

# Mind.Body.Goal.

Volume 1, Issue 1

August 2009

## Charlotte Athletic Club

### New fall Group Exercise schedule:

- Monday night kickboxing class
- A new P90X class
- A second cycle class on Monday afternoons

Check out the entire schedule on the website starting Friday, 7/31! Classes begin Monday, August 3.

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### We Hear You!

Thank you to all of our members who participated in June's membership survey! Our goal is to continually improve and upgrade the club, with the change driven by what *you* want to see happen!

Based on your feedback, we have already:

- Improved the signal quality on the individual TVs in the cardio area
- Replaced the shelves in the women's locker room
- Added additional sanitary wipe stations to promote equipment cleanliness
- Added open day lockers to the men's locker room
- Replaced and upgraded 4 stationary bikes

From the most recent survey comments and suggestions, we have planned:



- A monthly newsletter to keep you informed of upcoming events, key accomplishments, and important club information
- A communication board to highlight special offers, schedules, personal training packages, and spa offerings

- An assessment of the feasibility of adding another row of individual TVs in the cardio area
- To develop a comprehensive overview of our diagnostic offerings (58% of you said you were interested in learning more about what the club has to offer!)
- An expansion of the shower stalls in the men's locker room, including an addition of doors (instead of curtains)
- To refinish the basketball court by the end of August

If you didn't participate in the survey, or have more ideas, please send them to [info@charlotteathleticclub.com](mailto:info@charlotteathleticclub.com). Let us know how we're doing!

### Referral Race!

Thank you to Darryl Dewberry, Meg Morrison, Mark Lombardi and Jacob Norris for referring new members last month!

Do you have friends, family members or co-workers who are inter-

ested in joining the club? More importantly, do you want to earn your way to complimentary massages, complimentary personal training, and even complimentary membership dues? We thought you might!

Next month we will start the Charlotte Athletic Club Referral Race! Look for e-mails, signs at the club, and blog posts to find out how you can refer your way to rewards at the club!

## Pre and post natal week—August 10-14

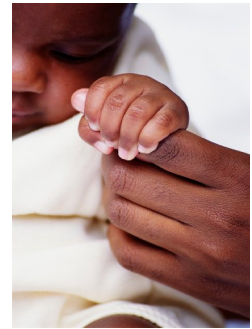


Calling all mommies and daddies! Pre and post natal week is coming August 10-14. The week will be chock full of guest lectures, goodies, giveaways, special classes, a health fair, workshops, spa treatments, drop off day care and more!

The event is free for members and just \$25 for non-members. Look for special membership deals for any

referrals who join the club that week. A full schedule will be sent out and posted in the club.

For more details, or to reserve your spot in any lectures, classes, or workshops, please contact Taryn Levine at [taryn@charlotteathleticclub.com](mailto:taryn@charlotteathleticclub.com), or 704.371.5600. All participants must be registered to attend.



## Member Spotlight

**Mike Ortlip** has been working hard with Nicole to accomplish his goal weight and we are proud to say that he has done it! We couldn't announce this quick enough because after Mike accomplished this goal, one day later he has already made a new set of goals! We like the determination and motivation, Mike. But it wasn't just his sessions with Nicole, cardio and strength workouts that helped him. Mike has

been a Yoga superstar by attending classes 2-3 times per week. Talk about a well-balanced workout routine. Congratulations Mike!

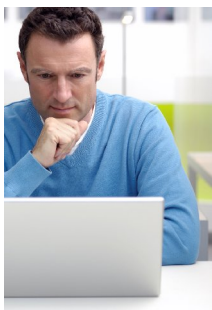
**John Watkins** has been training in the club for an outdoor Scout adventure with his son Nicholas during the first week of August in the Philmont Scout Ranch in Philmont, New Mexico. You may have seen him on the treadmill wearing a backpack

of weights. This is because once at Philmont Park, John and Nicholas will be hiking 60 miles for 12 days with everything they need on their backs! Who says vacation is for sitting and relaxing? This is the kind of vacation we like to hear about! If you see him in the club, ask him how the trip went!

**Dave McFarlane** just welcomed twins, Ayla Grace and Teagan Olivia to his family on

June 15! Congratulations to Dave and his wife!

