



The Pulse

SPRING 2004

FOR FITNESS. FOR FUN. FOR LIFE.

NIKE TENNIS DAY CAMPS

SPORTS TRAINING

BODY STEP

FITNESS CHALLENGE

The Pool is open!

GROUP EXERCISE IS BACK!

YOUTH SUMMER CAMP

NEW SITE!

www.greenwoodathleticclub.com

FITNESS FESTIVAL



ATTITUDE IS A DECISION

Each quarter Craig Morgan, Greenwood Athletic Club Human Resources Executive Director, and I plan a New Hire Orientation. This is an evening when all new staff members get together to learn about the club, become familiar with policies and procedures, and most importantly are given their "expectations" as a GAC team member. The basics of the orientation are designed around a book titled Fish! by Stephen C. Lundin, Ph.D., Harry Paul and John Christensen. The book addresses employee morale and how to improve results. Ultimately, the focus is on creating a workplace that is energetic, optimistic and fun while placing some responsibility on the employees to choose their attitudes and come to work with smiles on their faces.

About 11 years ago, I attended a lecture by a sport psychologist, and received a 2.5 x 2.5 inch card that I have kept with me every day since then. The card reads, "Attitude is a decision"! As I read Fish!, I found myself reminded of that card as it's the first thing I read each morning before I start my day. Many of you know Will Duncan, GAC men's locker room attendant. There is no person who knows how to choose his attitude better than Will. He has been honored year after year by member's and staff alike for his smile, personal service and for knowing every members name. Will didn't have to learn to have a positive attitude; I believe he was born with it! Sure, he has had challenges just like all of us, but Will shows up with a smile on his face and spirit in his eyes!

Part of the reason Will and other GAC Team members have chosen the right attitude is because they love what they do and what they love is interacting with each of you; our members! The staff at Greenwood Athletic Club is devoted to every one of you to make your experience at GAC one that is memorable and life-changing. We are here to fulfill your health and fitness needs and provide you with an atmosphere that is friendly and motivational. Our staff attrition rate is an unbelievable 18%. With over 200 staff members and an industry that changes daily, we are proud to have so many loyal and dedicated staff members.

From Michael Jones, Manager on Duty, to Dennis Miller, Personal Trainer, Penny Meyers, Group Exercise Instructor, Peggy Bernardis, Tennis Pro, and Vicki Henderson, Finance & Office Manager, GAC is loaded with employees who have chosen the right attitude - one that is based on fulfilling our mission: For Fitness. For Fun. For Life!

Paula

For Fitness. For Fun. For Life!



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SUMMER 2004 T.O.C.

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MEMBERS SPOTLIGHT!



Sara Huntzicker

joined Greenwood Athletic Club just 11 months ago in search of a new atmosphere for group exercise classes. She desperately wanted to lose weight and improve her overall level of health. Although Sara is a lifetime member of 24 Hour Fitness, she chose Greenwood as her place to exercise because of the personal service and overall quality of the club. "I pay more for my membership at Greenwood which makes me exercise to get the most for my money. I think the club is very nice and I love my BODYPUMP classes." Sara has religiously attended GAC's BODYPUMP classes three times a week for the length of her membership and has decreased her dress size from a tight fitting 12 to a size 8! She really didn't change her eating habits but made exercise a consistent part of her weekly routine. As a hard working business person, she found it very difficult to find time to exercise but the wide variety of times available to participate in BODYPUMP made it easier for Sara to follow a regular exercise program. Research has shown that various forms of weight training help to increase our percentage of lean body mass, which leads to a greater amount of lost calories during rest and exercise. Many statistics have also shown us the benefits of weight training for women in decreasing the risk of developing osteoporosis and improving overall body strength. BODYPUMP, a program of the nationally accredited and recognized Body Training Systems, is the world's most popular Group Fitness Program and is a revolutionary weight training workout that strengthens, tones and defines every muscle in the body. BODYPUMP is designed for people of all ages and fitness levels and delivers real results, real fast. Sara is living testimony that a simple change in your routine can lead to results. It takes motivation, dedication and consistency to achieve success. Sara has made it a part of her life and we're glad she chose Greenwood as her place for health and fitness. Thank you, Sara, and congratulations from your family and friends at Greenwood Athletic Club!

fitness activities



DROP-IN ACTIVITIES

These programs are provided free of charge to GAC members. Please show up at the appropriate time and be ready to play and have fun!

BASKETBALL

Monday – Friday, 11:15am - 1:15pm
Tuesdays & Thursdays, 5:45 - 7:15am & 6:00pm
Saturdays & Sundays, early am

RACQUETBALL & SQUASH

Tuesdays & Thursdays, 5:00pm-7:00pm

outdoor pool



THE POOL IS OPEN!

Add your kids to your membership for as little as \$20 per month! Take advantage of member rates for kids and youth programs the whole year round!

- couple upgrade to family (one or more kids)
\$20 per month = \$60 for summer
- single upgrade to couple
\$51 per month (one adult and one child)
- single upgrade to family (one adult plus 2 or more kids)
\$71 per month

DISCOUNTED POOL ONLY PASSES

Do your children want to bring all their friends to the pool to swim? You can now purchase daily pool passes for children, in bulk, at a discounted rate. For \$150 you'll receive twenty (20) passes, each good for a day of swimming and valid between May 31-September 6. These are great for non-family friends who seem to be a part of your family in the summer. Purchase your passes early to take full advantage of the summer months. Please don't forget that Greenwood's policy is only three guest visits per month per person so you'll be able to invite many different friends. See you at the pool.

health



BLOOD SCREENING

Learn about your overall health through blood screenings. Seven tests available measuring cholesterol, blood sugar levels, mineral levels and other important elements (10 – 12 hour FAST advised).

- DATES:** Wednesday, July 7, 2004, 6:00am-9:30am
Wednesday, August 4, 2004, 6:00am-9:30am
Wednesday, September 1, 2004, 6:00am-9:30am
- COST:** \$37 Regular Blood Work (cholesterol, minerals)
\$60 Regular + CBC (white and red blood cell count)
\$84 Regular + PSA (prostate screening)
\$104 Regular + CBC + PSA
\$93 Regular + Hgb A1C (diabetes screening) NEW!
\$109 Regular + Cardio CRP (cardiac risk marker) NEW!
\$131 Regular + Homocysteine (cardiac risk marker) NEW!

