

In The Center

CWR @ The Fontana Center
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July/August 2009
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Now Hear This!

July 4th Schedule

Friday, July 3rd 5am - Noon

Class Schedule

- ★ Land: 8am Yoga / 9am Low Impact
- ★ Water: 9am Deep / 10am Easy Does It

Saturday, July 4th 7am - Noon

- ★ No Classes!



Swim Lesson Schedule

Swim lessons will continue through July 30th.

The schedule for the month of July is as follows:

- ★ July 6-16: 12pm, 1pm, 6:30pm
- ★ July 20-30: 12pm, 1pm, 6:30pm

Lessons are held Monday - Thursday and are 45 minutes in length. We do still have limited space available, so, if you are interested in registering please speak to Monica or Christina as soon as possible.

If you are interested in more one on one training, we do offer private sessions. These lessons are available for children three and up all the way through adults.

Gentle Reminders

We would like to take this time to remind you of a few general rules and regulations of The Center.

- ★ children **MUST** be 14 years of age or older in order to use the facility. Children under 14 are only allowed if they are scheduled for an organized swim lesson with one of our instructors
- ★ children are **NOT** allowed to wait in the gym, pool area or aerobics room while you exercise
- ★ the laps lanes are large enough for two swimmers. If you see someone waiting for a lane please be courteous and offer to share
- ★ please **DRY OFF** after exiting the pool and before walking down the hallway to the showers/restrooms
- ★ in order to hold/cancel your membership we must be notified prior to the 1st of the month. If we are notified after the 1st, you will be responsible for paying the dues for the month
- ★ we now offer monthly payments by auto draft from bank accounts. Please see the front desk for paperwork



Healthier Summer Eating

With summer in full swing, you may have noticed your waistline has become a little fuller as well. In the summer months, we often do more eating and drinking to help fuel and cool our bodies. But the problems often arise in the choices we make. Here are few ideas to help keep yourself satisfied and healthy:



- ★ choose fresh fruit as a first choice snack - fresh fruit is often more plentiful in summer months
- ★ eat salad once a day - a great way to add fiber and satisfaction without adding tons of calories
- ★ go light on cold drinks/colas - 12 ounces of sweetened lemonade can add over 200 calories, a 12oz coke can add 140 calories and beer adds 150, choose water first
- ★ careful with the cold desserts - ice cream is a traditional summer treat but healthier lower calorie frozen yogurt or sherbert are sure to fill the void
- ★ barbeque a little healthier - try grilling fish, turkey burgers, lean cuts of meat and even veggies
- ★ eat less when dining out - get a "to go" box when your food comes out and put half to take home or try ordering a dinner salad and an appetizer as your main course
- ★ eat 4-5 smaller meals per day - try eating 3 or 4 300-600 calorie meals and 1 or 2 100-200 calorie snacks per day

Aerobics Schedule Update

Thursday night 6:35pm Yoga has been changed to **Floor-Core & More!** This new class is a combination of floor exercises, designed to work your core, stretching and balance exercise, Yoga and Pilates. The class is designed for all fitness levels! Also, Basic Yoga on the 2nd Saturday of each month has been cancelled. You can check out a full schedule of classes on the web at www.fontanacenter.com or pick up a copy in the lobby.

Healthy Summer Travel

Every year many of us hit the road for short and long term vacation destinations. Whether your travel is close to home or across many miles, you always want to be prepared and protected. In order to make your time away healthy and safe, follow these recommendations from the Center for Disease Control (CDC):

- ★ be proactive - learn about the destination, see your doctor before leaving and really think about your health status
- ★ be prepared - pack smart, plan head for illness and injury, know what to do if you get injured or sick on the road, share your itinerary with others
- ★ be protected - pay attention to your health during the trip, use sunscreen, be careful of unusual foods, wear proper protective equipment when on adventure activities, follow all local laws and customs, and finally be aware of your health status when you are back home

For more information about safe travel check out the CDC travel website at:

wwwn.cdc.gov/travel.