffin and Melissa Greenwood (account managers) have recently started with us in our corporate office. In our clubs,

Jerome Dean is the new GM and Dorian Willingham is the new Fitness Manager at our Silverstone Club. Shaun Lyons has taken over as the new GM at our Caldwell Club and Andy Slagle is the new GM at the Nampa preview center.



Black Eagle Club

Stuart MacEwan is the new Fitness Manager at our Eagle River Club.

### Shaun's Corner:

Congratulations for keeping your fitness goals moving forward, now is the time to continue the success. Many of our members begin the new year with 3-4 workouts per week, but begin to fade at the beginning of spring. To remain consistent, we suggest selecting two specific training days during the week along with a weekend alternative. If one of the week day trainings is missed, commit to the alternative weekend date rather than fretting about losing hard earned results. Try it this week, and keep positive while getting fit.

Shaun Wardle, C.F.O.

### March Training Specials

20 Session for only \$999!  
(A \$100 savings!)

Get 10% off on all protein powders!

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### Trainer's Corner

Check out this month's Trainer's Corner for great articles by going to [www.idahoathleticclub.com](http://www.idahoathleticclub.com):

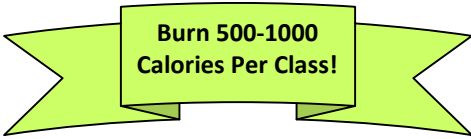
- Eat Your Breakfast! Why eating breakfast is so important.
- Beyond the Multivitamin. Why you should be taking a multivitamin.



Elizabeth Durrell, Fitness Professional at the Black Eagle Idaho Athletic Club.

Our members have been taking advantage of this resource to ask our Fitness

This month's article has been posted by Elizabeth Durrell, Fitness Professional at the Black Eagle Idaho Athletic Club. Professionals questions about topics like lower back pain and training for a triathlon. If you have any questions or just want to get some great tips on getting fit, check out the fitness forum at the Idaho Athletic Club website at [www.idahoathleticclub.com/iac\\_forum/](http://www.idahoathleticclub.com/iac_forum/).



## Project You - Kettlebell Training

Introducing a brand new, state of the art training method to the Idaho Athletic Club. Kettlebell Training is a method of training that is designed to deliver extreme all-around fitness! Kettlebells melt away fat without the dishonor of dieting & aerobics. If you are fat, you will lean up! If you are skinny, you will get built up! There is no other training like this out there.

Kettlebells forge doers' physiques along the lines of antique status: broad shoulders & chest, bigger arms, rugged forearms, a cut mid-section, and extremely strong legs!

Come join Doug, Kelly, and Scott's classes at the Black Eagle Club to achieve maximum fitness goals in a fraction of the time of

conventional weight training. Classes start March 2nd, so hurry and get your spot!

**For more information contact Doug Hall at 208-869-1254**



Eagle River Club

## TIME 2 LOSE

The end of the contest is drawing near. Both teams have been working really hard, and have earned amazing results. Not only is everyone losing the weight, but they are learning how to keep the weight off! Each contestant has gone above and beyond what it takes and we know that each one is going to be able to reach all of their goals!

O'neil and is getting some great results. Kim battled a little bit of a cold, but pushed through it and is reaping the benefits. Kim has already dropped 10 pounds and a Body Fat Reduction of 4%!

Both can't wait for those final results!

### Team Results

**Body Fat Average % loss - 6.5%**  
**Average Weight Loss - 9 lbs**

### Team Black Eagle:

**Tamara Lewis** - She has been working with Doug Scott and has made some incredible progress. Her hard work has helped her drop 24 fantastic pounds, but what is also impressive is the Body Fat Reduction of 6.5%!

**Amanda Cecil** - She has been working with Elizabeth Durrell and has made some fantastic progress. Her efforts have helped her to lose 8 pounds and a Body Fat Reduction of 3%!

**Kristi Rudledge** - She has been working with Kelly Tolman and has made some exceptional progress. Over the past few weeks she has dropped 19 fantastic pounds, but what is also impressive is the Body Fat Reduction of 2%!

Team Black Eagle is excited for those final results!

### Team Results

**Body Fat Average % loss - 3.8%**  
**Average Weight Loss - 17 lbs**

**Test Drive a Trainer for Free!**

Select any trainer at any IAC club and set-up a free 1 hour personal training session.

Get advice and recommendations on reaching your fitness goals.



Caldwell Club

**Membership Special!**

**\$0 Enrollment**  
**\$35/month**  
**1 X processing fee**

### Team State Street:

**Raeann Manship** - She has been working with Richie Snider and has made some phenomenal progress. Raeann went from being able to only run about 3 to 4 minutes to jogging a full 30 minutes! Over the past few weeks she has dropped 8 fantastic pounds, but what is also impressive is the Body Fat Reduction of 9%!

**Kim Knowlton** - She has been working with Jessi