Are you a Realtor?

Please stop by or call Jenna at x306 so she can tell you about our new "Realtor Referral Program!"



Bonnie Emmett, crs

bemmett@prestigerealtygroup.com

720.635.3756

Serving Your Real Estate Needs In Denver



Hey, dust off those old paper gift certificates you have sitting around the house and bring them in for that special something you have been wanting. Don't postpone. They will expire December 31, 2004. No worries with the new plastic gift cards as they expire two years from the date of purchase, as always.

CLOTHES FOR THE SHAPE YOU'RE IN

- Custom shirts and clothing individually tailored for you.
- Professional and personalized service at your home, office, or our Tabor Center Store.
- Always an extensive collection of exclusive accessories and gifts.



To learn more about this affordable luxury, see us at Greenwood Athletic Club or call

303-892-1482

VISIT OUR NEW LOCATION, ON THE SECOND LEVEL OF THE TABOR CENTER!

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Ron and Judie Neel.

group exercise



Barbara Lubbers,
Group Exercise Coordinator
*Please contact Barbara for any Group
Exercise inquiries at x312*

GROUP EXERCISE FOR INDIVIDUALS

You are individual in your fitness level, goals and exercise preferences. The more individual you are, the more group fitness may benefit your exercise results!

At the GAC, we have the largest diversity of exercise classes in the Rocky Mountain area. If you haven't peeked into the studio or a Zone® class, gone are the days of leotards, white belts and leg warmers. There is one common thread in all our programs - maximum benefit per unit of focused, enjoyable time. The average exerciser in the U.S. works out 4 x per week, and spends 43.25 minutes per session for exercise. We know that, and our classes are power-packed with lots of synergistic benefits besides improving your fitness level.

Want to relax and work out the kinks? Then yoga has something to offer you, especially with the diversion of focus lowering your stress level and blood pressure as well as improving your posture. Try a Pilates Mat class if you want to gain strength and flexibility. If you are rehabbing from an injury, then the Water Aerobics class can provide you an intermediary setting to work on your fitness.

Kick it up a notch with EnergyZone® and CycleZone®, award-winning interval programs that will bring out the athlete in you and radically improve your fitness in a short period of time. Step classes have been re-born with Body Step! Kickboxing gives you athletic moves with great fitness benefit.

O.K., so the GAC has over 120 exercise classes, but you exercise on your own; why come to a class? First and foremost, we will push you in ways you are unlikely to move in workouts on your own. Once you get your clothes on and get in the class it's difficult to leave, so the group experience helps motivate you on the days when you are running on fumes.

No doubt about it, good tunes make the time go quicker and will make you work harder with less rate of perceived exertion. Many of our instructors take great pride in burning their own class-specific music so you get more out of what you do in class.

Besides fun, award winning programs and great music, exercise classes provide you with types of training you would not normally perform on your own. The benefit is simply better results through cross training, using a variety of classes, than exercising on your own. Whether it is getting on the ball or the step, group exercise can provide you with **BIG FUN** and better results.



**BIG
FUN!**



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personal training programs



Vic Spatola,
Personal Training Coordinator
*Please contact Vic for any Personal
Training inquiries at x339*

YOUNG ATHLETES POWER!

This summer program will enhance your young athlete's performance by increasing his or her speed, agility, stability and strength. Using a combination of plyometrics and weights, Joe Talbert and Kevin Hughes will greatly enhance your child's performance and conditioning for any sport. Twice or three times a week for 4 weeks.

We must have a minimum of 3 participants per class.

Ages: 13-18
Starts: June 15
Day/Time: Tuesday 4pm/Friday 4pm, Saturday 11am
Cost: 2x/week/\$240 Members/\$310 Non-Members
3x/week/\$330 Members / \$400 Non-Members

FITNESS CHALLENGE

The annual Fitness Challenge is for you to get in the best shape you can in 12 weeks! This is the motivation you've been looking for to get in shape. Make a new you in 12 weeks when you work with one of our Personal Trainers at least once a week for the 12 week period. Entry fee for the challenge is \$59 and it includes:

- Body composition testing
- Nalgene water bottle
- Training log with dietary guidelines, sample workouts and sample food counter.

Requirements for the challenge are:

- You need to participate in the pre-test, which will be held from August 23-28 and the post-test November 15-20. You can schedule that when you register at the Activities Desk. We will take a before and after picture which we will use to help decide a winner.
- You need to train with a trainer at least once a week, scheduled at your convenience (12 sessions over 12 weeks). That cost is separate from the entry fee.

We will be handing out prizes for the top 5 winners after the contest is finished and results are tallied.

Contact Vic at ext. 339 for more details.

Exercise and Cardiovascular Disease

Contributed by Allison Skufca

Exercising does a lot more for the body than just keeping it in shape. Exercising can help prevent the development of many diseases and will also keep the body healthy. People can realize modest health benefits by exercising at 50% of their maximal heart rate. This amount of physical activity decreases the risk of coronary artery disease by 50%.

Cardiovascular disease (CVD) is the leading cause of death in Americans. It is estimated that cardiovascular disease is responsible for more than 41% of all deaths in the U.S. and that one-sixth of all people dying from CVD are younger than 65 years. Coronary Artery Disease (CAD) is caused by a lack of blood supply to the heart muscle, resulting from atherosclerosis. Atherosclerosis is a buildup and deposit of fat and fibrous plaques in the inner lining of the coronary arteries.

CAD Risk Factors include:

Family history

High cholesterol

High blood pressure

Current cigarette smoking

High glucose levels

Obesity

Physical inactivity

An increased level in HDL-cholesterol subtracts one of the above risk factors.

