

In The Center

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Now Hear This!



January 2010!

With the New Year rolling in, we would like to say thanks to each and everyone of you for your support and dedication over the past year. We have much to be thankful for as we look back at the events of 2009.

As our economy took a down turn, we were able stay afloat, keep our doors open and provide many people with a much needed service - maintaining and improving their health!

We were fortunate enough to have another good summer of swimming lessons where we taught hundreds of Acadiana children to swim.

Then there was the pool cleaning project. We are especially thankful for your patience and understanding as we took on the week long pool project. We think it was a huge success, the pool looks great!

And one of our most successful endeavors of the year, our benefit stuffed bread sale for our co-worker Christina Mills, her husband Brady and baby Brennan (Brennan was welcomed into the world on Thursday, Dec 11 weighing 7 pounds, 1 ounce). The fund-raiser was to help defray expenses they will encounter as baby Brennan

undergoes multiple heart procedures at Boston's Children's Hospital. We sold over 600 cooked bread lunches and nearly 700 frozen four packs. And even extended the frozen bread sale four extra weeks due to popular demand.

The Mills family would like to send their deepest appreciation and thanks to you and all of the members of the community who were so generous not only in bread purchases, but also in thoughts and prayers!

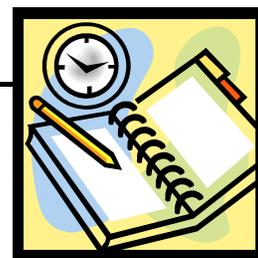


Half-Off Evaluations

To help ring in 2010, we are offering half off of all fitness evaluations. If you have friends or family members interested in getting started with an exercise program, now is the perfect time. The evaluation fee will remain half-off through the end of January.

_____ And for current members, we are offering \$10 off your monthly fee for referring a new member in January. _____





Class Schedule Update

The New Year brings new additions to the schedule of land aerobic classes. We will begin offering Zumba® on Mondays and Saturdays. **The Monday, 9am Low Impact aerobics will be replaced with 8:30am Zumba®** beginning Monday, Jan. 4th. Beginning Saturday, Jan 9th, we will be offering Zumba® every Saturday of the month at 9am. Please make a note of the change of class type and time.

_____Zumba® is best described as a fuse of hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! For more information check out www.zumba.com.



Back on Track

Did your diet and exercise program fall by the way side during the holiday season? Well, now is a good time to get yourself back on track and refocus your efforts. Getting back into a regular, healthy diet and exercise routine can be difficult. These tips may be the encouragement and motivation you need to get started:

- de-stress yourself - leave last years stressors behind and look forward to a happy, healthy new year

- make a schedule - if time is still limited, schedule your workouts and keep the appointment
- get rid of the goodies - toss all of the sweets and leftovers from holiday gatherings, out of sight out of mind
- set goals - be realistic and focus on the short term instead of miles down the line
- be optimistic - starting with a negative outlook or attitude is not a recipe for success
- do it for yourself - don't let others be the reason for change, do it for your own benefit
- remember the benefits - when you are feeling down, focus on the benefits of healthy eating and exercise
- get started - bottom line is thoughts and intentions are great but action is necessary to see changes

If you feel like you need a little push from an outside source, personal training may be an option for you. If you would like to set up training sessions or have questions about what we can offer, speak with Monica.

Dry Off!

We know that we have reminded you time and time again about drying off before leaving the pool area, but unfortunately we are still having problems. So, we will say again, **YOU MUST DRY OFF BEFORE LEAVING POOL AREA!** We need you to help us correct this problem.

