

Club Member Newsletter

Volume 5 Issue 3

We Proudly Brew
STARBUCKS COFFEE



Life Coaching Tip

"It's not the mountain that we conquer, but ourselves"

Sir Edmund Hillary

No matter what your goals are, the biggest obstacle you will likely face is yourself. Negative self talk, poor planning, weak commitment and unclear motivation are typical obstacles we create for ourselves. Think about the goals you are currently pursuing. How are you getting in your own way?

Laurel Vespi,
Certified Life Coach
www.stonecirclecoaching.com

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New website, Facebook & LinkedIn!

Congratulations Meaghan!! SVAC is thrilled for **Betsy** and **Bill Mikkelson** who's daughter **Meaghan** (an occasional Club Member when in town) won an Olympic gold medal as part of the Team Canada ladies hockey line up! We hope that Meaghan will bring her gold medal to the Club on her next visit! The Games were truly inspiring and we hope that they will ignite your motivation to exercise and pursue a healthy lifestyle!

Website revamped! Check out our new, more interactive and user friendly website at www.sva-club.com. It now features:

- * a **blog / discussion board** with our Personal Trainers,
- * the ability to **purchase Specialty classes online,**
- * an easily accessible **weekly group exercise schedule,**
- * new promotional videos starring Club Members **Tammy Mollenkoph** and **Doug McBeth!**
- * new and improved **electronic newsletter**

As always we are open to feedback on what additional features you would like to see on the website! Be sure to bookmark it and visit it often!



Join us on Facebook and Linked In!

... and be part of our online community and keep informed on events happening at SVAC! For the uninitiated, Facebook is more of a social network, while LinkedIn connects business professionals for networking opportunities and referrals. Both

mediums are a great way to connect with other Club Members—perhaps faces that you recognize but don't know their name! Simply log into your Facebook or LinkedIn account (or set a new one up) and search for "Sturgeon Valley Athletic Club" or use the links from the top of the home page on the revamped Club website: www.sva-club.com

Bye-bye big TV! Everyone seems to be feeling the post Winter Olympic blues - even our Member Lounge which looks positively bare without the big screen TV! A majority of Member feedback dictated that while it was a positive addition to bring it in for a major event like the Vancouver Games, a TV would detract from the ambiance in the Member Lounge on a day to day basis.

Easter Holiday Hours
The following opening hours will be in effect over the Easter weekend:
Good Friday, April 2nd:
5:30am - 6:00pm
Saturday, April 3rd:
7:00am - 8:00pm
Easter Sunday, April 4th:
Club CLOSED
Easter Monday, April 5th:
5:30am - 10:00pm
Playcare will be open from 8:30am - 6:00pm on Good Friday.

Investment Seminar / Member Appreciation Event
We are excited to have been selected to host an Information Session presented by the premium land based real estate investment organization, **Walton International Group**. Wine and cheese will be served at the free, no obligation, educational session



Mike Noon
March 2010
Member of the Month

scheduled for **Thursday, March 18th** from **7:00pm - 9:00pm**. Please pre-register at the Membership Service Desk. Club Members - no charge; Non Members \$15.00.

SVAC Olympic Fitness Challenge
Is still ongoing even if the Winter Olympics are over. Our "athletes" are working hard to complete the weekly challenges and we will be updating the medal count periodically.

Online Member Survey
We appreciate your feedback on ways in which we can make SVAC even better! The February survey has been extended until the end of March to try to gather more input on **The Social Side of SVAC!** We are interested in determining if Club Members would like to participate in more / new social events connected with the Club. Visit the Club website at www.sva-club.com to complete the survey or use the new computer terminal in the Member Lounge (can also be used for brief Internet sessions). Thank you in

Private has its privileges !

advance for your participation - it's YOUR Club!

Gel Nail & Esthetics News

Our new addition to the Wellness team at SVAC is settling in very well and has enjoyed a busy first month! **Jacqueline** brings a wealth of experience and artistic talent with her fabulous gel nail (and toe) designs. She can create new sets in either traditional French style or with color, and the same for maintenance "fills". Plus all of her work is fully guaranteed and her services can be used in conjunction with the Club's Playcare facility, eliminating the need for a babysitter if attending a day spa. Appointments can be made through the Membership Service Desk. During the month of March 2010, Jacqueline is encouraging clients to **bring a donation to the St. Albert Food Bank** and in exchange she will **deduct \$5.00 off all nail services**. A win - win!! Over at the Esthetics room in the Wellness Centre, this month, we are celebrating "Facial Fridays" - book a **Deep Cleanse facial with Cherise by March 31st** and receive **15% off!** Appointments can be made via the front desk.

March Member Referral Gift

Got a friend who might be interested in joining the Club?? Encourage them to drop by for a complimentary tour at any time **or preview the Club via our new videos on the website**. If they do decide to join on an Annual term before March 31st, you will receive a **\$75.00 gas gift card** as a token of our appreciation! No maximum limits!!

New Renewal T shirts have arrived!

Check out the new technical fabric men's and ladies' T shirts on display at the Membership Service Desk. The ladies' shirt is a lovely pale blue and grey, while the men's is black and grey. Both shirts have reflective accents and will be perfect for indoor or outdoor activities. Members renewing after January 1, 2010 will benefit from the new and more flexible "points based" renewal program. For every year you accumulate as a Club Member, you will be awarded 10 points. You can then choose how you wish to "cash in" or redeem your points. Full details will be mailed to you with your Renewal Reminder letter when your term comes due. As always, feedback is welcomed.