Signs and Symptoms of CAD include:

Pain, discomfort in the chest, neck, or arms

Shortness of breath at rest or with mild exertion

Dizziness or fainting

Breathing problems when lying in bed, or waking up short of breath

Ankle edema

Palpitations or tachycardia

Pain in the legs, lack of blood to muscle

Known heart murmur

Unusual fatigue or shortness of breath with usual activities

Physically active people have lower incidences of heart attack and mortality from CAD. Individuals who exercise regularly reduce their relative risk of developing CAD. Exercise along with a healthy diet composed of lean proteins, complex carbohydrates, unsaturated fats, fruits, vegetables, and dairy products will help prevent individuals from developing a cardiovascular disease.

kid's club



Yogi Eastman,
Youth Programs Director
*Please contact Yogi for any Youth
Programming and Kids' Club inquiries, at x287*

Attn: Parents - Summer Camp now includes lunch!

Summer camp should be fun for kids, but, more importantly, it should be easy and convenient for you...Mom and Dad. That's why we have teamed up with Ink! Coffee and will be offering campers three fun and healthy lunch choices each day. No more packing lunch and trying to get out the door on time! Let us do the work for you!

NEW... KRAZIE KIDS SLEEP OVER!

Send us the kids, a sleeping bag and pillow! We have planned an entire night of fun activities! Activities will include swimming, gym games, movies and guaranteed fun! Must have 10 participants to run.

Ages: 5-12

Dates: July 24 and August 14

Times: Saturday drop off 6:30pm, Sunday pickup by 8:00am.

Cost: \$59 Member/\$74 Non-Member

PARENTS NIGHT OUT IS BACK!

Leave your kids with us and have a great night out on the town! RSVP required; sign up in Kids' Club.

Must have 8 participants to run.

Ages: All welcome

Dates: July 9, August 13 and September 10

Times: 6:30-10:00pm

Cost: \$24 Member/\$39 Non-Member

MAD SCIENCE CAMP "MOVING WITH SCIENCE"

Your child will become a true Mad Scientist. They will explore chemical reactions, nature, weather and much more!

Ages: 7-12 years

Dates: August 16-20

Times: 9:00am-3:00pm each day

Cost: \$199 Member/\$239 Non-Member

SOCCER CAMP

Join GAC Personal Trainer and Soccer Instructor "extraordinaire" Oyvind Gulbrandsen and learn the skills for one of the fastest growing sports in America.

Ages: 5-10

Dates: June 21-25 and July 19-23

Times: 9:00-11:00am

Cost: \$99 Member/\$129 Non-Member

RED CROSS BABYSITTING CERTIFICATION

Learn to be a great babysitter! This six-hour course covers the responsibilities of baby-sitting. Please request brochure for specific class details.

Ages: 11 years and older

Dates: July 13 and September 17 & 18

Times: 8:00am-2:30pm

Cost: \$59 Member/\$69 Non-Member

WALTER DAVIS BASKETBALL SHOOTING SCHOOL

GAC is proud to be the host site for Walter Davis Basketball Camp. Davis, a six time NBA All Star, will run camp June 14 through July 2. Please request brochure for specific details regarding the scheduled week for player levels.

IN LINE SKATING CAMP

Geoff Kilbourn invites your skater to improve his or her skating ability through close instruction focusing on balance, proper forward and backward skating techniques, stick handling, passing and receiving the puck and much more!

Ages: All Welcome

Dates: July 12-16 and July 19-23

Times: 9:00-11:30am

Cost: \$99 Member/\$139 Non-Member

WOMEN'S SELF DEFENSE

Learn and understand the defense mechanisms and techniques required ensuring your safety in the event of a street attack or home invasion.

Ages: 14 years and older

Dates: September 18

Times: 12:30-5:30pm

Cost: \$99 Member/\$129 Non-Member

or Mom & Daughter Package \$174 Member/\$204 Non-Member

new site!

WWW.greenwoodathleticclub.com

Check out our redesigned site,
with up to date schedules,
club information, news and special events!
Be sure to sign up for our enews
to receive the latest updates.



The perfect time for a

Family Membership

AT GREENWOOD ATHLETIC CLUB

Outdoor Pool Opens Memorial Day Weekend!

- Youth Group Fitness classes, ages 5-14
- After School Fitness Program, ages 8-12
- Member pricing benefits:
 - Kids' Club
 - Birthday Parties
 - Summer & Sports Camps, Mad Science® Camps
 - Swim Lessons, Tennis Lessons, and MORE!

Check out our new web site:
www.greenwoodathleticclub.com
for the latest programs, schedules
and special events!

5801 S. Quebec St. • Greenwood Village, Colorado

(Corner of Orchard & Quebec)

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FOR FITNESS. FOR FUN. FOR LIFE.





GREENWOOD TENNIS EVENTS CALENDAR

SUMMER JUNIOR PROGRAM...A COMPLETE PACKAGE

You name it, we've got it, right here at the Greenwood Tennis Center. There is a class for every age and every level, but don't hesitate as classes are filling up fast! Classes begin in June and run throughout the summer. See our web site for more details on all of our programs: www.greenwoodathleticclub.com

FUTURE STARS, Ages 4-6

This is a great introductory class which emphasizes basic skills, hand eye coordination, tennis etiquette and FUN!

Friday, 11:30am-12:10pm all summer

SMASH AND SPLASH, Ages 4-6

What could be better than having a tennis lesson and a swim lesson all in one afternoon? How about providing a tasty snack between the two? Well we're offering just that, a 35 minute tennis lesson and a 35 minute swim lesson, all taught by enthusiastic and professional tennis and swim instructors!

Tuesdays, 1:00-2:30pm

Fridays, 11:30am-1:00pm

MICRO TENNIS, Ages 5-9

Participants receive 1 hour of instruction on Fridays and then get a chance to compete on Sundays through a fun and rewarding format. Families are encouraged to attend and cheer for all of the participants.

Lessons: Fridays, 10:30-11:30am

Matches: Sundays, 3:00-4:00pm or 4:00-5:00pm

SWIM AND WIN, Ages 8-12

We have created a great program combining two life-time sports, tennis and swimming. This program suits the needs of the beginning junior through the novice tournament player. Classes meet twice a week.

Tennis: Tuesdays and Thursdays 9:00-10:30am

Snack: 10:30-10:45am

Swimming: 10:45-11:30am

Supervised Lunch: 11:30-12:00 lunch is not provided

(You may also participate in the tennis without the swimming)

HIGH SCHOOL TRAINING

This program is perfect for the player who is currently playing on a High School Team or is planning to try out for a team in the coming season. Classes emphasize good fundamentals and match play strategies each week.

