



**STILLAGUAMISH
ATHLETIC CLUB**

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**Once
an hour**

The number of times researchers say you should get up from your desk and walk around to keep your butt from growing. Yep, turns out that sitting for long periods of time puts enough pressure on fat cells that they can actually expand and spread up to 50 percent!! Do this: Set the alarm on your smartphone to remind you to give your butt an hourly breather, and of course maintain your healthy active lifestyle to get rid of those fat cells before they even have a change to spread

Source: Oxygenmag.com Dec 2014 issue

SUMMER AT 98223

There's no better time to enjoy our town than during the great Pacific Northwest's beautiful Summer. Listed below are some of the fun events and activities taking place in Arlington for you and your family to attend.

- * **July 4th** Frontier Days including Pancake Breakfast, Pedal Paddle Puff Triathlon, Auction at Haller Park, Kiddie and Grand Parade, Duck Dash (tickets sold at SAC), and Fireworks show. More info at www.arlingtonwa.gov
- * **July 9th - 11th** Arlington' Fly In. More info at www.arlingtonflyin.org
- * **July 10th-July 12th** Arlington Street Fair on Olympic Ave.
- * **July 16th-July 30th** Free Family Movie & Karaoke at Terrace Park
Free popcorn & water. Bring a blanket to sit on.
Thursday July 16th Annie
Thursday July 23rd Big Hero 6
Thursday July 30th Juniper Ascending, PG-13, 127 minutes
*Karaoke before movies starting at 7p and movie's at 9pm
- * **July 18th**-Shakespeare in the Park: Bring a comfy chair or blanket to Terrace Park and enjoy Last Leaf Production's presentation of classic plays by William Shakespeare at 6pm
- * **August 7th, 14th, and 21st** Music on the Terraces 6:30pm at Terrace Park

EXPLORE THE PNW



Hiking can be a rewarding way to get healthy as it gets your body active and rejuvenates the mind. Our region hosts some of the best beauty Mother Earth has to offer.

Sign up today for one of our toured hikes with Jolane Stroh.

Saturday, July 25th Sauk Mountain

Saturday, August 29th Park Butte

Thursday, September 17th Maple Pass

Front Desk has details.

**"Mistakes are proof
you are trying"**

**ONE SONG
WORKOUT**

**MACKLEMORE
"CAN'T HOLD US"**

JUMPING JACKS
x30

RUSSIAN TWISTS
x50

SQUATS
x10

CRUNCHES
x20

JUMP SQUATS
x5

SECOND SUPERMAN
x15

JUMPING JACKS
x30

BURPEES
x5

MARK THE CALENDAR

Bring a guest free on
July 10th, 15th or 20th
OR
August 10th, 15th or 20th!

July 4th: Closed in honor of
Independence Day

September 7th: Closed in honor
of Labor Day

**LIMITED TIME OFFER!
COLLEGE IS OUT,
WORKOUT IS IN!**

If you have a college student
home for the Summer or know
of someone returning share our
College Summer rate! Our price
is \$60 for a membership
through September, 15th 2015.

Save the date! August swim
lesson registration begins on July
20th. Sign up quickly during the
busy summer months to make
sure your little swimmer has a
spot!

**Being dehydrated reduces
exercise performance. Make
sure you hydrate for peak
performance during a
workout and especially pay
attention to water intake**

**JULY & AUGUST
NEWSLETTER**



BACK TO SAC

September brings school schedules, the end to long Summer days, a change in temperature and also routine. Stillaguamish Athletic Club wants to be a part of your daily to-do list. Let us help you and your friends kick start the 'Back to School Season' with our annual 'Back to SAC' event. This event is FREE for you and all your friends and family. Demo classes will be pumping, bodies will be moving, and we will go live with a one day enrollment special. Be sure to stop in for this annual event to kick off the new season. Stay tuned for more details. You don't want to be left out.

MONDAY, SEPTEMBER 14TH, 2015!

We can help you overcome the middle of the week drag.

Our Wednesday group fitness schedule packs a punch. Our morning line-up has Step, Zumba Gold, Fit For Life and Total Body Intervals.

Our evening Wednesday group fitness schedule *now* has Yoga, Pilates, Kickboxing and PiYo. Be sure to check out our group fitness schedule on our website at www.sacfitlife.com



Got stuff? Our annual Yard Sale is taking place when July and August meet, and we have room for you. Sign up for only \$10 and be part of our yard sale. Set up in the field area on the east side of our building. Our location has great visibility for all garage sale shoppers! Whether you shop or sell make sure to stop by!

YARD SALE

Friday July 31st &
Saturday August 1st
9am-3pm
Stillaguamish Athletic Club