

April 2009 Newsletter

Issue 3

Idaho Athletic Club

Message from IAC Management

The month of March at the Idaho Athletic Club saw the completion of a great contest and the beginning of a challenging and exciting new class. Time 2 Lose contestants have experienced the reward of 8 weeks of hard work, commitment and personal training (see page 2). Members who participated in the first month of the Elite Kettlebell Program realized dramatic results they had not been getting with their regular routine (see page 2).

If you haven't started your new workout routine already and set your goals for the summer, now is the time! Spring is already here and summer is just around the corner. Take advantage of our training and supplement specials to kick-start your exercise

routine.

Are you interested in pursuing a career in fitness? The Idaho Athletic Club will be hosting a NASM Foundations Class this month—April 9th, 10th, and 11th, at the Eagle River Club.



Black Eagle Club

Cost is \$49 and all participants must have a CPR certification and register for a national certification.

Shaun's Corner:

Spring is here, and golf season is around the corner. Possessing a fairly

high handicap, I am always looking for quick ways to improve my game. Time on the course is the only real way to shoot low, but technology can make a slight difference.

The same is true in the Fitness world with respect to supplementation. Individual results require time in the gym to materialize, but there are ways to maximize those workouts. In the past 3-4 years supplements have really improved both in quality and effectiveness. These products have also remained relatively affordable. Take a moment to speak with one of our professional staff about increasing your exercise efficiency today.

Shaun Wardle, C.F.O.

April Training Specials

Easter Special

\$150 off the 32 pack, 48 pack and 72 pack

15% off on all APEX Supplements

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TRAINER'S CORNER 1

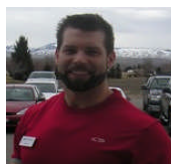
PROJECT YOU - KETTLEBELL TRAINING 2

TIME 2 LOSE 2

Trainer's Corner

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

- The Importance of changing up your workout.
- The importance of going to failure.



Stuart MacEwan, Fitness Manager at the Eagle River Idaho Athletic Club.

Other Trainers from Idaho Athletic Club have also been posting great

information on the Trainer's Corner. Keep up to date on what is going on with the Idaho Athletic Club's new Kettlebell Training, where classes are being held, and the success that members are having with this workout routine.

Project You - Kettlebell Training

**Burn 500-1000
Calories Per Class!**

Idaho Athletic Club

Hello All,

The first month of my Elite Kettlebell Program was a huge success! All of my participants had major strength gains and fat mass loss. I am extremely proud of what the program is growing into; a group based program that brought everyone together in driving one-another to achieve maximum goals in all aspects of fitness. The kettlebell/sport conditioning program is a new venture that the Idaho Athletic Club has been excited about implementing for the past year. After careful planning on how to bring the most efficient program possible to their valued member base, IAC came to me to help aide them in this extremely popular new program. From the beginning, our enrolled members were very excited, yet a little

nervous, about what they had signed up for. The first week was a killer for them due to never training like this before in their entire lives. The combination of absolute strength & endurance strength being raised into an aerobic threshold was quite demanding on the class, but they never gave up. Pushing one another and cheering each other on through some of the hardest and most grueling workouts they had ever been through, every single student made it through the workouts. We saw dramatic body composition changes with a few students with one dropping an amazing 3% body fat within 2 ½ weeks while not losing a single pound of lean body mass! Another student increased his strength so much to the point he can squat out 100 reps while

holding 100lbs of kettlebells! Students push themselves to the limit every class.

The Idaho Athletic Club Sport Conditioning Program has been a great experience for many in its first month. I would like to personally thank them for making this program possible for me to bring to our valued members. I would like to encourage anyone out there that is looking to change their fitness levels to contact me at our Black Eagle location. This program is affecting so many in a positive way. If you are ready for a drastic body composition change, this is the program for you! Reserve your spot now!

Yours in great health,

Doug Hall



Eagle River Club

Kettle Bell Sports Conditioning

**Monthly classes
starting in April at
State Street &
Black Eagle Idaho
Athletic Clubs! We
will offer 10 group
sessions for \$189**

TIME 2 LOSE

The 2009 Time to Lose winner is RaeAnn Manship, who trained at the State Street location with Richie Snider. Her 8 week journey has taken her to new heights by redefining her fitness goals and creating a new healthy lifestyle. When she first started her journey she was at 34% body fat and unable to hold a running pace for anything longer than 3 minutes. Throughout the 8 week competition she has become a healthier and stronger individual by

lowering her body fat to 27% and she can now run with no issues or hesitation and loves doing it!! She made a commitment to herself to stay motivated and continue to work with her trainer while also maintaining a healthy lifestyle outside of the gym, which allows her to attain her fitness goals.

Kim Knowlton, who trained at the state street location with Jessi O'Neil also saw great results and developed a new love for physical

fitness. Throughout her eight week transformation she has come to understand the importance of the combination of resistance and cardiovascular training. Kim has taken a huge leap towards reaching her goal of being fit and fabulous by losing a total of 20 lbs, 17 inches and 5% body fat.

Always remember, at the Idaho Athletic Club, when it comes to reaching your fitness goals, everyone's a winner!!!



Caldwell Club

NASM Foundations Class

**Pursuing a career in
fitness?
Contact the IAC about
registering for this class
being held on April
9th, 10th, and 11th.**