Wednesdays, 3:00-4:30pm all summer

TOURNAMENT TOUGH

This is the highest level junior tennis program that we offer. Admission is by invitation only. Participants are technically proficient in all strokes and are expected to bring a strong work ethic and desire to improve their game on a daily basis.

Thursdays, 3:00-4:30pm all summer

Nike Tennis Day Camps

Our partnership with NIKE continues for the sixth straight year. This popular summer program is perfect for players of all levels, ages 7-17. Come join us for the coolest tennis camp in town!

FEES:

THREE DAY SESSIONS

Tennis Center Members \$150

Non-Members \$195

FOUR DAY SESSIONS

Tennis Center Members \$185

Non-Members \$230

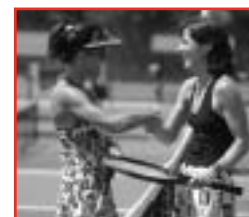
All sessions run Monday, Tuesday and Wednesday except sessions five and eight, which are four days and meet Monday-Thursday. Classes are held from 12:00-3:00pm daily in our cool air-conditioned Indoor Tennis Center.

Session 1	June 7-9
Session 2	June 14-16
Session 3	June 21-23
Session 4	June 28-30
Session 5	July 5-8
Session 6	July 12-14
Session 7	July 19-21
Session 8	July 26-29

Four days

Four days, also includes special high school players' training camp on the outdoor hard courts.

Session 9	August 2-4
Session 10	August 9-11



"We base our camp on balance...good tennis and great fun! We encourage and teach our campers to truly understand stroke fundamentals and basic match play strategies. More than anything, we want campers to enjoy this lifetime game long after they leave camp. Get ready to have fun and see your game improve!"

—Ron Steege, USPTA, Director of Tennis

Fitness Festival



The 4th Annual First American State Bank Fitness Festival 5k run/walk for all ages is scheduled for Saturday, August 28, 2004.

Facts on Kids' Health and Exercise

The average child gets less than 15 minutes of vigorous activity per day. The average U.S. child spends 20% of his/her waking time watching T.V. Obesity and super-obesity are up 36% and 98%, respectively, in the past 20 years.

In a typical physical education class, only 27% of actual physical education time is devoted to motor activity. Daily enrollment in physical education classes dropped from 42% to 25% among high school students between 1991 and 1995.

The two biggest reasons kids participate in sport and exercise are fun and socialization. Nearly half of young people 12-21 years of age are not vigorously active; moreover physical activity sharply declines during adolescence. Childhood and adolescence may thus be pivotal times for preventing sedentary behavior among adults by maintaining the habit of physical activity throughout the school years.

What Parents Can Do

Parents can help their children maintain a physically active lifestyle by providing encouragement and opportunities for physical activity. Family events should include a chance for everyone in the family to be active.

Community Opportunities

Help yourself and your family by kicking off the school year with a healthy start at the 4th Annual First American State Bank Fitness Festival. The event, geared toward people of all ages, begins at 8:30 am at Westlands Park with Greenwood Athletic Club offering group-instructor led aerobic activity. At 10:00 am the 5k run/walk begins. The course leads participants through the Denver Tech Center, ending at Crescent Park where the party starts. Festivities following the race include delicious food from leading local restaurants and live entertainment.

The First American State Bank Fitness Festival is a great way to support your kids in their efforts to become more physically fit. It will help parents reinforce the importance of fitness and demonstrates a personal commitment to health for the entire family. The event benefits the Community Asset Project and the Cherry Creek School District.

Family Exercise Ideas

Birthday Walk

Celebrate your child's birthday with a walk together. Walk one kilometer per year of age. Bring along a ball to kick along, or walk indoors at the nearby shopping mall if it is winter time.

Easter

Color Easter eggs first and then number them, 1-100. Two eggs per child are suggested. Hide the eggs in a large field, playground, or schoolyard. Once a child finds his or her eggs, s/he can help other children continue to search until each child has found two eggs.

Halloween

Design a flyer that suggests that families hand out alternatives to candy. This flyer could be distributed in the neighborhood or an article could appear in the local newspaper. Some suggestions for alternatives include: crayons, crossword puzzles, balls, pencils, raisins and sugarless gum.

Television time

Have your children "earn" their TV time. Suggestions:

1 hour of physical activity = ? hour of TV time "earned"

1 hour of reading or studying = ? hour of TV time

*Facts provided by the National Center for Chronic Disease Prevention and Health Promotion and HYPERLINK "http://www.fitnessforyouth.umich.edu/parents.html" www.fitnessforyouth.umich.edu/parents.html

5K Walk/Run for all Ages



REGISTRATION FORM

Entry fees:	
CHILDREN 10 & UNDER	FREE
PARTICIPANTS 11 - 19 YEARS OLD	\$12
ADULTS (Pre-registered)	\$25
ADULT (RACE DAY REGISTRATION)	\$30

First American State Bank, Title Sponsor of FASB Fitness Festival, is dedicating all net proceeds from the FASB Fitness Festival to the Community Asset Project, in Partnership with Cherry Creek Schools.

Save time and register online at www.active.com



BIB# (office use only) _____

Pre-registration forms must be postmarked by August 23, 2004.

Online registration: 5:00pm, Thursday, August 26, 2004.

Registration available day of race.

Please make check payable to: FASB Fitness Festival, Inc.

Mail registration form to: First American State Bank, 8390 East Crescent Parkway, Suite 100, Greenwood Village, CO 80111, or fax to 303-694-4429. Please complete a separate form for each participant registering.

Name: _____

Address _____

City, State, Zip _____

Age on Race Day: _____ Sex: Female Male

Day Ph: _____ Eve Ph: _____

E-mail: _____

School (if applicable): _____

T-Shirt Size: S: _____ M: _____ L: _____ XL: _____ Limited supply of small t-shirts to be provided to the first 200 children 10 & under.

Please no pets allowed!

I would like to add an additional donation of \$_____ to be applied to Community Asset Project.

