

JUNE - JULY 2010

Club News

LITTLE ROCK ATHLETIC CLUB

THE GREAT GROUP EXERCISE EXCURSION OF 2010

by Pat Riley, Jr.

From February 15 thru April 30 I attended all one hundred and eleven classes offered on our weekly group exercise schedule. After each class, I would write up notes on my experience and post those on the Club's website under the heading "Pat's Blog" (go to www.lrac.com to see the entire collection).

This undertaking, which I came to call "the Quest", was one of the more challenging adventures of my life. I would now like to pass on in this article some of what I learned and experienced along the way.

The most important discovery - I'm happy to say - was of the consistent excellence of the Club's group exercise program. The credit for this goes to an amazing cast of 46 instructors who I found to be professional, inspirational and dedicated to their task. Our outstanding Group Exercise Coordinator, Lisa Cooper, expertly organizes and leads this teaching corps. Managing the group exercise program is a relentless, never-ending task that Lisa handles selflessly with grace and aplomb.

To put a wrap on this project I offer the following compilation of answers to questions I was asked along the way.

What was the purpose of doing the Quest and whose idea was it?

The twelve-point answer to this question was outlined in Blog #1, it has been reproduced in its entirety on page 3 of the newsletter.

The question I was asked most frequently during the Quest was: "Have you lost weight?"

I know, I know, I'm too skinny and doing all these classes is not the way to gain weight. That said, believe it or not, I actually gained two pounds during this ordeal by making a concerted effort to eat high quality high caloric foods.

What was your favorite class?

This is akin to asking a parent which is their favorite child. My answer therefore is "I love them all equally" which essentially means - "I'll never tell".

Most difficult class?

Plenty of competition here. I've decided on a five-way tie for first.

- 1) Anything that started before 6 am (there were 12 of those)
- 2) **TBC** (Carla Branch) and **CardioSculpt** (Michelle Wilkerson) - a sweat drenched hour and fifteen minute beatdown
- 3) **Hard Core/Stretch** - Kris Mougeot's hour-long **abstravaganza**
- 4) Beth Cirwinski's Monday night **Sculpt** where we held plank long enough for one to turn into a board.
- 5) Lisa Duke's Friday morning **Cycling** class. There's nothing on the schedule immediately afterward so she often extends class to a grueling 75 minutes.

Most relaxing/rejuvenating class?

- 1) **Yoga Stretch** by Beverly Lindberg - heavenly
- 2) **Stretch** by Victoria High - Umm Umm good

Which class had the most challenging choreography (this could also be called the most humbling class)?

- 1) Ronnie's **Step Class** (level 3 moves)
- 2) Brittney Patty's **Zumba**

Most Surprising Class?

Water Aerobics. I expected this to be a relatively easy workout but discovered that if I did everything the teacher asked I was worn out for hours afterward.

Most Frequently Heard Song in Class?

"I Gotta Feeling" (Tonight's Gonna Be a Good Night) by the Black Eyed Peas. I heard this so often that it would sometimes lodge in my brain preventing sleep at bedtime.

(Continued on page 2)



Water Aerobics "icon" from the blog

the QUEST by the NUMBERS

111
classes
attended

45,000
calories expended

15
LRAC teachers Pat met
for the first time

60,000
words written in
Pat's blog

1800
total hits on
Pat's blog

800
unique visitors
to Pat's blog

1750
average weekly
class attendance

\$3025
value of \$25
gift cards awarded

(Continued from page 1)

Most frequently worked muscle?

The Abdominal(s). Excepting group cycling – almost every teacher has it in for these (poor) core muscles.

Unluckiest member?

Alene Goetz. She attends an astounding 13 classes a week but never once had her name drawn for the \$25 gift card.

Class with the most gender equity?

Group Cycling, averaging about 60% female

Class(es) with least gender equity?

Everything else

Typical gender distribution in non-cycling classes?

90% women

Most compelling reason for men to take up group exercise?

See preceding answer.

Most difficult aspect of the Quest?

Time management and insufficient rest. Between attending classes and writing the blog, I was spending 6 - 8 hours a day, seven days a week on this project, which eventually wore me down.

What was your favorite blog entry?

For those who haven't read the blog – I recommend the following sampling: #46, 67 or 90.

After so much exercise were there any physical changes?

I clearly got stronger over the ten weeks but it's hard to quantify or prove. My musculature tightened up considerably and my endurance conditioning improved. The most impressive/encouraging thing to me was that I never got injured and my back held up throughout. I attribute this result to the benefit of cross training.

Do I plan to repeat the Quest every year?

Don't count on it.

Best part of the whole experience?

Meeting so many wonderful members along the way. Everyone was blessedly kind and encouraging to me, which is the only reason I made it through.

Final word of advice to members?

