

News From Nancy

* The Fall Schedule is here! Please visit our Web page at www.wetyetwaterfitness.com to view it or call me at (301) 990-1846 and I will happily mail one to you.



* The City of Gaithersburg has let me know that they have changed the amount of the Gaithersburg Senior Discount. The discounted fee for qualifying seniors who participate in water fitness classes at the Quince Orchard Swim & Tennis Club is now 50% of the regular class fee. Although higher than what it has been for some time, this price is still very reasonable—especially when compared to other, non-City of Gaithersburg programs. To see the prices for individual classes at Quince Orchard, please visit the web page (listed above) or call me (again, number above).

* Labor Day is late this year and the result for folks who take classes at Quince Orchard is that classes will begin one week later than usual. The reason for this is that the "bubble" has to go up a certain number of days after Labor Day. This is a BIG procedure and requires much time to put up the "bubble," move equipment, and basically turn the outdoor pool to an indoor pool. Students who are available in the mornings and would prefer not to wait until a little later in September to start classes can drop in anytime at the Rockville Municipal Swim Center. The Rockville classes begin on Tuesday, September 8, and participants can drop in any time for \$7.00 per class. We are at Rockville 5 mornings per week. Please refer to the schedule for specific classes and times.

* This past June, **Wet yet?** ran our first-ever **Instructor Training Program**. It was very successful and, as a result, we now welcome Sean Lear, Jennifer Genarro, and Winnie DuVall to our **Wet yet?** Team. We are considering running another training in October, 2009.

* In August, the annual DCAC Fitness Convention came to town. Many of us **Wet yet?** instructors were there learning new and exciting moves for you to enjoy in your classes. We learned a lot, so see if you can spot the new material!

* And speaking of "new": We are in the process of designing a new class, "**Aqua Power with Deb**"! Many of you have asked when Deb Moran will be back teaching. Potential surgery and other commitments have kept Deb off the radar lately, but we are thinking ahead and hope to offer this high-energy class in the near future.

* Lastly, I just want to thank everyone who has participated in our classes. It is exciting to be growing our programs but, no matter how much we seem to grow, I still feel like we are one big "water family." I truly value your support and I would love to hear your comments. Thank you for taking the time to look at this newsletter!



Wet Yet? Newsletter Issue 2 August 2009

Instructor Spotlight

Julie Celeste, a little-known gem to Gaithersburg students but a well-loved instructor down county, has been leading water fitness classes for **Wet yet?** for more than 4



years. Julie's energy and enthusiasm when instructing her deep- and shallow-water workouts is contagious and so much fun to be a part of. When not at the pool, Julie coaches girls' high school lacrosse and, with the help of her husband, Chris, is raising 4-year-old twin girls! No wonder she's in such good shape!!! This Fall, look for Julie at the **Rockville Municipal Swim Center** and **Congressional Country Club** pools on Wednesdays and our newest location, **Columbia Country Club**, on Thursdays.

Suggestion Box

We want to hear from you!! Each issue of the **Wet yet? Water Fitness** Newsletter will feature a small survey. Your feedback and comments—positive or negative—will help us plan schedules, design classes, and respond to YOUR needs. Just fill in your response below, clip the form, and hand it to your instructor to forward to Nancy. Want to keep your comments confidential? Slip the form in an envelope with "Nancy" on the outside. The instructors promise not to peak.

I would like to suggest: _____

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

How to Maximize Your Workout

Though we all have different goals for our workouts—from aerobic fitness and heart health to weight management, or even an excuse to get out of the house for a couple of hours—we all want to get the most not only for our money but for our time commitment. The suggestions and strategies below are geared toward water classes, but many of the principles can be applied to land classes and exercise you might do alone or at home, such as jogging, using a treadmill, or swimming laps. You can pick and choose from the ideas, but the more you make a part of your fitness regimen, the more rewarding and successful it can be.

1. Commit! You have a valid reason to pursue your fitness goals. Commit to it! List your lifestyle priorities, from work to family, home, friends, education, and fitness. Daily activity is key to a healthy life. Reject the easy excuses for not getting to class: don't let the weather or a bad hair day keep you home! The rewards are both immediate and long range. Fix your commitment to your workout in your mind and hold it as an important value that will contribute to your ability to perform as you wish with all of your other priorities.

2. Be prepared: Simple as it sounds, keeping your gear—from your towel and water shoes to shampoo, barbells if you bring your own, and a towel—packed and ready to go. Life makes demands. Organize so last-minute details won't get in the way of your commitment to your workout.

3. Focus: You made a commitment to get to class; once you're there, commit to a tight focus on the class, which can benefit both body—by improving your form and the energy you apply to your movement—and mind—by releasing you from ever-present worries and concerns. It can be tempting to miss a class because you're upset about something, but if you engage in vigorous physical exercise and clear your mind of all but your body's work, you'll find that the reprieve from your troubles leaves you refreshed and perhaps better able to cope with those other matters when you return to them. Vigorous exercise is a proven way to reduce stress and its effects on the body, heart, and mind.

4. Focus, Part Deux: Many of us pursue fitness classes because we enjoy the social aspect of a group setting. **Wet yet?** encourages people to introduce themselves to their classmates and we offer occasional opportunities to socialize outside of class, but it's important to keep talking in class to a minimum. Chatter interferes with your instructor's ability to deliver the best possible class and your and your classmates' ability to get the most out of their workout.

The Wet Yet? Advantage

Wet yet? Water Fitness offers a wide range of classes taught by trained, certified, enthusiastic instructors. In addition to a great water or land workout, remember that we also offer the following special benefits:

- ✓ **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 **fall session**, which is just around the corner!

Can't wait to see you in September!