Athlete's Release. In consideration of the acceptance of my entry fee in the 4th Annual First American State Bank Fitness Festival 5k walk/run 1, for myself, my executors, administrators and assignees, do hereby release First American State Bank Fitness Festival, Inc., and any other contributing sponsors of this race and their respective officers, members, agents, volunteers and employees for all claims arising or growing out of my participation in the First American State Bank Fitness Festival 5k walk/run. I attest and verify that I have knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event. I also give permission for the future use of my name and picture in any broadcast, telecast, or print media account of the event. I understand that the entry fees I pay are non-refundable.

Signature _____

(If under 18, must be signed by parent or legal guardian)

TITLE SPONSOR



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MEMBER FDIC

**Let Pilates
Enhance Your Running**

*Contributed by Ann Daxberger,
Certified Pilates Instructor*

Posture and correct alignment are important components in efficient and injury-free running. Pelvic placement therefore becomes very important. To achieve this, runners must work from their core and, in particular, from their center of gravity which is located toward the center of the pelvis. When your body is working in its correct alignment it becomes a powerful system that can remain injury free. The Pilates Method is a conditioning program that provides simultaneous strengthening and stretching of the deep abs and back muscles, enhancing postural integrity. Pilates develops a strong core, or center of the body. The core consists of the deep abdominal muscles along with the muscles closest to the spine. During conventional workouts, weak muscles tend to get weaker and strong muscles tend to get stronger. The result is muscular imbalance – a primary cause of injury and chronic back pain. Pilates conditions the whole body – even the ankles and feet. No muscle group is over trained or under trained. Your entire musculature is evenly balanced and conditioned, helping you enjoy daily activities and sports with greater ease and less chance of injury. This is great for runners who tend to have repetitive movement.

If you are interested in giving Pilates a try, you can contact Sara Talbert, Pilates Coordinator at 303.770.2582, ext. 375. Greenwood Athletic Club offers private training and a variety of classes at all times throughout the day.



Sara Talbert
Pilates Coordinator
**For all inquiries regarding
Pilates Programming, please
contact Sara at x375.**



Terri Hermes
*Aquatics Coordinator
Head Age Group Coach*

*Please contact Terri regarding all
swimming and pool inquiries at x325*

SWIM AMERICA SWIM LESSONS

Twice a week for 4 weeks

Monday 4:00 or 4:30pm

May 3-June 28	make up Wednesday June 30
July 12-August 30	make up Wednesday September 1
September 13-Nov. 11	make up Wednesday November 3

Thursday 10:00 or 10:30am Includes Parent/Tot

May 6-June 24 make up Wednesday June 30

Saturday 10:00 or 10:30am Includes Parent/Tot

May 8-June 26	make up Wednesday June 30
July 10-August 28	make up Wednesday August 25
September 11-October 30	make up Wednesday November 3

Twice a week for 4 weeks

Tuesday and Thursday 5:30 or 6:00pm Includes Parent/Tot (6pm only)

May 4-27	make up Wednesday May 26
June 1-24	make up Wednesday June 30
July 6-29	make up Wednesday July 28
August 3-26	make up Wednesday August 25
September 7-30	make up Wednesday September 29

Four days a week for 2 weeks

Monday through Thursday 10:00 or 10:30am

June 7-17	make up Friday June 18
June 21-July 2	make up Friday June 25
July 5-15	make up Friday July 16
July 19-29	make up Friday July 30
August 2-13	make up Friday August 14
August 16-26	make up Friday August 27

Cost: \$85 Member / \$120 Non-Member

All sessions allow one make up. For everyone's convenience, make up times have been scheduled into each session.

ADULT SWIM LESSONS

Learn new strokes or just improve your technique. Swimming is a great addition to your fitness training and it's a safety skill for life.

Dates:

Mondays or Saturdays

May 3-24	May 8-29
June 7-28	June 5-26
July 5-26	July 10-31
August 2-23	August 7-24
September 6-27	September 4-25

Times:

Mondays 8:00-9:00am
Saturdays 10:00-11:00am

Cost:

\$30 Member/\$45 Non-Member

swim of things, cont.



PRIVATE SWIM LESSONS

Private lessons for youth and adults may be set up according to your schedule and with the instructor of your choice.

Cost: 30 minute private lesson
\$30 Member/\$45 Non-Member
30 minute semi-private lesson (2-3 participants)
\$45 Member/\$60 Non-Member (per group)

PLAY & PLUNGE

This is a new program for 3-6 year olds to develop coordination on the land and in the water. The players will have creative play for 45 minutes one day a week and the second day they will be plunging in the pool for a 30 minute lesson and 15 minutes of play.

Dates: Monday & Wednesday
May 3-2 June 7-30
July 5-28 August 2-25
Tuesday & Thursday
May 4-27 June 8-July 1
July 6-29 August 3-26

Times: Monday & Wednesday 4:00-4:45pm
Tuesday & Thursday 10:00-10:45am

Location: Studio and pool

Cost: \$85 Member/\$120 Non-Member

SWIM & A MOVIE

Mom and Dad, take a night out and leave your 6-12 year olds at Greenwood for a night in the pool. We will have games and free time to play in the pool, then while floating in the pool or sitting on the deck, children will watch a movie.

Dates: June 12, 26
July 10, 24
August 7, 21

Times: 6:30-9:00pm

Cost: \$10 Member/\$15 Non-Member

SWIM CONDITIONING

This group is designed for 11 years and older to gain strength and conditioning through swimming. This is a noncompetitive group coached by Robin Holland of the Tiger Sharks. Great for fitness and technique, compliments other sports training and is ideal for your "off" season sport.

Dates: Tuesday & Thursday
September 7-December 1

Time: 6:00-7:15pm

Cost: \$120 Member/\$160 Non-Member

WATER POLO

This is a class with conditioning and instruction in basic water polo skills. Participants must be able to swim 4 lengths of the pool before joining. Scrimmages will be played as the group develops.

Dates: June 6-August 15 (no class 7/4)

Time: 4:00-5:30pm

Cost: \$100 Member / \$120 Non-Member
Drop in \$10 Member/\$15 Non-Member

swim of things, cont.



GREENWOOD TIGER SHARKS

The Greenwood Tiger Sharks trains here at GAC. We are a competitive team within the National USA Swimming program, the track to the Olympics. Swimmers may begin as early as 6 years old and will swim in a group according to age and ability. GTS focuses on the development of strokes and endurance, helping the swimmers progress to their individual potential.