If you've never tried a group exercise class, I strongly recommend giving it a go. It's a fantastic way to get a workout, it doesn't cost extra, you'll meet new friends and all you have to do is show up.

FLEX time



Parents -

On a trial basis, we would like to provide the summertime privilege of letting **member children ages 12 - 14** be at the Club unaccompanied by parents from **1:00 to 4:00 pm, Monday - Friday**. In order for this to work, we ask that children adhere to certain rules which are outlined on a consent form available on our website (www.lrac.com), at the Front and Tennis Desks and in the Membership Office. Please review this information with them and return the signed form to the Club before you intend to drop off your children. This service will start Monday, June 7. Thank you for your cooperation.

the REASONS for undertaking the QUEST

(from Blog #1)

1) I'm always looking for ideas for my monthly newsletter article. It had occurred to me on several occasions in the past to do something like this but I always managed (rather easily) to talk myself out of it. Last month (January), unable to think of another topic to write about, and, swayed by all of the reasons presented below - I decided to go for it.

2) Even though I've had 25 years to get through them, I have yet to come close to taking all the classes on our schedule. Over the next ten weeks, I hope to get it done.

3) We have 46 unique and expert instructors and I want to experience each of them teaching.

4) It's a great way to meet a lot of members and share an exercise experience.

5) I'm taking to heart the adage - "do something every day that scares you". This project should fill the prescription for about ten weeks.

6) One of my main reasons for rejecting this idea in the past was that I didn't have the time for it. It occurred to me that attending group ex classes is as much my job as anything else - it's just a matter of re-framing what I view as my daily "work".

7) Related to #6, I knew that doing this would seriously disrupt my habitual way of living. While comfortable, all those habits can be a

sort of prison. Doing something new and different is enlivening albeit a little scary.

8) The blog is a way to stick the Club's (and my) toe into the internet's social networking pool of possibilities....perhaps by the end of this, we'll know if that's a good idea or not.

9) The purpose of the blog is to offer a light-hearted look at what my experience is in each class. Since most of the classes will be new to me - it will be akin to a member attending a class for the first time. I'll do my best to describe, good and bad, what it's like being in a class for the first time. My hope is that someone reading the blog will see that trying a new class isn't that scary and maybe people will follow my lead and try something new.

10) One self-serving motive is to get more members e-mail addresses (via the prize drawing contest). We've found that building a large e-mail list is a great way to communicate to the membership.

11) I figured it would be a pretty good fitness challenge. Frankly, I'm a little worried about my low back holding up. The other concern is the possibility that I wind up looking like Christian Bale at the end of The Machinist....therefore I plan to eat a lot.

12) One of the things I've always liked about the Club atmosphere is the aspect of "play". I think/hope this will be a lot of fun and that's how I plan to approach it.



BLUE COURT grill

SUMMER HOURS START JUNE 1.

Monday - Thursday: 11:00 am to 9:30 pm

Friday and Saturday: 11:00 am to 3:00 pm

Sunday: 1:00 - 4:00 pm.

Poolside service will be available daily from 11:00 am to 2:00 pm. (A 20% gratuity will be added for this service.)

