

In The Center

The Fontana Center
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September / October 2007
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Now Hear This!

Labor Day Fitness Hours

Monday, September 3rd 5am - Noon

Class Schedule:

9am Deep Water

10am PowerWaves



September Specials

Throughout the month of September we are offering half-off of all fitness evaluations! Anyone joining Fontana Center in the month will pay a \$65 evaluation fee.

Existing members, receive \$20 off your monthly membership for referring a new member!

Parking

The Fontana Center offers both a front and rear parking lot for member use. Please **DO NOT** park in the side parking lot! These spots are to be used by Fontana Center employees only as this lot is not property of our facility.



New Yoga Classes!

Effective Saturday, Sept. 8th, we will begin offering Basic Yoga at 8:45am. This class will be held the second Saturday of every month and will take the place of the Toning class @ 9am on these specific Saturdays. We are also offering a second Basic Yoga class every Wednesday @ 3:45pm. In addition to these new classes, we still offer Yoga at 8am on Wednesday & Friday and at 6:35pm on Monday & Thursday evenings. The classes are included in your membership, so we hope you give them a try. As with any other class, walk-ins are welcome. The walk-in class fee is \$10 per class.



Shower/Changing Area

We are sure that you have noticed the changes in the men's and women's shower areas. In an effort to keep the areas clean and clear of mold and mildew, we have done away with the dry decking material. We have covered the entire tile area with a clear, non-skid coating.

We recommend that you try wearing rubber-soled shower shoes into the shower itself. This will provide more traction in the wet area. If you have any comments or concerns regarding this issue, please feel free to voice your opinion.

Testimonial of Thanks:

Darrell Benson had lived all of his 39 years as a healthy, active person. He had competed in several Ironman triathlon events, was an avid bike rider, and was even a past employee of the Fontana Center. In October of 2006, that all changed for Darrell. He suffered a seizure and was scheduled for an MRI which found that he had a large mass/tumor in the right frontal lobe of his brain. On October 3, 2006, Darrell was diagnosed with brain cancer.

He had surgery to remove the tumor, or as much of it as doctors could safely remove, and was placed in the ICU for recovery. It was at this time that Darrell also began to have leg pain, but doctors did not feel this was a concern. In fact, it was a BIG concern. He developed a blood clot, the reason for the leg pain, which caused a pulmonary embolism and a return visit to the hospital for the month of November. Darrell was also ordered to undergo six months of chemotherapy treatments. Due to the recent surgery and pulmonary embolism, Darrell was left very weakened by the treatments. Initially he needed a walker to get around and felt like he had gone from Ironman to patient.

It was at this time that family friend and nurse, Joanne Miller, brought Darrell by the Fontana Center to see what we could offer him. He was hesitant because he did not want to ask for help or a "hand-out" but Joanne insisted. When Paul & Rose Fontana heard the story, they were quick to offer Darrell a three month membership to aid in his recovery. This was his ticket to returning to a more "normal" life and getting back into better health. He started back very slowly and was not able to attend on the weeks of

chemo. That made the ex-Ironman very frustrated but with encouragement and persistence he continued the exercises. His initial workouts consisted of two minutes bike rides, minimal resistance training and only a few minutes in the pool. But, he progressed his way through the routine and often used his visits to Fontana as a time for mental clarity. The 10 pound weight workouts increased to 90 pounds and the two minute bike ride to a 35 mile road tour in three months!

Darrell feels like the exercise helped him through the chemo treatments allowing his body to recover faster. His Oncologist cannot believe his progress and recovery time, eight months from diagnosis. He is finished with chemo treatments and free of tumor cells but will continue to be monitored every four months. Darrell attributes much of his recovery to the activities here at Fontana Center. He was given the chance to use other facilities but continued with us because of the staff and the overall environment.

Darrell is genuinely appreciative of everything the Fontanas provided to him. Paul & Rose provided him with the facility but he had the strength and determination to do all of the work necessary. Congratulations Darrell, you are an inspiration to us all!__

Pool Water

In an effort to keep our pool as clean as possible, we ask that you keep your suit and any other equipment you might bring in as clean as possible as well. Cross contamination occurs a lot easier than you might realize!