Currently the Tiger Sharks have over 20 Colorado State (Club) qualifiers, 6 Colorado All Star select swimmers, 5 Western Zone qualifiers, 20 Sectional qualifiers and 9 Senior National qualifiers.

Practice times vary depending on age and ability.

Cost:

- \$300 per age group swimmer per year
- \$350 Senior Silver swimmer per year
- \$400 Gold/National swimmer per year
- Annual registration with USA Swimming \$50 per swimmer
- Annual family team fee \$25

MASTERS SWIMMING

Masters is an adult group with a variety of abilities and goals. (i.e. novice, triathletes, fitness and competitive swimmers) A coach provides a structured training session and helps individuals with technique. (FREE)

Days & Times: Monday-Wednesday-Friday
5:15-6:30am
Tues-Wed-Thurs
11:30-1:00pm

MASTERS SWIM CLINICS

(Beginners through Experienced)

These clinics are designed for all types of swimmers, novice through national competitor. Each will highlight a specific part of training, comparing anaerobic to aerobic swimming and the benefits of each. Starts and turns will be another focus and stroke technique will be the third component.

Dates: TBA (Fall)

Time: 12:00-2pm

Cost: \$30 Member/\$50 Non-Member
Filming of strokes \$60 with a coach's analysis.

TRIATHLON CLINICS

(Beginners through Experienced)

World class and European Triathlete Gregory Zgliczynski will work with the experienced levels on training techniques and methods in the three disciplines of triathlons. Olympian Jennifer Gutierrez will work with the beginners on getting ready for a triathlon. These clinics will include lessons as well as group rides and runs.

Dates: 6 sessions 1-1/2 hour each

Location: Varies but will start in the pool

Cost: \$250 Member / \$300 Non-Member

concierge corner



Call
Julie and Nancy
today at
303-770-2582, x335

June 21, 6-9pm Dr. Joel (Chip) Charmichael, a long time GAC member, Graston practitioner, and team chiropractor for the US Olympic Weightlifting Team will be here to discuss the Graston Technique. It was developed for running, cycling and tennis injuries, to aid in the treatment of pain and loss of function as a result of trauma, overuse injury and cumulative stress disorders. Please attend to see how this technique uses scientifically designed instruments to detect and treat in a way that no other treatments can be done. Cost: \$5 Member, \$10 Non-Member. Register at the Activities Desk.

August 25, 6-8pm Dr. Sanjay Jatana, a leading spine surgeon will join Dr. Carmichael to present a fresh, cooperative, interdisciplinary approach to the problem of SPINE PAIN. These two doctors will expose myths, fallacies and half truths embraced by patients and their doctors. This will be a provocative and insightful lecture-demonstration for anyone who has suffered with neck or back pain. Cost: \$5 Member, \$10 Non-Member. Register at the Activities Desk.

Wednesday, June 30, from 6-7pm, the Meridian Golf Learning Center has invited GAC members over to their facility for a seminar on How To Improve Your Golf Game. You will experience one of the finest golf training centers in the metropolitan area and meet four of the top pros in the game of golf. Space is limited, so sign up now at the Concierge Desk to reserve your spot. GAC members will be offered a special lesson price that will be announced that night at the Golf Seminar.

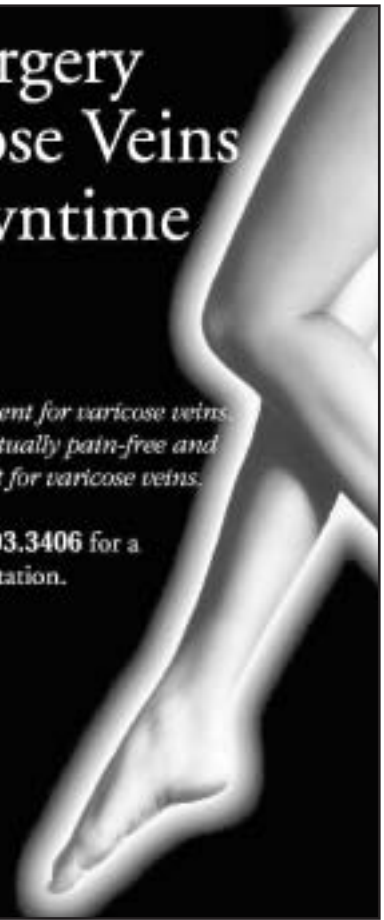
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GAC Team Members



**JANUARY 2004
TEAM MEMBER OF THE MONTH
Jenna Fylpaa – Marketing**

Jenna began working for GAC in June of 2000. She was born and raised in California where all of her family still lives, but she has now lived in Colorado for over 4 years. Jenna enjoys many outdoor activities, including tennis, golf, running, and skiing. She also enjoys traveling and has recently taken a wonderful trip to New Zealand and a trip to Mexico where she used her skills of speaking Spanish. Jenna lists her tennis buddy and young GAC member, Greer Satherlie, as a member who inspires and encourages her.



**FEBRUARY 2004
TEAM MEMBER OF THE MONTH
Sue Fischer – Member Services MOD**

Sue was born in California, but has lived in Colorado for 19 years. She has one son, Jeremy, one daughter, Kailie, and one cat, Angel. Sue has many hobbies, including crafts, walking, sewing, drawing, and enjoys hikes, biking, and walking. Sue initially worked at GAC from November 2001 to February 2003, then returned to GAC in November of 2003. She currently serves as the Lead Manager On Duty on the Member Services Team. In addition to Sue's awesome customer service abilities she has excellent computer and typesetting skills. After working through many challenges in the last few years, she continues to have an incredibly positive attitude and claims "2004 is my year!"



**MARCH 2004
TEAM MEMBER OF THE MONTH
Ryan Haith – Tennis
Teaching Professional**

Ryan was born in Lincoln, Nebraska where he received a Business degree at the University of Nebraska and excelled on the University Tennis Team. He moved to Colorado when he started working at GAC in September of 2001. In addition to tennis, Ryan enjoys golf, basketball, snowboarding, and attending multiple sporting events. Although he lives with 3 Oscar fish, he does report that he is "single".

ask the expert



**Author: Neil Wolkodoff, PhD
Owner and Developer of
Physical Golf
Contact: (303)770-2582 x372**

Q. Besides stretching, what else can I do to increase my flexibility?

A.