When our members are doing great things, we want to know! Have you recently reached a major goal, taken a great vacation, or have an event coming up? Email us at [info@charlotteathleticclub.com](mailto:info@charlotteathleticclub.com)



## TAKE FIVE

**Stop at least 5 minutes out of every day to push back from your computer, close your eyes and breathe deeply. Taking time to shut off your most dominate sense (your eyes) allows your brain to refresh and helps keep you focused long term.**

## Anji's Advice—Nutrition Tips from our Fitness Director!

Is your morning coffee sabotaging your health eating habits? Here are some simple changes you can make:

**Avoid whipped cream.** You are adding 110-140 extra calories and 9 to 13 extra grams of fat for a 16 ounce drink.

**Consider your portion size.** If you usually order a large drink, consider cutting it down to a medium or even a small. This will cut your caffeine, calorie and fat intake considerably.

**Try to increase your protein intake by having more milk (or soy milk) and less coffee.** A simple modification is to have a cafe au lait (half coffee and half steamed milk) rather than a regular coffee.

**Cut the syrup.** You save 20 calories and 5 grams of sugar for every pump that you cut out of your drink.

**Opt for a cup of tea once a week.** Teas do not generally have as much caffeine as coffee, and they offer many different antioxidants.

**Go for a lower fat (and calorie) version.** Using reduced fat (2 percent) or skim milk instead of whole milk will cut your calories by as many as 105 calories and more than 12 grams of fat per 16 ounce drink.

Making these small changes to your coffee routine can mean big results. We all like out morning java but who wants to undo all the work with just one silly cup of cappuccino!!

### New Charlotte Athletic Club Staff

Welcome new Charlotte Athletic Club staff members, Mishelle Holladay and Byran Bullock!

**Mishelle Holladay**, co-owner of Energy Cuisine, is opening a healthy fast casual dining concept called Octane Café on the lower level of the Overstreet Mall in October. She is a Certified Fitness Nutrition Coach and a fitness enthusiast with a passion for health and fitness. She believes that a healthy lifestyle starts with good nutrition. In her personal fitness pursuits,

Mishelle is a NPC figure competitor and is currently training for the Thunder Road Marathon in December. You'll see Mishelle at the front desk in the mornings until her new restaurant opens in the fall!

We are pleased to introduce our new full time massage therapist, **Byran Bullock!** Byran comes to us after spending time in Thailand learning the art of Thai massage. He has 16-years of martial arts experience. He found that massage helped

with strained muscles after grueling sessions and reduced his stress levels, leaving him calmer and more balanced in everyday life. He is looking forward to bringing the benefits of massage to his clients at Charlotte Athletic Club. Byran is available for appointments Tuesday - Friday 10am- 6 pm.

**MESSAGE SPECIAL:**

**First time clients with Erin receive a complimentary 15 minute head and neck massage added to their appointment!**

**Byran is offering a free upgrade or an additional 15-minutes to his treatment for new clients!**

### Corporate Membership Program

Do you work for a local business or company in the up-town area? Do you have coworkers interested in trying out the club?

The Charlotte Athletic Club offers discounted corporate memberships for area businesses! Not only do you receive the corporate membership rate, but you also receive spa and personal training specials, on-site

health fairs, and access to group incentive programs and events.

It's a great way to promote health and well-being for your company! For more details and to pick up a corporate packet, contact our Corporate Sales Director, Taryn Levine at [taryn@charlotteathleticclub.com](mailto:taryn@charlotteathleticclub.com).

### Fit Family Contest

Child obesity is a growing concern in the United States. Darrick Neeley, a trainer here at the club, is offering one lucky member family a chance to make a change!

He is sponsoring a contest that will give the winning family 8 weeks of fitness that includes assessments, fitness routines, nutritional advice and much more. To apply see the front desk beginning Mon-

day August 3rd. The winning family will be announced Aug. 20th. Families must have one member here at the club.

For more information contact Darrick:

darrick  
[@charlotteathleticclub.com](https://www.charlotteathleticclub.com)

### Member Offers

#### CHIMA

Chima has two great offers during the month of August for the members of the Charlotte Athletic Club:

1. A complimentary bottle of wine to members who dine on Sunday (limit one bottle per couple.) This offer is valid until August 31st.

