

## CREATING HEALTHIER TOMORROWS

# SAC

STILLAGUAMISH  
ATHLETIC CLUB

4417 172nd Street NE  
Arlington WA 98223



www.sacfitlife.com  
360.435.9404



Looking for a quick snack or easy appetizer idea?

Try [PEA PESTO](#)

1 10 ounce package frozen peas, defrosted

1 garlic clove, minced

1/2 cup grated parmesan cheese

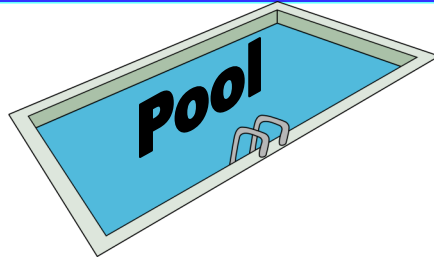
1 tsp kosher salt

1/4 tsp ground pepper

1/4 cup olive oil

In food processor or blender pulse together all ingredients but olive oil. Once blended keep machine on low and add oil.

Serve pea pesto as a vegetable dip, chip dip or spread on a crostini and top with a cherry tomato for a beautiful appetizer.



We have opened up lap swim time for January.

See additional times on Thursday evenings and Saturday afternoon. You can view our pool schedule online at [www.sacfitlife.com](http://www.sacfitlife.com) or in our lobby area.

### DID YOU KNOW?

The SAC offers Corporate Memberships.

Is your employer a member yet? Health-related employee productivity is a primary issue for every business and yet only a few employers have a health and wellness strategy!

Employees in good health are **3 times more productive**, make **60% fewer errors**, and **cut sick days in half!** The best part, healthy employees AND bosses are **70% less stressed out!**

Suggest the benefits of corporate membership today!

Invite your friends and family to join you in health!

During the month of January 2015 all new members receive 6 weeks of **FREE** group personal training.

A personal trainer helps you stay motivated, teaches you new routines, challenges you and helps you meet your fitness goals.

**NEW YEAR. NEW YOU. NEW SPECIAL.**



*Where fitness BECOMES reality*

Saturdays 7:15-8:15am January 10th-31st

Members \$30 Non-Members \$45

Bootcamp workouts are structured to deliver a total body workout that can be modified for different fitness levels. It will challenge you and bring the results you have been waiting for. This class utilizes TRX, kettle bells, tires, tubing, medicine balls and more!

Get the most out of your family membership. Kids ages 7-11 can come to our KidsFit class on Tuesdays and Thursdays from 5-6pm.



Don't let a bad day turn into a bad week

ON THE CALENDARSecond Week Specials

**Monday January 12th :**  
25 % Premium Protein  
Bars

**Tuesday January 13th:**  
Bring One Free Guest to  
Community Swim

**Wednesday January 14th:**  
Bring One Free Guest to  
Water Aerobics Class

**Thursday January 15th:**  
Free Childcare Day (limit  
of 2 children for 1 hour)

**Friday January 16th:**  
Free Guest Day

**Our Free Racquetball Clinic is  
Wednesday, January 14th  
from 6-7pm. No need to sign  
up, just show up!**

**INTRODUCING OUR NEW  
FREE GOLF CLINIC!**

**We have teamed up with golf  
professional Dave Boivin. He  
will be offering a Free Golf Clin-  
ic on Tuesday, January 20th  
from 6-7pm. Get in the swing &  
fine tune those golf skills!**



Each year a new Rotarian is selected to recognize their outstanding service. In June, our GM Carla Gastineau won the District 5050 Rookie Rotarian of the Year.

In August our staff donated money and did the ALS Ice Bucket Challenge raising money for ALS awareness. We had our annual club closure and spent many hours cleaning our facility. We replaced some equipment and received 4 new treadmills, 2 new row machines, one new AMT, a new smith rack and a new 8-station system upstairs. We also received smaller weights and tools used in our group fitness areas.

We had a successful Yard Sale in August and also continued on with our quarterly Family Fun Nights. This year our nights consisted of open swim and toys, kids Zumba, Olympic games and cookie decorating in honor of Mothers Day.

We are ending the year with our gift card drive where our club waives enrollment fees and instead collects gift cards for those in need of assistance this season. It is one of the best feelings we have all year.

This only highlights some of what we were able to accomplish and be a part of. Thank you for making our club more than just a building. Reflecting feels good when we have this much to be thankful for. Here is to an even grander 2015!

# JANUARY

# NEWSLETTER

LOOKING BACK

It is the perfect time of the year to look back and reflect on what has happened over the course of 12 months. It is good to see what you have done right and to see areas to learn from.

Reflecting can help the course of improvement by gaining perspective, learning from mistakes and being thankful for times that made you happy.

Stillaguamish Athletic Club is proud to look over our year and see the wonderful things we have been a part of. Every minute of our day is made better with the members and club program participants that enter our doors. We have been in the business of creating healthier tomorrows for 34 years. We will continue to serve our community and strive to be the best athletic club Arlington has to offer.

The following is just a few highlights from 2014.

We had a successful Open House in February and celebrated National Heart Month. Not only did our club wear red to honor healthy hearts, but our members also were a sea of blue and green to celebrate the Seahawks Super Bowl win.

55 participants were part of our 2014 Thinner Winner challenge. At the end of the 6 week weight loss challenge those participants collectively lost 255 pounds and 457 inches. We celebrated with a finale party full of fun and prizes.

With the tragic event of the Oso landslide all surrounding communities in our area joined together to help those affected by this event. With the help of our wonderful members we raised \$4885 that was given to North County Relief fund where 100% of the monies went to the victims. Our staff and many members also helped in the two runs put on in our back yard, both the Oso United run and the Oso Strong run.

SAC hosted a Run For Good 5k/10k to benefit Arlington's Youth Dynamics. This run had 49 runners which included 15 youth participants. Together the run raised over \$600 dollars to donate to Youth Dynamics.

Once again our club was a place where you could purchase Duck Dash tickets to the annual event held on July 4<sup>th</sup> in town. This year the ticket proceeds benefited Arlington's Boys and Girls club as well as \$1 from every ticket going to the Oso victims.