

June 2009 Newsletter

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MESSAGE ABOUT THE MEMBER SURVEY

We hope everyone is enjoying the new Charlotte Athletic Club.

Last year we did a member survey to get your input into what needed to be addressed at the Charlotte Athletic Club. The survey helped guide us through the renovation process at the club. It is our goal to continually improve the member experience in every way. With that in mind, we would ask that you complete our follow-up survey. This survey will help us determine how we are doing in many key areas and let us know what we need to focus on next. Member input and suggestions are valuable to us, and we look forward to hearing from you. We will publish the results of the survey within 3 weeks.

To take the survey, copy and paste this link into your web browser:

<http://www.surveymonkey.com/s.aspx?sm=kKuLJID9q0SjddknMvW3Lw%3d%3d>

You may also access the survey via the website (see "Club News"), and hard copies will be available at the front desk.

As always, we appreciate your support and feedback.

Sincerely,

Jim Donnelly
704.804.0647
jjmd@charlotteathleticclub.com

EVENTS

Triathlon Week - June 15-21: CALLING ALL TRIATHLETES!

Do you swim, bike and run...or have you ever thought about doing a triathlon? The Charlotte Athletic Club and Nicole Gross of One2Tri Multi-sport Coaching would like to welcome all triathletes to a free week of training! During the week of **June 15-21**, triathletes will receive special pricing on products and services throughout the club and can participate in many activities that will complement your triathlon training. This program is open to non-members, so grab your family and friends and bring them in to train with you!

Highlights include:

- * Led by world ranked triathlete, Nicole Gross
- * Swim, cycle, yoga and strength training classes that cater to triathletes
- * Seminars on heart rate monitoring, sports nutrition, and preparing for your first triathlon
- * Bring your road or tri bike in and ride one of our bike trainers in the club's multi-sport training studio for a more triathlon-specific workout
- * VO2 Max and Resting Metabolic Rate testing day - **June 19th**

EVENTS

Ladies Night at Emerson Joseph - June 17

Ladies - we are taking over Emerson Joseph, the men's only grooming lounge, for one night only! Join us **Wednesday, June 17 from 6-9 pm** for the takeover!

Men - are you in the doghouse? Haven't babysat the kids in a while? Or maybe just looking to show some appreciation to the leading lady in your life? Here's your solution!

Tickets are \$25 and can be purchased at Charlotte Athletic Club or Emerson Joseph.

The evening includes:

- * Cocktails and hors d'oeuvres
- * Fashion tips from expert clothier Mary Beth
- * Massage and skincare tips to survive the summer
- * Fitness and nutrition consultation
- * Mini vitamin-infused hand facials
- * Chance to win luxury prizes
- * Swag bags for each guest

CELEBRITY TRAINER

Have you seen the hit Bravo TV show, The Workout? If so, you'll remember Brian Peeler as the outspoken trainer who always stood up for what he believed in. He'll be at Charlotte Athletic Club **June 12 - 19** and is available for one-on-one personal training sessions by appointment only. Schedule yours today - space is limited! Contact his staff at Peeler Built by calling 661.312.4372 or at peelerbuilt@yahoo.com.

SportSpa

New Spa Service

Hot Pack Massages! 60 Minutes of sports therapy relief, incorporating hot towels into the massage experience relieves tension and soothes sore muscles. Purchase it alone or in combination with a personal training session. Book yours with Erin or Taryn today.

Massage special with Erin

First time clients who book a Swedish massage with Erin during the month of June will receive a free upgrade to a Deep Tissue massage.

Father's Day Special

What do you get for the man who has everything? Purchase a spa treatment or personal training session before July 31st, and receive a second of choice for 50% off!

Two-in-One

Personal training followed by a massage - what better way to take care of your body? New packages are available!

SPA QUESTIONS ANSWERED

More details, package options, and scheduling: Call 704.371.5600 or speak with our Member Services staff at the front desk.

