

In The Center

CWR @ The Fontana Center
709 Kaliste Saloom Rd.
Cafayette, CA 90508

July/August 2010
PH: 337-234-7018
Fax: 337-234-3347
www.fontanacenter.com



Now Hear This!

July 4th Schedule

With the Fourth of July Holiday falling on a Sunday this year, we will be adjusting our hours of operation on both Saturday, July 3rd and Monday, July 5th.

Saturday, July 3rd hours will be
7am - Noon, no classes schedule for this day.

Monday, July 5th hours will be
5am - Noon. We will have 9:00 and 10:00am water classes. Enjoy your Independence Day!!

Class Schedule Update

We are making a change to the schedule of land classes. Zumba will move from Friday's at 9am to Monday's at 9am. The Friday, 9am class will now be Low Impact Aerobics. These changes will take effect July 1, 2010.

We will also be incorporating an evening Zumba class, stay tuned to the reader board and website for specific days and times.

Swim Lessons

We are continuing to offer group swim lesson through the end of July. Available space is limited, so please call us for more information. Private lessons will continue year round, so you have plenty of time to

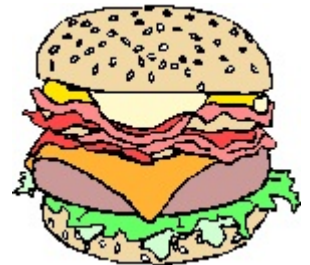
work those into your schedule. Private lessons can be a great way to get more comfortable in the water, learn new strokes, or perfect and become more efficient at the ones you already know. Minimum age for lessons is three years of age and potty trained and maximum age is endless. Please call Monica or Christina for more information or to schedule.

Burger Time

With summer in full swing, we often make time for backyard parties and activities. Many of these parties include food, fun and spirits which all combine for a flavorful event. What often causes problems is the amount and type of food and spirits we ingest. Burgers, steaks and hotdogs can all be found on the menu of most gatherings. And these can often be the healthier options when dining at home, but can be the worst options when dining out.

Some of the worst "dining out burgers" are:

- Wendy's Triple Baconator - 1350 calories, 90 fat grams, 2780 mg sodium
- Applebee's Quesadilla Burger - 1420 calories, 104 fat grams, 3740 mg sodium



- Chili's Jalapeno Smokehouse Bacon Burger - 1750 calories, 123 fat grams, 5250 mg sodium
- Cheesecake Factory Ranch House Burger - 1941 calories, 48 fat grams, 2877 mg sodium

After viewing those numbers, you may want to try these other options. Even though they are not "healthy" they are a better choice:

- Wendy's Double Stack with 3 strips of bacon - 400 calories, 21 fat grams, 990 mg sodium
- Applebee's Burger - 770 calories, 46 fat grams, 1170 mg sodium
- Chili's Steakhouse Sandwich - 700 calories, 35 fat grams, 2570 mg sodium
- Cheesecake Factory The Factory Burger - 737 calories, 15 fat grams, 1638 mg sodium

Some overall healthier options to consider when planning your own backyard party are:

- pork tenderloin (6oz) - 328 calories, 11.5 fat grams, 95 mg sodium
- coleslaw ($\frac{1}{2}$ cup) - 150 calories, 8 fat grams, 350 mg sodium
- tortilla chips with guacamole (~10 chips) - 160 calories, 11 fat grams, 280 mg sodium
- fruit salad ($\frac{1}{2}$ cup) - 55 calories, 0 fat grams, 5mg sodium, 13 grams sugar

In addition to the food, are the drinks! We sometimes forget that the drinks can add unwanted and unhealthy calories. Frosty, icy cold beverages sound like a perfect thirst quencher but these numbers may surprise you:



- SoBe Green Tea (16oz) - 240 calories, 61 grams sugar
- Arizona Rx Energy (23oz) - 345 calories, 84 grams sugar
- Smoothie King Peanut Power + Grape (40oz, size large) - 1498 calories, 44 fat grams, 214 grams sugar
- Ocean Spray Cran-Apple (8oz) - 130 calories, 32 grams sugar
- Minute Maid Lemonade (20oz) - 120 calories, 67.5 grams sugar
- Tropicana Grape Juice Beverage (15oz) - 290 calories, 72 grams sugar
- Arizona Kiwi Strawberry (23oz) - 360 calories, 84 grams sugar

Now let's look at the better options when it comes to quenching your thirst:

- Honest Tea Green Dragon (16oz) - 60 calories, 16 grams sugar
- Glaceau Vitamin Water Revitalize Green Tea (20oz) - 25 calories, 8 grams sugar
- Smoothie King High Protein Banana (20oz, size small) - 322 calories, 9 fat grams, 23 grams sugar
- Ocean Spray Cranergy Raspberry Cranberry (8oz) - 35 calories, 9 grams sugar
- R.W. Knudsen Lemonade (8oz) - 130 calories, 30 grams sugar
- V-8 Fusion Strawberry Banana (12oz) - 170 calories, 42 grams sugar
- Water (endless) - 0 calories, 0 fat grams, 0 grams sugar!