Specialty Class Update

A new **10 week Belly Dance** class is scheduled to start on Sunday, March 7th @ 2:00pm. It's not too late to register for the class - there are still a few spaces open! Ditto for **Pilates Progressive** (Wednesday @ 7:30pm), **Vistaara Yoga Progression** (Thursdays @ 9:15am), **Yoga for Beginners** (Tuesdays @ 6:00pm) and **Zumba** (Saturdays @ 10:30am). The complete upcoming Spring schedule and sign up sheets will be issued by March 15th.

Member of the Month

Congratulations to **Mike Noon** who was nominated as the March 2010 Member of the

Month! Read about Mike's determination and dedication to overcoming two knee replacement surgeries, followed by a successful return to his career as a firefighter, on our feature board beside the laundry room in the Club. If you would like to nominate someone, please fill out a form at the Fitness Desk.

Platinum PLUS Program

Recent additions to our Platinum PLUS program include: **Sharon's Dressmaking & Fabric** (here in Campbell Business Centre) and **Unique Cleaners** (Giroux Crossing) - simply show your key tag, shop and save! Other current approved companies also include: **P&C Electrical, Tudor Glen Veterinary Hospital, M&M Meat Shops, Claysmore Spring Water, Popeye's Supplements, Sorrentinos (St. Albert), Sturgeon Autobody, ABI Photography, Dinner Factory, Funky Petals, MDO Opticians, Paw Prints Gourmet Pet Bakery & Boutique, River House Grill, Seasons Gift Shop and Sublime Swimwear**. Note: retailers may specify conditions surrounding the discount - **see the Club web site for full details**. Private has its privileges!!

Member Lounge

Fresh filled "Subs" are now available in the Member Lounge in addition to our traditional (and delicious) sandwiches and wraps. Vegetarian subs are also available. And check out the new "Oh Yeah" protein shakes in the vending machine! They have 18 grams of protein and only 8 grams of sugar! A perfect for that post workout recovery snack.

Physiotherapy News

Lacoste! Sketchers! Crocs! Hush Puppies! Merrell! Florsheim! Saucony! Naot! Sandals, golf shoes, hiking boots, runners, dress shoes, even steel toe boots!! Visit www.theorthoticgroup.com to see the new Spring line of custom orthotic footwear that Leading Edge Physiotherapy can fit you with. Many extended health plans include coverage for orthotics and many also cover custom footwear directly or through a health spending account. If you have worn orthotics in the past or are suffering from heel pain, bunions, foot pain, knee pain or even back pain, come in today for a complimentary gait scan to see if orthotic therapy might help you. Call Heidi, Lori and Anita today at 780-458-2669. And don't forget to visit our new website at www.leadingedgephysio.com

H1N1 Awareness

In anticipation of future waves of H1N1, and out of respect for fellow Club Members and Employees, please take a break from the Club if you are experiencing **any** H1N1 symptoms and follow all Alberta Health Services recommendations for personal hygiene e.g. cough into your sleeve, wash your hands thoroughly and use hand sanitizer often. Despite popular beliefs, the steam room is

NOT a place to "sweat out" a cold or flu. We have placed hand sanitizer and tissues throughout the Club for your convenience, including beside the apple basket - please use a tissue each time to select your apple. It may also be prudent to sanitize your exercise machine **before** and after you use it for improved hygiene. We have stepped up our housekeeping regime on commonly used surfaces such as door handles, but ultimately, it comes down to good personal hygiene and awareness. We appreciate your participation in good hygiene practices at all times. Please address concerns on this matter to one of our Management team. Thank you.

Corporate Discounts

This month, all corporate discounts remained the same as in February 2010. For a complete list of groups currently receiving a corporate discount, please refer to our website. Please remember to produce your corporate ID when renewing your Membership.

Playcare News

Our new Playcare Leader **Danielle Bizon** has decided to switch things up a little and add more variety to the Playcare programming. In addition to the very apt overall monthly theme of "**Time for Change**", Danielle has introduced new weekly themes: "**Who Am I?**", "**Tick Tock**", "**Yellow and Blue Makes?**", "**Spring!!**" and "**Knock Knock**". **Ball Pits:** Will be professionally cleaned on March 22nd as part of our ongoing preventative maintenance program and our commitment to excellent standards of hygiene. **Reminders for parents:**

- * Sorry, but absolutely NO food permitted in the Playcare area (beverages are OK)
- * Home toys (especially stuffed ones) are not allowed in Playcare, with the only exception being a child's security needs
- * Designated family parking stalls are meant for parents with young children under 3 years. Thank you.

Charity Donations / Community

SVAC supported the following charity events and fundraisers in February 2010: **St. Albert Curling Club** and the **St. Albert Rotary Club's Annual Auction**. Please submit all donation requests in writing, Attn: Club Manager. One request per organization please. Sorry, no cash donations. We will attempt to accommodate as many requests as our monthly budget allows.

Club News

Condolences: To the family and friends of former Club Member **Lois Wilkie** who passed away on February 15th. Lois was an avid runner and cyclist, as well as a role model to all with her commitment to active living. **Today is a gift, tomorrow is not a promise..**

Christine Rasmussen, Club Manager