SQUASH TOURNAMENT

Join us for some friendly competition **June 19, 20, 21** at the squash tournament hosted by the Charlotte Athletic Club and the Squash Doctor, Richard Millman. Everyone is guaranteed at least 3 matches, and all levels of ability are welcome. We also feature 50+, Ladies only, and Junior divisions. The entry fee is \$35 - sign up by contacting Richard at 843.323.7340 or e-mailing him at thesquashdoctor@yahoo.com.

FITNESS

MOUNTAIN OF THE MONTH

Looking for a new challenge? Join us for Mountain of the Month starting **June 15**. Each month race to the top of some of the highest peaks in the US, gaining distance by miles logged during your workout. Sign up in the trainer office and get climbing!

PERSONAL TRAINING SPECIALS

Every other week, one of our personal trainers will be offering a special on their services. Check out their wall profiles by the ab area and sign up with your favorite when their special is offered!

YOGA

Ever wonder if the person before you cleaned the yoga mat you're using? We did too, that's why we were making a change. Starting **June 15** rental mats will be available at the front desk for \$1/class or you can bring your own and rent a storage spot for only \$8/month. Don't have your own? Purchase one at the front desk.

NUTRITION

FIT LIFESTYLES makes it easy with prepared meals picked up weekly. Choose from 10 or 20 meals per week. Fit Lifestyles takes the guesswork out of healthy eating!

Contact Josh Holby at:
josh@charlotteathleticclub.com or go to
www.fitlifestylescharlotte.com

ENERGY CUISINE is great for grab-and-go healthy meal option after a workout. Purchase breakfast, lunch, or dinner daily by pre-ordering at the club or on the Energy Cuisine website.

Contact Joanne Charnetski at:
jcharnetski@gmail.com or go to
www.jcienergycuisine.com

NEW CHARLOTTE ATHLETIC CLUB STAFF

MANAGEMENT

Taryn Levine

Joins us as our Spa Director, personal trainer, and massage therapist. With over 15 years of health and fitness experience, including starting her own personal training and massage business in 2000, we welcome her knowledge and expertise! She is available for massage Tuesday - Saturday, and for personal training by appointment.

taryn@charlotteathleticclub.com

SUMMER INTERNS

Dillon Hoyt and **Dave Esposito** are with us for the summer from Eastern Carolina University. You'll see them doing a little bit of everything - they are learning every aspect of health club operations!

dillon@charlotteathleticclub.com
dave@charlotteathleticclub.com

MEMBER SERVICES

Amy Johnson

A recent UNCC grad, Amy spent her childhood on the ice skating rink, participating in figure and speed skating, and even ice hockey! She recently obtained her Group Fitness Certification, so you may even be taking her class sometime soon!

amy@charlotteathleticclub.com

Rachael Kincaid

A Charlotte native, she just completed her nursing degree, and her experiences with patients has given her a heart for preventive wellness. Growing up she participated in all forms of dance from jazz and modern to aerial dance! (Think Cirque du Soleil!)

rachael@charlotteathleticclub.com

CHARLOTTE ATHLETIC CLUB NEWS

GOOD LUCK TRIATHLETES!

Good luck to our members competing in the Tri-Latta Sprint Triathlon on Saturday June 13!

MEMBER UPDATES

Do you have a big race coming up, or an adventure vacation planned for the summer? If so, we want to hear about it! Submit your news to info@charlotteathleticclub.com!

STAFF NEWS

Membership Director, Kelley Robb, is busy planning her mom's surprise 60th birthday this month!

Anji Nussbaumer, our Fitness Director, is headed on a 3-week tour of Europe with her husband as they chaperone a group of students!

Congratulations to our new moms-to-be, Rachael and Taryn!

COMING UP NEXT MONTH

CYCLE CHALLENGE

Tour de France cycle challenge

CHARITY GOLF TOURNAMENT

Details to be announced soon

24 HOURS OF BOOTY

Look for a Charlotte Athletic Club team and pre-ride events!

KRAV MAGA SUMMER SCHEDULE

Krav Maga combines martial arts in a true-to-life self-defense class. You'll learn to be more aware of your surroundings and to protect yourself if the unthinkable happens - and have fun getting in shape too!

HAPPY FOURTH OF JULY!

Charlotte Athletic Club will be **CLOSED** on **Saturday, July 4**