



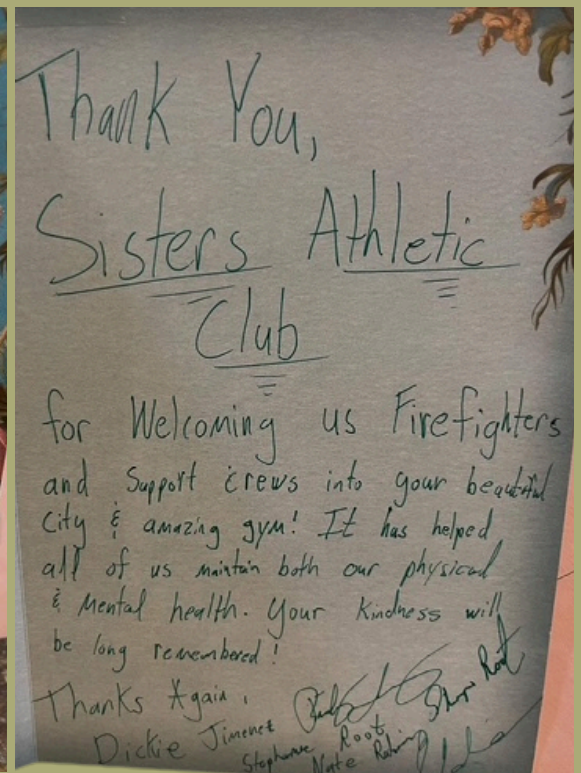
Our Body Sculpt class thanking the Firefighters during class.

THANK YOU FIRE FIGHTERS!

Words can not express how thankful we are for the Firefighters on the Flat Fire. Multiple members and staff were evacuated from their homes only to return to their houses untouched.

While we are busy thanking Firefighters for saving our homes, they are sending us cards and baked goods thanking us for the use of the club!

P.S. "The dog here is how wonderful we feel leaving your gym"



**Quotes from our
members LOVING
the new locker rooms**



Brandi: September 8th
Amy M: September 11th
Nick: September 28th
***120 Members**

***Make sure you have an updated
address with SAC so you can receive
your birthday card.**

Blood Drive

**Wednesday,
September 24th
12:00pm - 5:00pm**



**Sisters Athletic Club
Group Ex Room**



Lisa Ward

**"The lockers are beautiful and so spacious."
"It looks so much bigger and brighter in here."
"I love the non-slip floor."
"The lockers don't bang shut anymore."
"I love the new laundry baskets"
"The swim suit spinner is life changing."**

Member Spotlight

MEET SAC MEMBER - LISA WARD

**Lisa was born in Portland, Oregon and was raised in
Vancouver, Washington.**

**Lisa obtained her B.A. Degree from Reed College.
Her additional education was from the J.D. William
S. Boyd School of Law and LL.M. Brussels School of
International Studies.**

**Lisa has been a member of SAC for about 2.5
years.**

**"For me, it's all about the people and the
atmosphere. My kids feel so welcomed, the staff is
encouraging, and the whole space has a relaxed,
easy going vibe. I love starting the day with yoga or
taking a moment to enjoy a cup of coffee in the hot
tub while the sun comes up! Some of my favorite
moments are simply splashing around in the pool
or soaking in the hot tub with my family."**

**Outside of directing the Pine Siskin Waldorf -
inspired preschool and kindergarten here in town,
Lisa also works as a mediator and Collaborative
attorney, helping families resolve conflicts without
going to court.**

**"I am happiest when I'm moving or creating.
Whether that's dancing, reading, cooking
something delicious, or getting out to explore all
the beauty we're lucky enough to have right here in
Sisters."**

**"Lisa, we are so lucky to have you and your
adorable family part of our SAC family!"**