

PENSACOURT

Report

March
2010

3001 LANGLEY AVE • 40 W. 9 MILE RD • PENSACOLA • 478-1400 • www.pensacourt.com

Happy Birthday, Pensacourt!

On March 15th we turn 28!

Thank you to all our members for making Pensacourt a great place to get fit! Sunday through Saturday beginning March 14th, all guests workout FREE when accompanied by a member!



Open House! Tuesday, March 16 • 9 a.m.–1 p.m.

Everyone is invited! Bring your friends and family and come join the fun at our Langley location. In celebration of our 28th anniversary, we are opening our doors to our community.

Join us for short lectures, fitness exhibitions and Group Fitness demonstrations. Visit the information booths of local businesses promoting healthy lifestyles. Door prizes, facility tours, and our friendly staff to answer any questions will also be a part of the day.

We will have the privilege of hearing from Dr. Shearlock about the benefits of Omega 3s; Karen Smith, a chocolatier, about the benefits of dark chocolate; Mike Kovach, a licensed acupuncturist, about the benefits of acupuncture; and Tammy Jones, a reflexologist, about the benefits of reflexology for your pets!

No sign-up is needed. Just come and bring everyone you know who is interested in looking better, feeling better, and living longer at Pensacourt!

Weight Loss Hint: 100 extra calories a day = 1 extra pound a month!

If you eat 100 more food calories a day than you burn, you'll gain about 1 pound in a month. That's about 10-12 pounds in a year. The bottom line is that to lose weight, it's important to reduce calories and increase physical activity.

Although the body burns calories for everyday functions such as breathing, digestion, and routine daily activities, many people consume more calories than they need for these functions each day. A good way to burn off extra calories and prevent weight gain is to engage in regular physical activity beyond routine activities.

Source: Centers for Disease Control and Prevention

Call **GET THIN TODAY (438-8446)** and make this your last weight loss program!



Thin & Healthy SUPERSTAR:

■ Cheryl Talbot lost 20 lbs.,
9 inches, and 2% body fat in 18 visits.



Thin & Healthy Member Totals:

From January:
**63.5 pounds &
164.5 inches**

Year to Date:
**1,493.5 pounds &
2,184.5 inches**

A Taste of Thin & Healthy's Recipe Favorites: Hearty Chicken Vegetable Soup

- One (14-1/2 ounce) can diced tomatoes (no salt added)
- 3/4 cups elbow macaroni
- 3 packages T&H chicken bouillon supplements
- 2 garlic cloves, minced
- 2 carrots, sliced
- 1/2 pound boneless-skinless chicken breasts cut into 1" pieces
- 2 onions, coarsely chopped
- 1/4 cup parsley, minced
- 2 celery stalks, sliced
- 1/2 teaspoon light salt
- 1 medium zucchini, diced
- 1/4 teaspoon freshly ground black pepper

In a large non-stick saucepan or Dutch oven, bring the tomatoes, broth mix and 6 cups of water to a boil. Add the carrots, onions, celery, zucchini, macaroni, and garlic; return to a boil; stirring as needed. Reduce the heat and simmer, covered, stirring as needed, until the vegetables and macaroni are tender, about 30 minutes.

Increase the heat and stir in the chicken, parsley, salt and pepper; return to a boil. Reduce the heat and simmer, covered, until the chicken is cooked through, about 10 minutes.

Serves: 6 Fat Grams: 3.2 Phase: Any Protein: 21.9

Congratulations!

Our own **Tammy Cooper**, Group Fitness Director at Langley, has been named Teacher of the Year at Cordova Park School.



Tune Up Your Workout

Are you achieving your fitness goals? Come see our fitness staff to set up an appointment for a re-evaluation. We will re-take your measurements, body fat percentage, do blood pressure screenings and even give you some extra help on how to keep your workout routines challenging and effective!

Cell Phones

We have been receiving comments about cell phone usage in the club. Although we cannot ban cell phones, we can ask people to please be considerate of others. If you must carry your phone, put it on vibrate and walk out of the workout area to talk. No one wants to listen to your conversations.

Club Updates

- We have resurfaced the floors in the men's showers at both Langley and 9 Mile.
- Please bring us your old magazines from home! Once you've finished reading them at home, share them with your fellow members.

Kids Korner



Summer Kamp Registration Begins Monday, March 22!

It's now time to register for our 2010 Summer Kamp! Join the fun this summer Monday-Friday from 7:30 a.m. to 6 p.m. during one or all of our multiple two-week sessions starting as soon as the school year is over. Kamp is for kids ages 5 years old through those who have just finished 5th grade.