In reality, stretching should not be your only approach to gaining more flexibility, especially if you play a good deal of tennis or golf. The following are the best methods for gaining flexibility without the addition of a formal stretching program.

1. Get a real warm-up before exercise or sport participation. 3-5 minutes of light aerobic activity will let the body function a natural flow by increasing your body awareness and enabling the muscles to fire in their proper sequence without excessive strain. Without a warm-up you just might crank that drive a little too hard using the low back or shoulders, causing an injury or further flexibility issues.
2. Work your core muscles every day, or every other day. No matter what you do, the core connects the upper and lower body, and without a strong core, you will make up for sport movements with extra leg or arm torque. Forget the crunch board, get on the FitBall, and perform a variety of basic abdominal, back and rotary exercises using body weight or a light medicine ball.
3. Balance your workouts in the weight room. Muscular balance is a key to flexibility; so for every push exercise like a chest press, perform a set of row or lat pull-down exercises. For every set of leg extension or leg press, perform one set of leg curls. Just think of organizing your workout by opposing muscle groups, and you will see an increase in flexibility from improved muscular balance.
4. Work through full range of motion exercises using dumbbells and cable exercises. When you make a press movement with a cable, you can perform an "external to internal rotation" pattern that both follows the normal function of the shoulder and increases flexibility. In general, cable and free weight exercises offer better range of motion options than stationary machine exercises.
5. Include more variety in your endurance exercise program. In many cases, just performing one type of energy system exercise such as cycling will cause in-flexibility through over-working one muscle group, such as the quadriceps. Make your favorite activity only 50% of your workout time, and use alternative types of exercise the other 50% of the time. This is especially useful when alternating an impact activity such as tennis or running with non-impact swimming or biking.
6. Stretch after exercise for the best results. Stretching before exercise generally is of little benefit because the muscles and tissues aren't physically warm enough for optimum results. In addition, after activity, you will get a better sense of which muscle groups need to be stretched. Start with the hamstrings, low back and shoulders and then determine what else needs a little extra attention.

The GAC employs a wide variety of professionals, one of whom will be familiar with your activity and can give you some specific advice on the blend of activities that will increase your flexibility.

Patti Moye
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pmoye@kentwoodco.com

anniversaries

Thank you and congratulations to the following members who celebrate club anniversaries in the July, August and September months!



15 Years

Michael & Molly Bruch
Michael Callas
Edward Cerkovnik
Robert & Karel Horney
Regan Kelly
Bruce Matthews
Debbie Jeujahr
Lisa Oetter
Lanny & Ann Rosenwasser
Ann Shannon
Kathryne Shannon
Gerald & Louise Stoll
Jim & Patricia Vernon
Tom C. & Sarah White
Paul & Gail Zwiebel

10 Years

Paul & Susan Barker
George & Phee Belsey
Leo & Michele Beserra
John & Sandy Blue
Robert & Maure Cuje
Joe Curry
Stephen & Katherine Gorshow
George & Bonnie Gwozdecky
David Hanson
Albert D. & Sally Hart
Rick & Stacy Hathaway
Rick & Debbie Hill
Jim & Leeann Iacino
Kendor & Paulette Jones
Marjorie Kercher
Merrill & Wendy Kolbe
Mark & Lois Levinson
Marc & Suzanne Lippitt
Mary Lombardi
Nick & Natalie Lyon
Leslie McKenzie
David Meyers
Elisabeth Naiman
Robert Nelson
Timothy & LouAnn Pingree
Ron & Barbara Pred
Grace Riccio
Tracy Simon

John & Majorie Skalet
William Steele
Bart & Aimee Valls
Darrell & Mary Weakland
John & Kathy Woodward
Ray & Bernice Yost
Jeffrey & Pamela Young

5 Years

Klaus & Joan Anslern
Nasser & Maria Azari
Jim & Shere Benemann
Paul & Joan Bierman-Lytle
Brian & Becky Briggs
Marc Brosseau
Sherman & Sandra Brown
Lyle & Peggy Bush
Peter & Elizabeth Cheesebrough
Lynn Colucy
Bill & Dawn Darling
Thomas & Sheryl DeConna
Bob & Lindsay Deibel
Ian & Dany Douglas
Marly Dragoo
David & Wendy Dworkin
Dave & Mariane Erickson
Doug & Robin Exner
Jack & Leslie Ferguson
Charles & Christina Foster
Paul & Meg Froelich
Laurie Gaspar
Lucy Gold
Albert & Paula Gonzales
Doug & Margaret Griffes
Georgene Hall
Bob Hawk
Richard & Laura Healey
Andy Heldebrand
Frank & Jean Horacek
Art Jensen
Ginnie Kontnik
Gary & Diane Kramer-Pavelich
Stan Kramer
Rebecca Law
Howard & Roberta Lipshutz
Kimberly Moorhead

Alex & Susan Morrice-Cranberg
Edward & Amy Mower
James & Kaye Nock
Terry & Cynthia Oakes
Wes & Natalie Piwarczyk-
Vincent
Doug & Melissa Polo-Henston
Steven Reed
Robert Rolland
Alec Rothrock
Richard & Maureen Sabo
Graham & Shari Sellers
Lori Smith
Tim Smith
Jim & Judy Smolski
Joseph & Michele Steele
Cathy Stemper
Allison Summerton
Suresh Tennarangam
Janice Thompson
Mindy Weiner
Teresa Wiedel

