

Happy
Thanksgiving!
Please note that
the club will be
closed on
Thanksgiving
Day.

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Member Rewards!

Do you enjoy Charlotte Athletic Club?

Share the love with your friends! When you refer a new member you'll receive a complimentary massage!

Email us at info@charlotteathleticclub.com why you love the club for a chance to win prizes and be featured in an upcoming issue.

Mind.Body.Goal.

Volume 1. Issue 4.

November 2009

Charlotte Athletic Club

CLUB NEWS

October was a whirlwind!

We started the month with the Susan G Komen Race For the Cure, and our own personal trainer, TJ Milewski, blew past the competition with a time of 18:04!

Brett's Ride for Rhabdo had its biggest turn out ever, with a staggering 14,000 riders and will donate over \$100,000 to the Levine Children's Hospital for Pediatric Cancer Research.

We concluded the month with Swing for

the Cure, the golf tournament benefiting the Susan G Komen foundation. Congratulations to our members



charlotte
athleticclub

David Kors and Jim Lotruglio and their team for winning the overall net score! They will be celebrating their win with their prize package which includes

a night at the Ritz, dinner at Chima, and a table at Suite.

This month, check out our newest classes—Krav Maga and Golf Fitness!

We will also be hosting a fitness assessment day on November 12 and 13. Using advanced testing, you can find out how to make the most of your workout!

If you have any questions about how to get involved, e-mail info@charlotteathleticclub.com.

Member Appreciation at its Best!

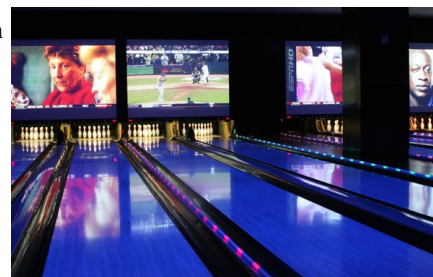
A big thank you to everyone who attended the member appreciation event at Strike City! We had a great night of fun.

Congratulations to Adam Greene for bowling the highest score of the night!

We'd also like to congratulate Crystal Blair for win-

ning our "Estimate the Weight" bowling ball contest at the front desk. Some of you were right on target-6lbs! Crystal's entry was chosen randomly from the correct answers and won a \$50 gift certificate to Strike City and compli-

mentary entry to Suite nightclub. Have a great night on the town, Crystal!



Squash is in Season at Charlotte Athletic Club

Charlotte Athletic Club is pleased to announce the return of the Charlotte Athletic Club Squash League!

The league will be held bi-weekly on Mondays at 5pm beginning November 8th.

We will be hosting Charlotte Squash Tournament on December 5th and 6th. Entry forms are available at the front desk. The cost is \$25 for members and \$30 for non-members.

Our weekly events include Squash Fever, every Saturday from 9-11 am, and Thursday Night Challenge, from 5-7 pm!

We also want to congratulate Geoff Roper for winning both his age group and skill level flights at a recent tournament in Charleston, SC!

For more information on any and everything squash related at Charlotte Athletic Club, please feel free to contact Ahmed Soliman at aaasoliman@yahoo.com.



Advanced Fitness Testing

Do you want to know the TRUTH about your body?

Participate in our advanced fitness testing on Thursday and Friday, November 12 and 13 and learn how to maximize your workout!

Email michael@charlotteathleticclub.com to sign up.

More details are available at the front desk.

The 12 Days of Christmas Challenge



Want a fun way to keep fitness in your routine during this year's crazy holiday season? Join our 12 Days of Christmas Challenge!

Beginning Monday, December 7th, you'll have 15 days to attend 12 group fitness classes of your choosing. For each class attended, a star will be added to our tally board, which will be located on the fitness floor. Accomplish 12 or more classes and you'll earn a fabulous holiday prize!

Challenge Dates: Monday, December 7th through Monday, December 21st Cost to Join the Fun: FREE

For more information contact Shannon Wightman-Girard via email at Shannon@charlotteathleticclub.com.

See you on the Challenge Board this Ho-Ho-Ho-Holiday!

Beat the Trainer

Tires were flipped, miles were run and records were broken during our first Beat the Trainer Contest. Charlotte Athletic Club's elite trainers were timed in a fitness course: a 1-mile run, 50 sit-ups, 25 push-ups, 50 step-ups and 5 tire-flips.

A big thanks to our most daring members for being in the competitive spirit to challenge the trainers' times

for a chance to win one month free membership.

Member Keith Mrochek cranked out a 5:14-minute mile to lead him to his amazing finish of 8:14, beating trainer TJ's tough-to-beat record of 8:31. Not only did he win a month free membership, he also won bragging rights...until our next challenge at least! Congrats!



Awesome work Keith!!!

Brian Hall tells us why he loves the club: "It is an oasis in the middle of my noisy, demanding, hectic day—clean, refreshing, relaxing, inspiring...."

The Spa at Charlotte Athletic Club

We have all types of new and exciting packages and offerings at the Spa!

Packages: The Spa at Charlotte Athletic Club introduces new spa packages, which are available at a discounted rate for our members only! The spa packages make treatments convenient and affordable.

The current packages offered include 10 massages and are available for 30, 60 or 90 minutes, deep tissue or

Swedish.

Gift Certificates: Unsure of what to get your significant other, your boss, or your co-worker? Everyone loves to get a spa treatment! Read on for some of our fabulous offerings!

Luxury Escapes: Live the complete CAC experience of mind, body and goal.