This program is open to the public, so don't delay and register today at the Langley Kids Center to ensure your spot! For more information, please contact Tessa Brough, Kids Center Director, at 478-1400 ext. 0.

Annual Easter Egg Hunt

Friday, April 2 • 9:50-11 a.m. • Langley Kids Center

Join us for some springtime fun! We will meet at the Langley Kids Center play yard with your own Easter basket for collecting eggs. This event is for kids infant through 12 years old who are members of Pensacourt and their guests. Don't forget your camera to take pictures with the Easter Bunny!



PENSACOURT SEMINARS

Eat Your Favorite Foods & Lose!

Thursday, March 11 • 6-7 p.m. • Langley

Get some tips on how to lose weight without giving up what you love to eat, while sampling a tasty recipe. It's FREE!



Healthy Living Seminar Series:

Tuesday, March 9 • 6-7 p.m. • 9 Mile

Monday, March 22 • 6-7 p.m. • Langley

Omegamania!

Get ready for Omega Man! Doc Shearlock will speak about the importance of Omega 3s and the benefits of making them a part of your life.

CPR Class at Langley:

Tuesday, March 16 • 5:30-8:30 p.m.

New Adult Certification

Sign up with the Front Desk at Langley. Please call 478-1400 ext. 0.

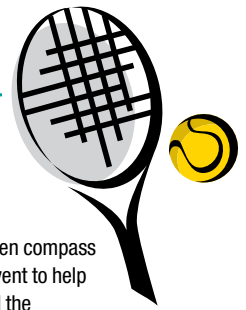
Pool News



■ Wednesday, March 17th is St. Patrick's Day! Wear your best greens to the pool to earn some Pensabucks.

■ Swim lessons are alive and well in our heated, salt water pool! All ages, all stages. Beat the summer rush and learn to swim now. Call Sera at 478-1400 ext. 103 for more information!

What's All the Racquet About?



Free Tennis Clinic

Saturday, March 13 • 9-10:30 a.m.

This clinic is for 3.5 to 4.5 players. Please sign up at the Front Desk by Thursday, March 11.

■ Way to go, **Sharon Moore** and **Ede Craig**! They won the open compass draw at the Pensacola Athletic Center. This was a charity event to help Joyce Vondankamp and family. Other members who played the tournament were: Pete Moore, Pete Gilroy, Tina Horton, Nan Einhart, and Linsley McMillion. It was a great event for a great cause!

■ Senior men, don't forget about the Free Clinic Thursday mornings at 7:30 a.m. Come have some fun and improve your game!

■ **Tennis Quiz:** Who won the U.S. Open on three different surfaces (grass, clay, hard court)? The first person to get it right wins a prize! If you think you know, tell Linsley!

Group Fitness News

9 MILE:

■ Try something new! Zumba and Tai Chi classes are offered at 9 Mile. Zumba fuses Latin rhythms with easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away! The ancient art of Tai Chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve overall health

Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. To do Tai Chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Our goal here is simple. We want you to want to work out, to love working out, and to get hooked! Check the new Group Fitness schedule for class days and times.

LANGLEY:

■ Have you always wanted to try a Spin class but were a little nervous or intimidated? Well now we have a class for you! Please join our Easy Rider class on Thursdays at 5:45 p.m. This 30-minute class is designed to help you get started in the rewarding activity of Spin! A 30-minute Sculpt class and cool down follows. All fitness levels are welcome, so be sure to check out our new spring schedule!

■ Due to popular demand, we have added a second Balance class and Tai Chi class. Check the schedule for days and times!

■ Thank you everyone who participated in our Group Fitness Survey! The results were very informative, and we hope you enjoyed sharing your thoughts. Here is a bit of what you had to say:

What are the main reasons you come to Group Fitness classes?

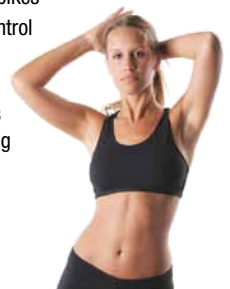
1. Group motivation
2. Great instructors
3. Get good results
4. The people that attend the classes

What do you like best about Group Fitness classes?

1. Great, knowledgeable instructors
2. Variety of classes
3. Get good results
4. The classes are fun

What do you like least about Group Fitness classes?

1. Need updated sound systems
2. Replace old bikes
3. Better air control in rooms
4. Need more yoga classes in the evening



Billing questions?

For quickest response, e-mail us at billing@pensacourt.com

PENSACOURT HEALTH, RACQUET & FITNESS CLUB

Change in your membership status?

Please submit any changes to your membership status by notifying us in writing by the 5th of the month in order for the change to be effective the following month.