Spring Brings Change

Hello again,

Welcome to the beginning of the spring season at the Club. Winter brought some interesting weather to our doorstep this year, but we pressed on together – it was business as usual through every freeze and snowfall, open for regular hours with all programs on as scheduled. Knowing you can count on a local spot like this to help you brave those single-digit temperatures is a lot of fun – especially for the kids that came to SnoDaze and Kidsports camp when school was closed, and the people that made it to their fitness class for the week. There’s really no better way to spend a dreary day.

I love the springtime every year; it brings fresh beginnings, and new life. Those new beginnings include spring cleaning, a chance to clear our clutter and get our house in order. This constant refresh is written in our Six Sigma quality improvement parlance and important to ensure our Club is the best it can be for everyone here.

Over the past year, you told us that members would benefit from a more functional workout space – so we began working to make it happen. For starters, a fresh partnership with Matrix Fitness, one of the nation’s leading exercise equipment companies, brings 40 new machines to the fitness floor this year; we replaced all the old treadmills with fifteen new models, and will replace all the ellipticals later this year or early 2019. Matrix will be responsible for maintaining the equipment.

As summer quickly approaches, begin planning activities for you and the kids with our summer programs and camps. Registration is now in full swing for all of our summer activities.

Looking ahead into our 28th year, it’s refreshing to glance back at the past and see how far we’ve come. When we opened, the original idea was to be a high-quality Sports Mall that served as a one-stop shop for athletes. Today, we’ve blossomed into a one-stop hybrid Club, where you can find your groove with exercise, leisure, medical and friendship.

We’ve accomplished a lot together, and the future looks bright. May our spring be full of hope and new life – and new changes bring positive transformation to all of us.

-Karrie Gabbard,
Club Manager
Personal Restorations
Take a pause between the seasons to restore and reset for the springtime. Consider massage as necessary therapy to your lifestyle - it warms the body by increase blood flow to loosen muscles and joints, bringing much-needed pain relief and relaxation. The Massage of the Month Club, an annual program which offers one or more massages each month for more than 20% off, has already helped 70 members embrace this escape as part of their regular wellness routine. Visit Tonics upstairs or call 513-527-4000 ext. 622 to check it out.

If you’re ready to start a more self-intensive restoration journey, HMR at the Club could be the fix you seek. It’s a weight management program designed for quick loss and lifestyle construction, which means you’ll work with our coaches to structure your diet, fitness plan, and benchmarks for success. HMR is also a support community; more than 50 people have started or finished the same journey, so you’ll helping others succeed on your own path to success. All it takes is the right info, with a little hard work and dedication. We host weekly info sessions on Mondays at 12pm and Tuesdays at 6pm if you’d like to learn more, and decide for yourself. Contact: Kelsey Garrison

Moderate Your Exercise
Since the holidays passed, I’ve seen several people who sustained an acute injury that prevented them from exercise. In some cases, they made a New Year’s resolution to exercise more, which can unfortunately have major negative impacts on your body if not guided by a professional. It can create more wear and tear on joints and muscles, after which the worst thing to do is to try and push through the pain. If you find yourself dealing with these limitations, address the problem now. If you find yourself dealing with these limitations, address the problem now.

A free screening session in my office located on the fitness floor will help us learn about your condition; from there, we’ll craft an independent rehab plan or short-term physical therapy sessions to help you return to pain-free exercise. Check your weekly email for regular screening times, or call me directly to set something up that works for your schedule. Contact: Vic Troha
Find the Right Fit with TSRC
The Tri-State Running Club, an important partner of the Club, offers personal one on one screenings at our facility to help members find their perfect fit in fitness equipment needs.

- **DOES THE SHOE FIT?** Sign up now for an appointment on Thursday, April 12th from 6pm-8pm to find the ideal fit for your running and walking shoes.

- **BRA FITTING.** Did you know that more than 70% of women wear the incorrect bra size? Sign up now for an appointment on Thursday, March 8th from 6pm-8pm for a professional fitting and a 10% savings on your purchase.