2. A **Members-Only Event!** on **Saturday, August 8<sup>th</sup> from 3:30-5pm.** Open bar with beer and wine is included. RSVP to Kelley: [kelley@charlotteathleticclub.com](mailto:kelley@charlotteathleticclub.com)

It is not advised to drink on an empty stomach, so to book your post-event dinner reservations please call (704) 601-4141 or visit the website at [www.chimasteakhouse.com](http://www.chimasteakhouse.com)

#### EMERSON JOSEPH

First time clients can experience the premiere men-only grooming lounge in Charlotte with **50% off** a full-service cut! Hurry, this offer is good through 8/31/09—book your appointment by calling 704.343.3443 or by visiting [emersonjoseph.com](http://emersonjoseph.com).



## KELLEY'S KITCHEN

Our Membership Director, Kelley, is always on the lookout for quick and healthy recipes that not only fit her budget and schedule, but have the most flavor and bang for her buck! Read on for her latest cooking adventure!

I have tried many recipes from Hungry Girl and have been pleasantly surprised with most dishes (who knew onion rings could taste so good with Fiber-One coating and baked in the oven?!) Last night, I tried this recipe from Hungry Girl for dinner ([www.hungrygirl.com](http://www.hungrygirl.com)). I made this for two, so I just doubled the amount for each ingredient. I also suggest adding a protein to this recipe. We sautéed a half a pound of shrimp in extra virgin olive oil and garlic to put on top of the Ratatouille Pack. Chicken would also be a great addition! Enjoy!

### Ingredients:

1 cup cubed eggplant  
1/2 cup chopped red bell pepper  
1/2 cup sliced and halved zucchini  
1/2 cup canned fire-roasted diced tomatoes, drained  
1/2 cup coarsely chopped onion  
1/4 cup canned tomato paste  
2 tbsp. finely chopped fresh basil  
1/2 tsp. minced garlic  
1/8 tsp. salt, or more to taste  
dash red pepper flakes, or more to taste  
dash black pepper, or more to taste



**PER SERVING** (entire recipe): 168 calories, 0.5g fat, 682mg sodium, 37.5g carbs, 10.5g fiber, 20g sugars, 7g protein -- POINTS® value 3\*

### Directions:

Preheat oven to 375 degrees.  
In a medium bowl, combine all ingredients, and stir until veggies are evenly coated in tomato paste. Set aside.  
Lay a large piece of heavy-duty foil in front of you. Scoop veggie mixture into the center of the foil. Fold and seal the top and bottom edges of the foil, and then the side edges, to create a well-sealed packet.  
Place packet on a baking sheet, and cook in the oven for 30 minutes.  
Allow packet to cool for a few minutes, and then cut to release steam before opening it entirely. (Careful -- steam will be hot.) If you like, season to taste with additional salt, red pepper flakes, and black pepper. Eat up!



Need to amp up your workout soundtrack? Add these to your mix!

best for: **abs/reps**

let it go – marc hillz  
dime piece – nick cannon  
come & get me – timbaland w/ 50 cent  
oh – ciara  
no more drama – mary j blige

best for: **cardio**

till I collapse – eminem  
b.o.b. – outkast  
atomic – sleeper  
when I get you alone – robin thicke  
yellow country teeth – clap your hands say yeah  
lazy eye – silversun pickups

warm down

burn – usher  
keep it loose, keep it tight – amos lee  
fix you – coldplay

## Energy Cuisine

If you haven't had a chance to try a meal from Energy Cuisine yet, you're missing out! Check out their new website at [www.myenergycuisine.com](http://www.myenergycuisine.com) – sign up for an account and start ordering your deliciously health meals! Pick up is available at our front desk for breakfast, lunch and dinner, Monday—Friday! Starting this month, all orders must be placed and paid for online. Orders will be accepted 48 hours in advance of pickup, and Monday orders must be placed by Friday at 11am.

## Coming Soon...

**Pilates 101 Workshops-** Join our resident Pilates guru Megan to learn all the ins and outs & how Pilates can boost your workout .

**Master Yoga Classes-**Take your yoga practice to the next level!

**Outdoor Adventures–** Join us at the US White Water center for some outdoor fun!

**Brett's Ride for Rhabdo-**Saturday, Oct 4, join us in Hickory, NC for a 10, 30, 52, or 75 mile bike race to benefit pediatric cancer research! Check out [www.hickoryveloclub.com](http://www.hickoryveloclub.com) for more details.