

Mind.Body.Goal.

Volume 1. Issue 2.

September 2009.

Charlotte Athletic Club

Don't forget:
We are closed,
Monday
September 7th
for Labor Day!

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Happy Birthday Charlotte Athletic Club!

This issue arrives just as we are celebrating our 1st birthday at Charlotte Athletic Club! We want to thank all of our members who have been so cooperative and understanding during the renovation process!

In our first year, we spent a lot of time focusing on the internal aspects of the club—the renovations kicking off a detailed look at the aesthetics, functionality and flow of the club.

Now that the majority of that work has been done, we want to start looking outward to our community. We want to be involved in the many great things Charlotte has to offer, and to bring those to our membership.

There are a lot of great events scheduled for the upcoming months including a golf tournament, a Charlotte Athletic Club team for



the Susan G Komen Race for the cure, and a bike ride benefiting pediatric cancer research!

We also know that while the physical facility is important, it's our members that bring the club to life!

We are hosting a birthday party for club members, and putting in to place a referral program to thank everyone who has helped us grow—and thank those who continue to help us grow and flourish!

We also want to help you find ways to incorporate health and fitness in to your life. Look for Anji's Advice each month—a column on achieving balance in mind and body. From Kelley's kitchen comes delicious and healthy recipes, and Jo's Jams will help you keep your i-pod list pumping!

As always, we want to know what you're thinking! Suggestions, comments or questions can be directed to: info@charlotteathleticclub.com.

Charity Golf Event- "Swing for the Cure"

Join us Monday, October 26 for our "Swing for the Cure" charity golf event at TPC Piper Glen Golf Course. Proceeds from the event will be donated to the Susan G Komen foundation.

Piper Glen features a lush par 72, 6,853 yard course designed by Arnold

Palmer. For more information about the course check out their website at www.tpcpiper.com

The event begins with a shotgun start at 12:30 pm with best ball format. The cost is \$125/person, food and drink will be included.

We will be sending out an

email with additional information, formal invitation and registration form on Tuesday September 8th.

For more information on contact:

Anji;
anji@charlotteathleticclub.com

Susan G Komen Race for the Cure—October 3, 2009

Charlotte Athletic Club is proud to be the host of 2 Race for the Cure teams! We are hosting both our own team, and also the Bank of America team!

Race for the Cure Kick-off Events:

BOA TEAM: 2-3pm on Tuesday, September 1st at ITC building

We'll be holding a raffle, handing out goody bags, and our Fitness Director, Anji Nussbaumer, will give advice on preparing for your race through proper training, hydration, and diet techniques.

CAC TEAM: All day Thursday, September 3rd at the club.

Training for the race:

Never run a 5k before? Need motivation to get out there and run? Like to socialize? Join us Monday and Wednesday at 7am for group runs!

Race Day:

Pre-race: 6:30am meet at Charlotte Athletic Club, 7:00am walk to the race. 2 hours of complimentary parking are provided in the BOA Plaza/Omni Hotel building.

Signing Up:

Go to: <http://www.komencharlotte.org/> to register for the race – be sure to join the CAC team or the BOA team!

Questions?

Contact Kelley by calling 704.371.5600 or e-mailing her at kelly@charlotteathleticclub.com.



Yoga Mat Storage Rentals—now just \$5/month!
Store your mat at the club to make it even easier to practice!

Brett's Ride for Rhabdo—October 4, 2009

Come ride for pediatric cancer!

When: Sunday, October 4, 2009 at 9am.

Where: The race begins at the Hickory Foundation YMCA, located at 701 1st St NW in Hickory, NC.

Race Details: Tot ride, 10, 32, 52, or 75 mile courses.

Entry Fee: \$25 (\$30 day of ride).

Goody bag: Long sleeve t-shirt and pair of Defeat socks to the first 1000 riders!

Registration details: www.Active.com

Proceeds benefit pediatric cancer research programs at Levine Children's Hospital in Charlotte and Wake Forest University School of Medicine/Brenner Children's Hospital.

For more information on the ride, routes, and Brett's Challenge, please visit: www.hickoryveloclub.com.

While you're there, check out the 2009 newsletter! Clicking on "Brett's Ride." The link to the newsletter is located in the right column.

Anji's Advice—Yoga for pain management



Yoga fans are quick to tout the flexibility and stress-relieving benefits of this ancient practice, but a new study suggests that it may be an effective pain-management tool as well.

Researchers at Harbor UCLA Medical Center in Los Angeles, Calif., found that just four weeks of regular yoga sessions significantly reduced the frequency and severity of chronic pain.

Eighteen men and women with persistent chronic pain

attended 90-minute Iyengar yoga sessions, three times per week for one month. Iyengar yoga combines various yoga poses with meditative breathing exercises.

Using weekly questionnaires, researchers concluded participants were using less pain medication and had lower levels of anxiety than at the start of the study. Mood significantly improved as well.

Lead investigator Dr. Sonia D. Gaur believes yoga may be an

effective pain management tool for those who live with chronic pain, but suggests more studies need to be done to confirm these benefits.

At Charlotte Athletic Club we offer a comprehensive yoga schedule for you to try out. Our instructors are all Yoga Alliance certified and offer a variety of teaching styles for all levels of experience.

Look for new workshops and classes coming to our schedule soon!

Member Highlights and Special Deals

Congratulations are in order!