If these times don’t work for you, stop by their Mariemont store anytime. Tri-State Running Co. also offers a variety of training programs throughout the year for any level of runner, including a couch to 5k program that starts in March to help you toe the line for the Flying Pig in early May. Contact: Michael Downs

New Class Additions
The past two months have seen a lot of action in the group fitness schedule. Body Pump launched its 104th installment of music-driven fitness choreography, and people are raving about the ballroom dancing series. Patrick and Hannah began the series with Swing in October, followed by Salsa in November and Tango in January.

New to the schedule, Body Pump will debut a new 6am time on Thursdays, along with 1pm Yoga II on Tuesdays, and 10:45am Balance Training on Wednesdays. We’re also working to add Age Defying Barre for seniors, chair yoga, and more early afternoon classes to the schedule.

A Balanced Health Approach
Make a new path for yourself this season with mindfulness-focused class options at the Club. The Meditation Workshop on Sundays at 6:30pm from March 4th-April 15th explores six different practice styles and techniques over six weeks, with the goal of helping participants find a flow of their own. It costs $60 for members, and $90 for guests. Contact: Lynda Wilisch

To bring your meditative practice into a place of exercise, give Pilates a thought. If you haven’t tried it yet, the fitness team is hosting free demo classes from April 23rd-29th. You can also scoop a special rate on the Pilates intro package of just $150, which includes 4 sessions with a certified Pilates instructor. Contact: Phil Norton

Our staff is one of the most special things about the Club; they come with a smile every day, dedicated to making the experience here a memorable one. Brad Messenger, one of the cornerstones of our personal training team, is one of those people. He’s celebrating his 25th anniversary at the Club, and we couldn’t be more proud to call him trainer, friend, and family. Brad most commonly works with older adults, and has vast experience helping them handle major and minor setbacks. From Brad:

“In my daily training sessions, I often work with older adults and one of their most common concerns is fall prevention. It’s well founded because falls are the leading cause of fatal and non-fatal injuries for people over 65. The first step to fall prevention is improving one’s sense of balance. Simple exercises such as balancing on one foot, standing on a BOSU ball, and walking heel to toe for 20 steps are all great for stability. The second half of fall prevention is improving muscle strength in the lower extremities. Common examples are leg press, chair sits, and calf raises.”

If you’d like to meet with Brad to create a workout program that fits your specific needs, visit the fitness desk during your next trip to the Club. Contact: Phil Norton

**Brad Messenger: 25 Years of Service**

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Spring & Summer Camps and Programs
Help your kids get ahead of the summer by finding their way in the water right now. The fifth session of swim lessons runs from March 5th-April 14th, and the sixth from April 16th-May 26th. Lessons are held in the indoor warm water pool, and are great for swimmers of all ages and abilities.

Parents can also help kids out now by exploring the numerous summer camps at the Club. Our summer line-up includes Kids Camp, PreKamp, Tennis, Racquet & Aquatics (swim team, lessons and clinics). **Spring Break Kids Camp**, our special occasion getaway for young campers, is open again from March 26th - March 30th, and April 2nd - 6th from 9am - 4pm each day. It can help your kids start out on the right foot with adventures through the Club and fun hands-on activities. Grab a brochure for details. Contact: Emily Warden

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**Send us your email!**
If you would like to receive our member communications, birthday rewards, your referral reward gifts and special announcements from the Club, please send your email to [memberrelations@cincinnatisportsclub.com](mailto:memberrelations@cincinnatisportsclub.com)

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**The Future Begins Here**
As the Club continues to thrive, we’re fortunate to expand our internship program for local college and technical school students. All positions are paid, and we seek to place interns on the permanent team often. Sports & Activities Manager Jordan Croop, Fitness Floor Manager Michael Downs, and Sales & Marketing Manager Mary Frank all began as interns, and have grown to manage individual business units within the Club. Will you be our next hire? Contact: Karrie Gabbard

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**Program Contacts**

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
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**Winter Friday Happy Hours Continue**

We’re all getting excited for the outdoor areas and pool to open, but we’re enjoying the last of the Winter Friday Happy Hours while they’re here! **Come unwind with us every Friday night from 5:30pm-8:30pm through the end of March**; the indoor soccer field hosts the family party with all-ages entertainment, while the Staircase Lounge hosts the adult-only party with live music and drink specials. Market Café serves free food by the bite each week, so there’s certainly something for everyone.

