

# THE ATHLETIC CLUB

March 2020 | NEWSLETTER



## Rehabilitation-based Personal Training Starting March 1st

Are you currently injured? Do you have an issue that is keeping you from working out effectively? Rehabilitation-Based Personal Training gives you an answer to those problems.

Rehabilitation-Based Personal Training provides those members with injuries, both chronic and acute, an opportunity to heal effectively in order to get back to working out the way they are used to faster!

These sessions are designed to improve the injured body part/segment using the most recent and scientific-based rehabilitation techniques.

Sessions are on appointment basis and are ran by Andrew Vereen. Andrew has been a Rehabilitation Professional/Personal Trainer for 6 years, working with people of all ages and abilities.

The first meeting will be a free 1 on 1 consultation with Andrew to talk about the issue and for him to evaluate the injury fully in-depth so that he can create a plan for you moving forward.

Standard personal training rates apply. Take advantage of this great opportunity!

Contact Andrew Vereen at [avereen@theathleticclub.com](mailto:avereen@theathleticclub.com)

## THE TRAINING WEST DES MOINES

### PERSONAL TRAINER OF THE MONTH MIGNONNE SCHMITT

THE Athletic Club would like to congratulate Personal Trainer, Mignonne Schmitt, as our Personal Trainer of the Month! Mignonne is a Personal Trainer at our West Des Moines location. Mignonne is ALWAYS positive and shows the utmost care for her clients. She always strives to do her best and it shows with her full schedule of more than satisfied clientele.



Congratulations Mignonne!!

MARCH ABNESS  
THE ATHLETIC CLUB  
LUXURY. FITNESS. FAMILY.



## Bracket Busting Bicycle Ride | FREE EVENT Friday, March 13 6:00PM-7:00PM RIDE

GET THE ENERGY PUMPING!

Party ride with great heart pumping stadium music to build excitement to kick off the 82nd annual NCAA

Division 1 Men's Basketball Tournament. Food & beverages after!

Secure your ride or for more information contact:

Amy Belvo, [abelvo@theathleticclub.com](mailto:abelvo@theathleticclub.com)



## No School Day Camp March 13

Enjoy No School at TAC

Celebrate not going to school. We have a fun filled day planned for you.

Contact Missi Spurgeon, [mispurgeon@theathleticclub.com](mailto:mispurgeon@theathleticclub.com)

## Spring Break Camp March 16-20

Summer Camp Preview

Come enjoy a day or the whole week of Spring Break Summer Camp Preview 2020. Each day is a different theme of our summer camps.

Contact Missi Spurgeon, [mispurgeon@theathleticclub.com](mailto:mispurgeon@theathleticclub.com)

## Amazing Race-Summer Camp Preview March 24 | 5-7 PM

You've been selected to be a contestant for THE Athletic Club SUMMER CAMP KICKOFF AMAZING RACE PARTY! CLUES to follow, DETOURS to make, PITSTOPS will be a different week of SUMMER CAMP!

Contact Missi Spurgeon, [mispurgeon@theathleticclub.com](mailto:mispurgeon@theathleticclub.com)





### Youth Swim for Fitness

March 3-March 26

Tuesday + Thursday (one day optional)

6:30-7:00PM

Youth Swim for Fitness is back for March. This course is designed to be an exercise and repetition-based swim workout for children who enjoy lap swimming and want to improve their technique and stay active. Sessions are twice a week for 4 weeks and a half hour long. Participants must be able to swim laps consistently and be comfortable swimming freestyle, breaststroke, and backstroke; other strokes and exercises can be coached as well. Participants will be following a new workout each week lead by our swim instructors in order to improve technique and quality of exercise. Cost of this course is \$130 for twice a week or \$65 for once a week.

Contact aquatics director Chris Hartley to register or to hear more information about this course. Call 515-223-5999 x215 or email at [chartley@theathleticclub.com](mailto:chartley@theathleticclub.com)

### Adult Swim for Fitness

March 8-29 Saturdays

11:00-11:45AM

Adult Swim for Fitness is back for March. This course is designed to be an exercise and repetition-based swim workout for adults who enjoy lap swimming and want to improve their technique and stay active. This course is perfect for those who are training for specific events or just need a push to stay active. Sessions are held Saturday from 11-11:45 for 4 weeks. Participants will be following a new workout each week lead by our swim instructors in order to improve technique and quality of exercise. Participants must be able to swim laps consistently and be comfortable swimming freestyle, breaststroke, and backstroke; other strokes and exercises can be coached as well. Cost of this course is \$50.

Contact aquatics director Chris Hartley to register or to hear more information about this course. Call 515-223-5999 x215 or email at [chartley@theathleticclub.com](mailto:chartley@theathleticclub.com)

### Try a FREE Private Swim Lesson Jumpstart

Based off of your schedule!

Private lessons are a great way for children AND adults to increase their swimming ability quickly. This is for anyone who is just beginning or wanting to take their swimming to the next level. It is a perfect for anyone who would like to swim competitively, recreationally, or wanting to participate in one of our other swimming programs to meet the requirements. All new members are able to get one free jumpstart private swim lesson. After the free lesson, private lessons are \$25 per half hour to members, guest fees will apply to non-members.

Email Chris Hartley at [Chartley@theathleticclub.com](mailto:Chartley@theathleticclub.com) or call 515-223-5999 x215 to register



### Staff Pick of The Month

Robin Lickteig really enjoys our protein bars & shakes. The newest of which is our Green Machine! Spinach, Avocado, Vanilla Protein & Almond or Skim Milk, YUM! When Robin isn't spending time with her two labs you'll find her in a group fitness class or working out most days here at the club. Robin has been working at the Club for almost 10 years! Please say Hi to Robin next time you see her at the front desk.

### CARDIO THEATER IS LIVE AT WDM!

GREAT NEWS, all cardio machines have been upgraded to a NEW **CARDIO THEATER SYSTEM** (with the exception of the stair climbers).

SIMPLY PLUG IN YOUR EAR BUDS - FIND YOUR STATION per the number on the TV and BOOM!



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