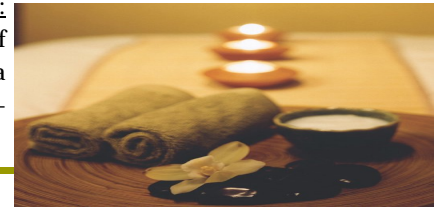
Luxury Day Escape: Begin with a group exercise or yoga class (personal training session is available with 48 hrs

notice) followed by a personal stretching session to relax and flush your muscles. Relax in the sauna and/or steam room before being pampered with a Customized Massage followed by our Age Control Vitamin or Back Facial. Finish with a peppermint chocolate exfoliating foot scrub. Lunch is served during your escape.

Luxury Half-Day Retreat: Enjoy a shorter version of the original. Choose either a Personal Stretching Ses-

sion, Group Yoga Class, or Group Exercise Class. Afterward, relax in the sauna and/or steam room. Next, prepare for your choice of a Customized Massage or Age Control Vitamin or Back Facial. Finish with a healthy lunch.

More information: erin@charlotteathleticclub.com



New Group Exercise Schedule

Beginning November 1st there will be some changes to our group exercise calendar! Details can be seen on the chart to the right and will also be available at the front desk and online.

If you have any questions or concerns please contact Shannon at Shannon@charlotteathleticclub.com.

New Times and Instructors!
Mon 5:45p Yoga - Suzanne/Dee
Wed 11:45a Pilates - Michele, 12:15p P90x - Anji
Fri 12:15p Cycle - Shannon, 12:15p P90x - Bethany, 12:30p Pilates - Michele
Sat 10:00am Power Flow Yoga

We Say Goodbye To ...
Tue 12:15p Interval Training
Fri 6:00am Power Yoga
Sat 9:15a & 11:30a Yoga classes

Get Cooking Now!

Our very own Jill Purdy has just released her first cookbook entitled Don't Fear The Pan!

Jill's cookbook is a fun and interesting compilation of original, family and adapted recipes that are sure to be delicious!

Don't Fear the Pan is available for pre-order on the

email request page online at www.dontfearthepan.com.

Join us on Tuesday, 11/17 for a special Cookbook Event from 5:00-7:30 PM at the club, to enjoy samples from the cookbook and pick up your own copy! RSVP to Kelley at kelly@charlotteathleticclub.com if you'd like to attend.

Charlotte Athletic Club Congratulates our Runners!

Danielle and Chad Crockford and Al Suarez must've created quite a breeze as they ran past the fans along the Steamtown Marathon course.

It was Al's first marathon, Danielle recorded a new personal best time, and Chad persevered through injury to the finish line!

Danielle's new personal

record that day in Scranton, PA - an amazing 3:00:37 - finishing 5th in the woman's division! Next up for Danielle? An elite start in Chicago 2010!

We are very proud of each of them and grateful to be a part of their train-



ing. If you see them in the club, congratulate them on their accomplishments! Big high fives to each of them!

Charlotte Athletic Club would like to congratulate Nicole Gross for placing 10th in her age group in the Ironman World Championship in Kona, Hawaii! Way to go Nicole!

Kelley's Kitchen

When I think of fall, I think of Thanksgiving, Halloween, changing leaves, and pumpkin spiced everything! Here is a recipe from Cooking Light, which has taken a classic autumn treat and created a more healthy version by substituting a few ingredients (I sometimes even sub whole wheat flour for the all-purpose flour). It is one of my favorite recipes and can be guaranteed to be in my kitchen when the air turns crisp and leaves start falling. Enjoy!

Pumpkin Bread

This recipe makes two loaves. Freeze the extra bread, tightly wrapped in plastic wrap, for up to one month. Omit the nuts or substitute chopped walnuts, if you prefer. Check the bread after 50 minutes of baking--you may need to cover the loaves with aluminum foil for the last 10 minutes to prevent overbrowning.

Yield 2 loaves; 12 servings per loaf (serving size: 1 slice)

Ingredients: 3 1/3 cups all-purpose flour (about 15 ounces)

1 tablespoon baking powder
2 teaspoons baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1/2 teaspoon ground allspice
2 cups granulated sugar
1/2 cup egg substitute
1/2 cup canola oil
1/2 cup low-fat buttermilk
2 large eggs
2/3 cup water
1 (15-ounce) can pumpkin
Cooking spray
1/3 cup chopped pecans



Preparation

Preheat oven to 350°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 6 ingredients (through allspice) in a bowl.

Place sugar, egg substitute, oil, buttermilk, and eggs in a large bowl; beat with a mixer at high speed until well blended. Add 2/3 cup water and pumpkin, beating at low speed until blended. Add flour mixture to pumpkin mixture, beating at low speed just until combined. Spoon batter into 2 (9 x 5-inch) loaf pans coated with cooking spray. Sprinkle pecans evenly over batter. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pans on a wire rack; remove from pans. Cool completely on wire rack.

Nutritional Information

Calories: 198 (30% from fat)

Fat: 6.6g (sat 0.7g, mono 3.6g, poly 1.9g)

Protein: 3.4g

Carbohydrate: 32.3g

Fiber: 1.2g

Cholesterol: 18mg

Iron: 1.4mg

Sodium: 287mg

Calcium: 53mg

Margaret Patterson, Milton, Florida, Cooking Light, NOVEMBER 2007



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

best for: **abs/reps**

these days - rhymefest
bust your windows - jazmine sullivan
paparazzi (demo crew remix) - lady gaga
oh timbaland - timbaland

best for: **Cardio**

closer - ne-yo
roll me away - bob segar
sinnerman (house mix) - nina simone
mile end - pulp
the reeling - passion pit
on the dancefloor - david guetta

warm down

please forgive me - david gray
that's the way love goes - janet jackson
sure looks good to me - alicia keys