

NEWSLETTER



TATE'S TIDBITS

As we embark on our 24th year, I am reminded of how grateful I am for all of our wonderful members and staff. Those years have flown by and we have gone through many changes (and some challenges). The one thing that has never waived is the team's dedication to you. From the front desk remembering your name, to the instructors teaching great classes and the relentless pursuit of cleanliness by our cleaning crew, we are dedicated to your health and wellbeing. As most of you know, this is our busiest time of the year. Embrace the energy and enthusiasm, maybe even try a new class or exercise. Whatever your health goals are for 2025, the club's professional team is here to help. Here's to a fun year ahead.



DID YOU KNOW?

- Our Wellness Lounge offers Red Light Therapy, Hydro Massage Chairs, Chromotherapy Saunas and Compression Boots. This room is designed to not only aid the body, but also the mind. Give yourself the opportunity to relax and recover.
- Sisters Athletic Club offers 36 group exercise classes each week. Remember to sign up either online or at the Front Desk. Please be respectful of the other members by cancelling if you can't make it.

GET YOUR GAME FACE ON!

Join us for the SAC Bowl Challenge

January 26 – February 8

REACH THE ENDZONE WITH US!

Sign ups will be available soon
for our next fun challenge

SUPPORTING OUR COMMUNITY

The SAC December blood drive exceeded our goal with 31 donations. We finished the year with a total of 79 donations which equates to 237 lives saved!

November Food Drive at SAC was a huge success! Thanks to you, we collected over 700 lbs. of food for people in our community.



Annie Marland

MEMBER SPOTLIGHT

Annie Marland is an inspiring woman! She has been an active member of Sisters Athletic Club for 20 years and remembers when she could walk from her Aetna office downtown to the original Pine and Hood location. Annie grew up in Burns back when it was a bustling little town. She has always been active in the Sisters community through volunteer work and notes that a life lesson guiding her is “take care of folks in need of help.” One of the things she loves about Sisters is that, despite significant growth, it maintains that “helpful small-town feel.”

Always a physically active person, one of Annie’s great loves in life has been Scottish Country Dancing, a social partner dance. Though she no longer dances, she has fond memories of her dancing days and is committed to staying active at Sisters Athletic Club. She loves the friendliness, efficiency and care the staff gives to all members, and notes that she has “made such good friends over the years because of the environment the club offers.”

Sisters Athletic Club is grateful for our amazing member community.

TRAINER INSIGHTS

with Andrew Loscutoff

Start slowly. A good way to begin is to come in and do a few of your favorite moves or machines and leave some on the table for next time. It won't take long but starting with easy will allow you to get over the hardest part with energy in the tank. I would suggest to anyone just getting started to stick to 3-4 exercises, 15 minutes of cardio, or 10 minutes of mobility/stretching drills.

Take some time to know what you're doing. The gym is a place where sometimes it can seem like everyone around you knows exactly what they're doing and you should emulate them if you don't. This is not the case. Speaking as a professional trained in biomechanics and exercise physiology, copycatting is a good way to not see results, or worse, to injure yourself. Know there are 100's of variables which make an exercise plan specific and individual.

Make friends with gym people. Our members are approachable, they're friendly, and they are community members just like you. Walk around and say hello, introduce yourself and be friendly to those around you. If you associate the gym with good people who support and enjoy being around each other you are more likely to go!

One thing leads to another. Use the time at the gym to start collecting momentum for other habits. If someone is going to the gym they're making a statement to themselves that health is important enough to spend some time on. With this declaration a person can also think about other areas that could use some thought. Sleep, diet, basic daily movements etc might also be a complement to the gym.

Start slow, know what you're doing, make friends, and build momentum. This will begin your successful 2025 at the gym. It's not about the first few weeks or even month. Exercise is a lifelong endeavor!



REMINDERS

- Sign up for classes up to one week in advance in your member portal or at the Front Desk.
- You can update your email, phone, address and credit card all online via your member portal.
- Check out the Pro Shop for our January deals and fun new merchandise!
- Have an idea? Fill out a suggestion card to let us know what you would like to see in this newsletter.