and the WINNERS are

1-MONTH DUES WINNERS

BRYAN DAVIS

CINDY DEARBORN

NANCY GREER-WILKINS

NATALIA HERMAN

DEANNA MCKINNEY

VICKI SMITH

WANDA SMITH

LINDY SPAULDING

YULONDA WALLACE

ROBYN ZINSER

\$25 GIFT CARD WINNERS

Michele Adams

Jody Allison

Geralyn Applegate

Karla Back

Jan Bartlett

Teka Bartter

Kathy Bauman

Silvana Berlinski

John Bilger

Susan Blair

Cecelila Blasier

Bill Bogle

Susan Bradley

Clare Buckman

Lee Burrell

Debbie Capps

Carrie Carr

Melissa Chance

Phyllis Colclasure

Rhonda Coldren

Sandy Copeland

Lisa Costa

Lee Cress

Patty Crew

Madison Derden

Linda Donley

Sabrina Dufis

Joanne Dunne

John Eidt

Janice Elkins

Sarah Beth Estes

Angela Finney

Kelley Flaming

Camille Fort

Beverly Foti

Tony Fox

Betty Freeland

Gloria Futrell

Mary Kay Godwin

Nancy Greer-

Williams

Emily Hartman

Renee Hutson

Leigh Anne Jewart

Nicole

Kaemmerling

Andy Ketch

Insook Kim

Denise King

Mary Klopfenstein

Sharon Krulin

Cherry Landfair

John Lang

Chloe Lanston

Amy Lazar

Liz Longworth

Kyle Lunsford

Joan Matthews

Betsy Meachum

Barbara Means

David Menz

Marilyn Meyer

Jim Miles

Margaret Miller

Mitzi Miller

Sabra Miller

Scott Miller

Scarlett Moore

Karen Mourot

Heather Neal

Pam Noonan

Penny Olinghouse

LaDona O'Nan

Charlotte Payne

Christina Peace

Renae Peterson

Annette Prieur

Dina Rabata

Alexandra Ratycz

Samiya Rizzaq

Karen Ritchey

Marti Rouby

Mary Sanati

Pat Sanchez

Cathy Sanders

Carol Schriver

Ana Selva

Mary Shenker

David Shephard

Stephanie Sherwin

Jason Smith

Shirley Smith

Becky Stoelzing

Sally Stokes

Muriel Storrie

Barry Strevig

Melba Suskie

Wanda Tapp

Heidi Tate

Gina Terry

Stephanie Tharp

Karen Jo Trulock

Whitney Turk

Elizabeth Varughese

Kokila Vyas

Bill Walker

Yulonda Wallace

Ileene Watkins

Becky Webb

Marilyn Weinstein

Sarah Wesseman

Terri Westfall

Edwina Wilson

Tory Young



ARKANSAS 4.5 SENIOR CHAMPIONS - Front Row: Anne Magee, Leslie Jackson, Paula Tinsley. Back Row: Vanessa Pruitt, Jill Hairston, Judi Fess (captain) and Vicki Taylor (captain)



ARKANSAS 3.0 SENIOR CHAMPIONS - Lisa Caldwell, Yvonne Mulhollen, Jane Allred, Karen Toland, Jolene Coop (captain), Kathy Cavanaugh, Kathy Henson and Liz Faulkner



IRAC member, Melinda Hood, (3rd from left) was part of the winning 9.0 team at Super Senior Nationals in Surprise, AZ (April 30 - May 2). The team is from North Carolina and won the Southern sectional tournament in March 2010. Melinda met many of these players several years ago when representing Arkansas at Southern. They included her in their team because Arkansas did not have enough 60+ year old 4.5 players to form a team.

tennis league WINNERS

MONDAY

John Christopher, Alan Stewart, Tonya Franzetti, Brent Birch, Brian Scott, Corinne Gilbreath, Mary Lou Billingsley, Carol Seago, Kathy McConnell, Brenda Horne, Susan Roehrenbeck, Shara Turk

TUESDAY

Paula Tinsley, Barbie Wilson, Shirley Hunter, Mike Scott, Jamie Goldberg, Lynda Allen

WEDNESDAY

Jim Vick, Lisa Nutt, Laurie Boen

THURSDAY

Michael Osborn, Jason Campbell, Krista Storey, Jody Purifoy, Melinda Andersen, Valerie Cloud, Margaret Dodd, Shara Turk

FRIDAY

Shari Grossman, Linda Flowers, Shara Turk

SATURDAY

Ann Holthoff

PROGRAM notes

PILATES BEGINNER SERIES

Tuesdays and Thursdays, June 3 - 24; 5:30 - 6:25 pm. \$25. Call Lisa to register, 225-3601, ext. 318.

SUMMER LEAGUE SWIM TEAM

Ages 6 - 14; Mondays, Wednesdays and Thursdays, 4:00 - 5:00 pm; June 7 - August 12. Members \$120, Non-Members \$150. Meets held on intermittent Tuesday evenings. Contact Eimear to register, 225-3601, ext. 310.

STROKE TECHNIQUE CAMP

Ages 7 - 14. Sessions: June 14 - 17, June 28 - July 1, July 12 - 15. Monday - Thursday, 10:00 - 11:30 am, **LRRC 50-meter pool**. Members \$68, Non-Members \$85 (per session). Call Tay to register, 225-5711.

TENNIS CAMP FOR JUNIORS

Ages 5 - 18; June 21 - 25 and July 12 - 16; 9:00 am - 12:00 pm. Members \$200, Non-Members \$215 (per week). To register, call Donnie at 225-3601, ext. 204.

BALLROOM DANCE

Waltz, June 29 - August 3; Tuesdays, 8:15 - 10:00 pm. Members \$195, Non-Members \$225 (per couple).

FOURTH OF JULY HOLIDAY

We will be open from 8:00 am to 8:00 pm on the 4th and 5:00 am to 10:30 pm on the 5th.

BOOT CAMP

Mondays, Wednesdays and Fridays; 5:45 - 6:45 am. Next session: July 12 - August 6. \$180. Call Carla at 225-3601, ext. 236, to enlist.

ARKANSAS NTRP / OPEN CHAMPIONSHIP (CLOSED)

August 13 - 15. Entry deadline Tuesday, August 10, at 6:00 pm. Men/Women, Singles/Doubles (Open, 4.5, 4.0, 3.5, 3.0, 2.5); Senior (50+ years old) and Combo Mixed (6.0, 7.0, 8.0, 9.0).