1 Year

Majid & Michelle Akbarzadeh
Donald Almeida
Cynthia Andersen
Teresa Anderson
Barbara Bailely
Beth Baker
Scott Barclay
Tina Barry
Frank Benison
David Bernhard
Kim Bolt
Melanie Brown
Susan Bulloch
George & Amy Burnett
Gary & Katherine Butler
Naomi Caughey
Catherine Chambers
Michael Charney
Nicole Chyr
Marcia Ciacco
Alan & Elizabeth Clark
Ed & A. Michelle Cooper
Mark Corbett
Jeffery & Linda Cox
Kelly Cronin
Dan Daugherty
Robert Degen
Michael & Hallie Doyle
Dan & Kate Dulaney
Tyler Engel
Chad Evans
Robert Fitzpatrick
Sonia Flores
James Flores
Kim Fox
Tonya Frank
Christina Fuhs
Katie Gage
David & Ginger Giesen
Kerri Glassner
Henry & Lorie Gordon
Tony & Linda Granato
Ken & Laura Grelck
Elizabeth Groleau
Robert Harrington
Scott & Laurie Higgins
Christine L. Honnen
Brent Houston
Gary & Anne Howard
Wesley Howard
Julie James
Sandy Jaros
Stephen & Jody Jones
Brian & Shirley Joondeph
Stephen Koch
Richard Kraus
Dennis & Anita Lacey
Anna Laratta
Julie Leach
Monica Lee
Bette Lennox
Julia Luehrman
Michele Lutz
Penny Malloy
Martin & Kathleen McCracken
Lita McKay
Mitchael & Mary Moses
Eli & Linda Muniz

Gina Neufeld
Maureen O'Connor-McGinn
William & Teresa O'Donnell
David & Connie O'Neill
David & Jennifer Page
Ken & Priscilla Paieski
Cameron & Megan Pangborn
Michael & Karen Parry
Chuck Pearson
Johnnie & Laurie Pensack
Iris Perez
Francie Peters
J.D. Ready
Marie Robertson
Ashley Rogers
Sean Rowland
Mark & Alicia Rudnicki
Chris & Jennifer Sanning
Conway J. Schatz
Brian & Kim Schwartz
J. Brian Searles
Manuel Serapio
Donald, Jr. & Nelly Shosky
Alan & Emily Sinclair
Joanne Sisneros
Mark & Ellen Smith
David S. & Cathleen Smith
Kenneth Song
Michael Sparks
Leslee Superchi
Esther Svoboda
Larry Thiel
Julia Thornbury
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GAC now offers

30-minute educational seminars to businesses in the DTC area. Q & A sessions after each session include lunch from ink!coffee and a trial membership. See marketing for more details.



HOURS OF OPERATION

Athletic Club

303-770-2582
greenwood@greenwoodathleticclub.com
 Monday-Thursday 5:00 a.m. - 10:00 p.m.
 Friday 5:00 a.m. - 9:00 p.m.
 Saturday 6:00 a.m. - 8:00 p.m.
 Sunday 7:00 a.m. - 8:00 p.m.

Indoor Tennis Center

303-771-2588
 Monday-Thursday 5:30 a.m. - 10:00 p.m.
 Friday 5:30 a.m. - 9:00 p.m.
 Saturday/Sunday 7:00 a.m. - 8:00 p.m.

Kids' Club

Monday-Friday 8:00 a.m. - 7:00 p.m.
 Saturday/Sunday 8:00 a.m. - 3:00 p.m.

Membership Office

Monday-Thursday 7:30 a.m. - 8:00 p.m.
 Friday 7:30 a.m. - 7:00 p.m.
 Saturday 9:00 a.m. - 5:00 p.m.

Business Office

Monday-Friday 8:00 a.m. - 5:00 p.m.

HOURS OF OPERATION

ink! COFFEE, x288

Monday-Friday 6:30 a.m. - 7:30 p.m.
 Saturday/Sunday 7:00 a.m. - 5:00 p.m.

Ethereal Day Spa

720-200-4255
 Monday-Thursday 8:00 a.m. - 9:30 p.m.
 Friday 8:00 a.m. - 8:30 p.m.
 Saturday/Sunday 8:00 a.m. - 7:30 p.m.

Physiotherapy Associates

303-694-9193
 Mon/Wed/Fri 7:00 a.m. - 5:00 p.m.
 Tuesday/Thursday 7:00 a.m. - 6:00 p.m.
 Saturday 7:00 a.m. - 12:00 p.m.

Fare Deals/Anchors Away Travel

303-771-5653 office • Sami, x1 Chris, x2
 hours: 9:30am-4:30pm or by appointment

Fransua's Hair & Nail Salon

303-770-0201
 Monday-Friday 8:00 a.m. - 6:00 p.m.
 Saturday 8:00 a.m. - 5:00 p.m.

CLUB INFORMATION

Guest Day

Free Guest Day is the third Friday of each month. One guest per adult member (18 & over) allowed at no charge.

Guest Fees

Adult guest \$12
 Guest under 14 yrs of age \$10
 (must be accompanied by an adult)
 10 Adult Guest Pass Package \$100

Tanning Fees

Ten minutes \$3.00
 Discount packages available.

Permanent Lockers

Kit Locker \$20/month
 Half Locker (Men's only) \$30/month
 Executive Locker \$50/month
 All include laundry service. Contact Lisa at x284.

PULSE Advertising Information:

303-770-2582, x305 or
jenniferl@greenwoodathleticclub.com
PULSE Graphics Information:
sherriw@greenwoodathleticclub.com

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Holiday Hours of Operation

2004:

4th of July:

Club & Tennis: 5:00am-4:00pm
 Kids' Club: 8:00am-1:00pm

Labor Day:

Club & Tennis: 5:00am-4:00pm
 Kids' Club: 8:00am-1:00pm

Thanksgiving:

Club & Tennis: 5:00am-2:00pm
 Kids' Club: 8:00am-1:00pm

Christmas Eve:

Club & Tennis: 5:00am-4:00pm
 Kids' Club: 8:00am-1:00pm

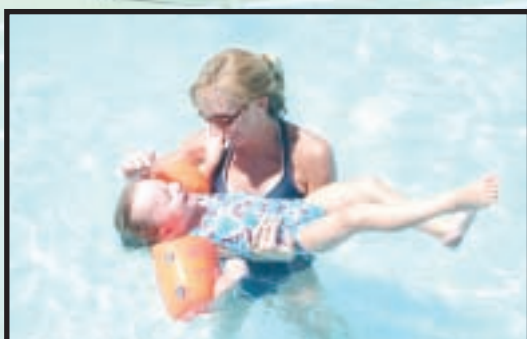
Christmas Day: CLOSED

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