

News From Nancy

Hello Everybody! Now that Thanksgiving is behind us and the rest of the holidays are approaching quickly, I wanted to let you know about some upcoming events...



* We will have two **Holiday parties** for ALL students: one in the evening and one at lunchtime. The evening party will be Monday, December 14, 6:00–8:00 p.m., and the lunchtime party will be Tuesday, December 15 from noon–2:00 p.m. Both will be held at the Quince Orchard Swim & Tennis Club upstairs lounge. Your instructors will have all of the details. We hope you will join us there!

* **Last day of class:** Check with your instructor for the date of the last session for your classes. Many end in mid-December but it varies by facility and may be affected by make-ups for cancelled classes. To be sure, please confirm with your instructor.

* The **Winter 2010 schedule** is being finalized and will be available soon. Check the Web page in early December for the first peek. Also, your instructors will have copies of the new course offering to pass out in class! Note that **winter class start dates** vary by facility. The first to start are all classes at the Rockville Municipal Swim Center (RMSC) on Monday, January 4. Classes at Quince Orchard will begin Sunday, January 17.

* Quince Orchard folks have several ways to get an earlier start on the winter session! **Morning students** are encouraged to join us at RMSC any time for a drop-in fee of \$7.00. Morning students may also be interested in the classes at Asbury. Please check the schedule for days and times or call me at 301-990-1846 and I will be happy to give you all details! **Evening students** at Quince Orchard are welcome to attend Tuesday and Thursday evening Drop-In classes beginning Tuesday, January 5 at 7:00 p.m. The fee for these will be \$8.00 per class. Look for flyers announcing the evening Drop-In classes. I hope this helps you with any New Years fitness resolutions!

* **Exciting new classes and class times for the new session!** For the early risers, we will be offering “Aqua Power ½ Hour,” a very high intensity 7:00 a.m. shallow water workout class on Wednesday mornings. This class is only 30 minutes long, but it is chock full of high intensity intervals as well as steady cardiovascular segments. Work hard in this class and you can boost your metabolism for the whole day!

* **Time change:** The **Sunday Aqua Boot Camp with Deb** (QO) will be moving to 11:00 a.m. (still on Sunday mornings). There is more pool space available at this time so we grabbed it!

* We are excited to offer a great new **Aqua Boot Camp** class, taught by Sean, at the Rockville Municipal Swim Center on Friday mornings at 10:00 a.m. Be sure to sign up!



www.wetyetwaterfitness.com

Wet Yet? Newsletter Issue 3 Dec. 2009

Instructor Spotlight

The ever-effervescent Amy Buck teaches a wide assortment of water classes all over town! Amy began her water exercise instruction in 2002 and her repertoire now includes shallow and deep water workouts, aqua bootcamp, aqua kickboxing, shallow water walking, and core classes, to name a few. *Wet yet?* is lucky to have her teaching at Quince Orchard on Tuesdays and Thursdays as well as at the Rockville Municipal Swim Center (where her students fondly call her the “High Kicker”) and at Congressional Country Club on Fridays.



Amy Buck, Instructor

In addition to her skills in the water, Amy also leads classes on land, including spin cycling, hi-low ball, and Pilates. She is currently in the process of earning her Zumba land and water certifications so be sure to look for Zumba classes coming to some of our facilities in 2010!

Have you checked the *Wet yet?* Web page lately? Amy contributes her skills in this area too as *Wet yet?*'s Webmistress. Why stop there? In addition to all of her *Wet yet?* classes, Amy is the busy, busy mother of three girls in college plus a second grader! Whew!

Suggestion Box

We value your feedback and comments—positive or negative. Your suggestions may help us plan schedules, design classes, and respond to YOUR needs. Fill in your response below, clip the form, and hand it to your instructor to forward to Nancy or drop us an email at info@wetyetwaterfitness.com.

I would like to suggest: _____

Optional: Please tell us your class day(s)/ time(s): _____

Fit Tip: Courtesy of Functional-Fitness-Facts.com
Every hour spent exercising vigorously adds two hours to an adult's lifespan!

