

# NEWSLETTER



## Tate's Tidbits

I recently attended the world's largest health club conference with 10,000 industry friends. Recovery services and wellness approaches are clearly gaining momentum alongside traditional fitness activities. Based on these trends, here are some thoughts on each:

1. Recovery services - SAC's Wellness Lounge. The focus on recovery shows a maturing industry that recognizes exercise is only part of the fitness equation. Red light therapy in particular is gaining momentum. IV drips were also very prevalent; but we will not be offering this at SAC. The Northwest is a bit behind the curve compared to the East Coast for recovery modalities, so I am proud that SAC has invested in the Wellness Lounge to provide some of these services.
2. Mindfulness - The continued emphasis on mindfulness through yoga, meditation, and overall movement along with social interaction at the club reflects the growing understanding of the mind-body connection in overall wellness.
3. Strength training across ages - This aligns with research showing the importance of resistance training for longevity and quality of life, regardless of age.
4. Wearables - The technology continues to evolve from simple step counters to comprehensive health monitoring devices that provide actionable insights.
5. Pickleball - there are some great options in Central Oregon to play.
6. Artificial Intelligence - it is going to be interesting to see how AI will influence our industry (and the world).



## Locker Upgrades

In June we are planning on upgrading the locker rooms. We are replacing all of the lockers, flooring and more. We will have a few more private lockers for rent and you can add your name to the waitlist if interested. More information and renderings will be available in May.

## Dogs on Five Pine Campus

We have received an email from the Five Pine Lodge regarding dogs.

“We've experienced increasing challenges with non-guests walking dogs on Five Pine property, including negative interactions with guests and children, confrontations with staff, pet waste problems, landscape damage, and safety concerns on icy areas. Additionally, our insurance costs have doubled in two years, making risk management critical. We kindly request that non-guests refrain from walking dogs on our property. This decision wasn't made lightly, and we remain committed to maintaining positive relationships with our neighbors while ensuring Five Pine remains safe for everyone. Thank you for your understanding and cooperation. We welcome any questions you may have.”

## Dogs at SAC

**SAC has had similar issues with dog owners as Five Pine Lodge. As a SAC member, you can still walk your dog on our property, but not other areas of the campus. Please do not tie your dog to any of the posts or other structures unattended at SAC. And be sure to have your dog on leash and pick up after them.**



Rebecca Womack

[sistersathleticclub.com](http://sistersathleticclub.com)

## Staff Feature

April 5th, 2025 marks Rebecca Womack's 20th anniversary of employment with Sisters Athletic Club. She was initially hired as a swim instructor and quickly became a fixture at the club, taking on various roles throughout the years. Rebecca has some funny stories to tell about her time working for Sisters Athletic Club, mostly involving flooding! Like the time she accidentally overfilled the pool, flooding the deck inside... and the time she accidentally overfilled the hot tub, flooding the deck outside... and the time she accidentally overfilled the fountain, flooding the entrance. In fact, Rebecca muses that she and Tate have a running joke as to whether she is an asset or a liability. We can all agree that it's the former. Rebecca has taught hundreds of Sisters' kids to swim throughout the years and has done a wonderful job of supporting both staff and members. Rebecca notes that working with Tate has taught her a lot and she continues to learn from him. Congratulations, Rebecca, on 20 years working for and with, Sisters Athletic Club.