**Third Tuesday Tasting Experience**

Weekly Happy Hour isn’t the only time the Staircase Lounge is the place to be for adult members. Every third Tuesday of the month, we host the Club Manager’s Third Tuesday Tasting, featuring chefs from local restaurants and their delicious gourmet fare with live music from local artists. January brought Allyn’s Café with music by Plan B, and February brought Mazunte with music by Matt Cowherd. Mark your calendars for March 20th with China Gourmet and Chad Ishmael, and April 17th with Dilly and Jordan Wilson. The event is only open to ages 21 and up, and it’s FREE to attend for members plus one guest – if you RSVP before you come. It’s limited to 180 people, and there’s a $10 fee for walk-ins and no-show reservations. Contact: Karrie Gabbard

**Brunch with the Bunny**

Finally, if you’re looking for more family fun, then get-together at Brunch with the Bunny – one of our most popular seasonal events. Make plans for a meal together on March 24th; we have 10am and 12pm options available, which includes food, crafts, goodie bags, and photos with the bunny. The cost is $12 for adults, and $7 for children. Contact: Emily Warden

**Parties on the Hardwood**

We’re bringing a social side to competition with in-game food and refreshments in the weeks to come. For **kids aged 11-14, the Dodgeball Party on March 17th in the rec gym** is a chance to let loose, grab a bite, and have fun with new friends. For **adults aged 21+, the Basketball Social on April 5th at 6pm offers pick-up games, pizza, and beer while you ball. Both are free to attend; come ready to play. Contact: Michael Downs**

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**COMING SOON**

**Summer Farmer’s Market at the Club**

We’re looking forward to the chance to welcome Stephanie Zink and Little Rock farms back to the Club this year on Tuesday and Saturday mornings. Stephanie is working with her farming partners to ensure max crop coverage, and the date of her first trip to the Club will depend on the spring growing season. We’re excited for the freshness!

**Passing the Madness of March**

Quite possibly the most exciting thing about March is the NCAA basketball tournament. We like to get swept away in the craze too, with our annual Bracket Challenge. From March 13-April 2, members can fill out and follow a bracket for a chance to win, and the winner gets to split the pot with a charity of their choice. Entering April, the Lunch-and-Learn Lecture Series delivers a talk about how to avoid fraud from the “con-artist” playbook on April 10th at 11:30am. Lee Oliver of the AARP will discuss tips and tricks to protect yourself, so register online between March 26th-April 9th. Contact: Heather Luttrull
**BY THE NUMBERS**

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<thead>
<tr>
<th>Number</th>
<th>Description</th>
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<tbody>
<tr>
<td>9</td>
<td>Number of complimentary Injury Screenings on schedule in March &amp; April with the Wellness Clinician</td>
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<tr>
<td>15</td>
<td>Number of new Matrix Treadmills replacing all the existing treadmills at the Club</td>
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<tr>
<td>40</td>
<td>Number of new barbell systems delivered for the Body Pump group exercise class</td>
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<tr>
<td>70</td>
<td>Number of participants in the Massage of the Month program at Tonics Spa on the 2nd floor of the Club</td>
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<tr>
<td>94</td>
<td>Number of participants that competed in the four indoor winter triathlons</td>
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**SPRING PROGRAMS**

**Head-Start on the Courts**
We’ve waited long enough to swing a racquet outside already, so we’re making plans to hit the courts ASAP. **Tennis clinics are first out of the gate on April 2nd**, with daytime, evening, and weekend classes available for adults of all abilities. **Junior tennis isn’t far behind, with instruction for young players aged 3-12 beginning on April 17th.** Private lessons are available for both; the website or a brochure at the Club will show you everything you need to know. Contact: Jeff Roman

When you’re in the mood for something a little less intensive, **head to the pickleball courts every Monday night in April from 6pm-7:30pm for friendly round robin matches**. It’s an easy-to-learn, easy-to-play game that’s great for beginners, with no charge and no RSVP necessary to play. It’s a win-win for everyone involved. Contact: Brent Thole