Battle of the Bulge: How to Survive the Holiday Season

by Molly Brouillette

It's like clockwork: you can be "nice" to your body all year long, but once the holidays roll around, it's easy to find your way onto the naughty list. From office parties to family dinners, food is everywhere! With travel, visitors and gift shopping, there's less time to work out than ever. Combined with the lack of sleep and excess of stress of the holidays, the period between Thanksgiving and New Year's can be disastrous to those with weight control goals. Use the following tips to help you stay healthy and on target with your weight during the holidays without missing out on all the fun.

1. **Know Your Triggers:** A recent study found that, for many, the desire to overeat is often more strongly influenced by emotional cues than by environmental cues. This is true at any time of the year, but can have more of an effect during the holidays, a period when emotions (both happy and sad) can be intensified by family, relationships, and stress. To combat emotional overeating, think about the role of holiday foods in your memory and what emotions cause you to overeat. Acknowledge these triggers to render them less effective.

2. **Make A Plan:** Go to parties and other tempting situations with a coping plan. Instead of merely avoiding food, acknowledge that you will face temptation, and remind yourself of all the reasons you want to lose or control your weight. It may help to write these reasons down on small cards that you can read when the temptation threatens. Make specific plans for each occasion. Set limits on how many dishes or how much you eat, and it will be much harder to exceed them.

3. **Don't Cave to Peer Pressure:** Don't let "food pushers" get the better of you. Family, friends and coworkers may try to badger you into overeating. Remember that you don't owe it to anyone to overeat. They wouldn't push you so much if you refused food for allergy or religious reasons and a diet should be no different.

4. **Stay Active:** Exercise is the first thing to get squeezed out of busy holiday schedules. Though you might have to limit formal workouts, there are plenty of easy ways to increase activity. Take the stairs instead of the elevator. Walk around while talking on the phone. Use your lunch break to take a 20-minute walk. Whatever you do, keep moving!

5. **Reward Yourself:** Plan non-food rewards for your successes in avoiding holiday food temptations. Give yourself a well-deserved pat on the back for maintaining some level of activity during the hectic holiday season. Though it may not be your normal routine, you're still accomplishing something positive for your body and helping increase your stamina and boost your immune system. Good for you!

New *Wet Yet?* Staff Assistant at Quince Orchard

We have a new staff member at Quince Orchard! You won't see him standing up leading classes: his job is to work behind the scenes to keep our equipment in order, ensure that there are plenty of flyers, and in general to pitch in when needed to help make our classes run smoothly. I'm talking about Bill Ray, a long-time *Wet yet?* Student and our new Associate Facility Director. Many thanks Bill!

The *Wet Yet?* Advantage:

- ✓ **Free preview class:** Not quite ready to commit without giving it a shot first? **Check out a single class for no charge at certain *Wet Yet?* class locations.** Contact Nancy for more information.
- ✓ **Drop-in classes:** Sample a class you haven't tried, check out a different instructor, bring a friend! most *Wet Yet?* classes are available on a drop-in basis for a fee of \$6 to \$8 (varies by location).
- ✓ **Equipment provided:** You're welcome to bring your own barbells, noodle, or floatation belt if you prefer, but *Wet Yet?* provides all necessary class equipment.
- ✓ **Locations throughout Montgomery County:** From Rockville to Gaithersburg along the I-270 corridor.
- ✓ **Something for Everyone:** Water exercise from light & easy to vigorous and challenging; high, low, or non-impact; from teens to seniors.

Class Registration Information:

- (1) Pick up class registration forms at any class location, or
- (2) Log onto www.wetyetwaterfitness.com,
or
- (3) Call Nancy at (301) 990-1846
- (4) Email info@wetyetwaterfitness.com

Be sure to get your enrollment forms and payment in now for the **winter session**.
Classes start

January 4, 2009 (at Rockville Municipal
Swim Center)
and

January 17, 2009 (at Quince Orchard)