

# THE ADIRONDACK CLUB

## MONTHLY NEWSLETTER

### MYZONE SWITCH

Want to win a new Myzone Switch? Check out page 2 for more details then head over to our Instagram!

### SOULFUSION

If you haven't tried SoulFUSION what are you waiting for?! Learn more about this high energy class on page 3.

### FALL TENNIS

Fall tennis sessions are around the corner! Scott & his team have put together some great programs. Head to page 3 for more details.



## FITNESS

BY COLIN MCCULLOUGH

Need help finishing off your summer strong? Join our Kick Start Training Program. This program allows you to try all of our services for one low price. This helps you zone in on what is the best fit for you to reach your goals.

The Kick Start program includes (6) 60 minute semi-private personal training sessions, (1) 60 minute private personal training session, (1) 30 minute nutrition coaching session, our ADK Nutrition Kickstart manual, an individualized program design and access to our personal training app, all for only \$200.

Have you downloaded our [Summer Grilling Good Eats Recipe Guide](#)?

Just because it's summertime, doesn't mean you should put your health and fitness on the back-burner! We've put together a collection of over 50 healthy and delicious recipes specifically for summer BBQs and get-togethers.

**ADK Fitness Staff Top 10 Core Workouts**

Need a few workouts to do on your summer vacation? Our fitness staff put together their 10 best beginner, intermediate and advanced core workouts that you can do anywhere. Download the guide [here](#).

## PERFORMANCE

Fall Sports Performance Training enrollment opens August 6th. Complete program details will be available August 3rd [here](#).

Programs offered this fall include:

- High School Speed, Agility, and Strength Training
- Middle School Speed, Agility, and Strength Training
- Youth Athletic Development (7-10 Years Old)
- Preschool Fun and Fitness (3-6 Years Old)

Questions about any of our training programs?

Email Colin McCullough at [cmccullough@adirondackclub.com](mailto:cmccullough@adirondackclub.com)

## NEW & IMPROVED MONTHLY NEWSLETTER

Welcome to our new & improved monthly newsletter! We look forward to sharing upcoming programs, introducing new team members, highlighting group exercise classes and more.

If you'd like to be featured in our Member Spotlight section to share your ADK Memories we'd love to hear from you!

Thank you for celebrating 20 years with us! We look forward to many more!

- The ADK Team



## MEMBER SERVICES

BY LEXI BEAHM

What a great first month it has been as a new team member of The Adirondack Club! I've loved chatting and getting to know all of our members and team members alike. For those who I haven't met yet, please don't hesitate to come say hi!

In July, we welcomed many new members to our family and welcomed back several familiar faces! The energy throughout the club has been high and on those few sunny days we had, we enjoyed hearing the laughter out at the pool and seeing the smiles on everyone's faces.



## AQUATICS

So far this summer, we've celebrated our young ones go from being non-swimmers to confident ring divers, welcomed new and experienced swim instructors to the team and sent countless members down the slide!

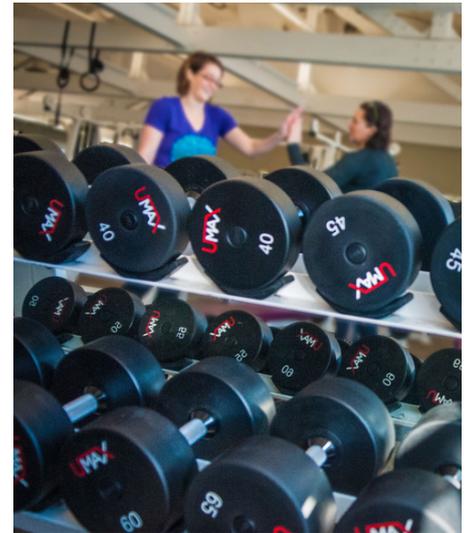
If you didn't get a chance to join our June or July programs, don't worry, there is still time to sign up for our Summer Swim Series!

### August Sessions

August 2 - 5 || August 9 - 12 || August 16 - 19 || August 23 - 26

For more information and to sign up please visit our website or click [here](#)

You can also sign up for a Summer Swim Series through the App!



Be sure to keep an eye out later this month for our next membership promotion. It may be a great time for your friends to finally join!

Lastly, as we head back into the school season, stop by the desk to say good luck to our Front Desk Team Members who are off to college in a few weeks - some for their first year! They worked hard all summer and we appreciate all the hours they put in. You'll also see a couple new faces at the desk this month as we welcome Allie & Alexis to the team.

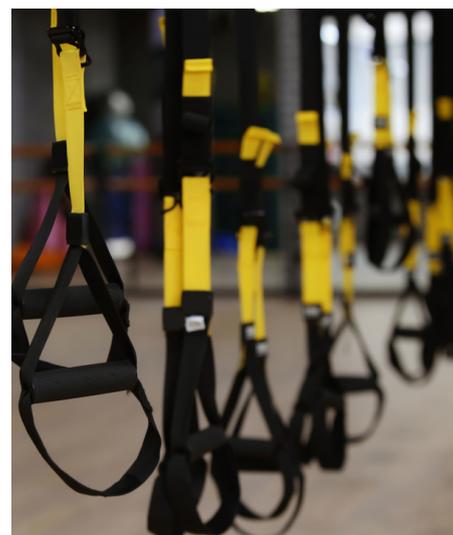
## DID YOU KNOW?

Did you know that you have the chance to win a Myzone Switch?

The new Myzone Switch is the first heart rate monitor that you can wear on your chest, arm or wrist, even when swimming!

Check out our Instagram post from 7/26/21 for more details on how to win!  
[@adirondackclub](#)

For our members who want to purchase one - we are offering an exclusive, member only, price of \$109.



## GROUP EXERCISE

BY JILL ANZALONE

SoulFUSION - Fridays at 9:30 AM

If you haven't tried SoulFUSION...WHAT ARE YOU WAITING FOR?!

SoulFUSION is a blend of EVERYTHING.

The class will give you Yoga-inspired flows, cardio bursts to boost your heart rate, balance sequences that will crush your core and if that's not enough for you, Julie and Marissa use a combination of weights and bands to sculpt and tone your muscles.

The energy, expertise and enthusiasm from both Julie and Marissa make this class challenging and fun.

There are options for every move which makes this class do-able for everyone. The music is AMAZING and you will leave class feeling so good about yourself.

SoulFUSION is EXACTLY what your body needs. Give it a try and sign up today!

For our full Group Exercise schedule, click [here](#).

## TENNIS

BY SCOTT TEDFORD

There is still time to register for our summer Junior Tennis programs! Sign up for the remaining summer sessions [here](#)

Fall sessions are around the corner! For information please visit our website. Details will be available starting on 8/2 followed by registration starting on 8/16. Adult Program Information: [here](#) || Junior Program Information: [here](#)

This season's sessions will run from Tuesday, 9/7 through Saturday, 12/18.

As always, if you have any questions about your level of play please contact Scott Tedford at [stedford@adirondackclub.com](mailto:stedford@adirondackclub.com)

## REVIEW HIGHLIGHT

"I have been working out here for over 15 years. Through all of that time I have experienced great instruction from passionate coaches. I particularly enjoy small group fitness and TRX classes with Carol Bouchard. Carol cares about the success of each of her clients, works hard to ensure we get what we need out of each and every session. She holds me accountable (texts me reminders) because I need it! She has helped transform my body and spirit!"

-Kelli W.