Glenn Moore and Jess Rothe tied the knot on August 8th.

Mishelle Sutch gave birth to a new baby boy!

Good luck to Kate Cole, Whitney Ferguson, Keri Shull, and Chris Pineno's wife— all expecting!

Congratulations to TJ Milewski, Annie Butler, Dan Koebel, Stuart Dowling, Trey Garza, Evan Berry, and Kel-

ley Robb for winning their kickball league last month!

Member Special at Chima

Don't forget to take advantage of the special offer for Charlotte Athletic Club members at Chima! Every Sunday night receive an exclusive rate of \$29.50 per dinner.



Corporate Memberships:

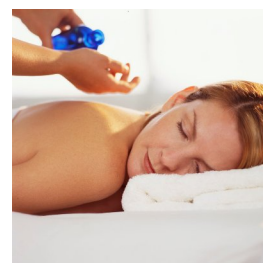
Welcome Global Endowment Management and Shumaker, Loop and Kendrick, and Boston National Title—our newest corporate partners.

Interested in corporate membership? Benefits include special member pricing, an on-site wellness fair, and discounts for spa and personal training!

Email taryn@charlotteathleticclub.com

This Month's Massage Special:

Sign up for a 75-minute Sugar Scrub with Erin, and receive a complimentary 10-minute face and scalp massage!



Facility Updates

Refinished Basketball Floor

The basketball court has been completely refinished including a new logo, new lines finish and new padding on the backboards. If you haven't taken a peek upstairs,

you are missing out! Congrats to Peter Buck



who won the first game of horse on the new court!

New Speed Bag

We've purchased a new speed bag for upstairs. Simply stop in at our front desk to check it out for use.

Cleaning up = Team effort

Help us keep the weights racked and equipment put away. We are asking everyone—members and staff alike—to help us by putting

away equipment and weights after each use.

Your reward? If you're spotted doing something extra during the month of September, you will receive one complimentary personal training session with our Fitness Director, Anji!

Fit Lifestyles

Let us take the work out of eating healthy! Save time and money with our Fit Lifestyles custom meal program.

Programs are available for men and women—choose from the standard plan, or one of our vegetarian, high-protein, or low-carb options!

The programs range from 1600-3000 calories per day, and use all natural ingredi-

ents and contain no preservatives.

Ordering online is easy by going to www.fitlifestylescharlotte.com. Pick up your meals for the week on Fridays at the club.

If you have questions, contact our Certified Nutritionist and Personal Trainer, Josh Holby by e-mailing him

at improve@fitlifestyles.com. Schedule your free consultation to create the custom meal program that works best for you!



Kelley's Kitchen

This month I have been trying to master the grill. With the summer coming to an end, I have been feeling the need to take advantage of grilling while the weather is still great! One of my favorite channels to watch is Food Network, so I scoured their website for a light, refreshing, recipe from the grill. I found this great recipe from Emeril Lagasse and am thrilled to share it with you! And the best part is that the sweet corn, tomato, and avocado relish can be used for a variety of meats (think chicken, shrimp, swordfish, etc!) The only shortcut I used was canned sweet corn instead of taking it off the cob. Enjoy!

SWEET CORN AND AVOCADO SALMON

Ingredients

- 2 large ears fresh yellow corn, peeled and silk removed
- 2 large Creole or other vine-ripened tomatoes, cored and cut into 3/4-inch dice (about 2 cups)
- 2 Hass avocados (14 ounces), peeled, seeded and cut into 1/2-inch dice (about 2 cups)
- 6 tablespoons finely chopped red onions
- 2 tablespoons chopped fresh parsley leaves
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 2 teaspoons salt
- 1/2 teaspoon freshly ground white pepper
- 4 (6-ounce) salmon fillets with the skin
- 1 tablespoon olive oil
- 1/2 teaspoon Essence, recipe follows
- Grilled Asparagus with Garlic, recipe follows
- 4 sprigs fresh baby parsley

Directions

Bring a medium saucepan of water to a boil. Add the corn and simmer until tender, about 4 minutes. Drain. When cool enough to handle, cut the kernels from the ear and place in a medium bowl. To the corn, add the tomatoes, avocados, onions, parsley, olive oil, lemon juice, 1 teaspoon of the salt, and 1/4 teaspoon of the pepper. Toss to combine and set aside.

Preheat the grill to medium-high heat.

Lightly brush the fillets with the olive oil and season each on the flesh side with 1/8 teaspoon of the Essence, and 1/4 teaspoon of the remaining salt, and pinch of the remaining white pepper. Add to the grill, skin side down, and cook until the skin is crisp, 4 to 5 minutes. Turn and cook until the salmon is opaque and medium-rare, about 4 minutes, depending upon the thickness of the fillets.

To serve, lay the asparagus fillets down the center of 4 large plates and place the fillets on the asparagus. Spoon the relish over the fish, garnish each plate with a sprig of parsley, and serve immediately.



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

warm down

hotel – r kelly
southern girl – amos lee
bittersweet symphony – the verve

best for: **cardio**
intervention – arcade fire
route 66 – depeche mode
just because – jane's addiction
when you were young – the killers
drove all night (remix) – celine dion

best for: **abs/reps**
lose myself – lauryn hill
say it right – nelly furtado
everything hits at once – spoon
oops, oh my – tweet