

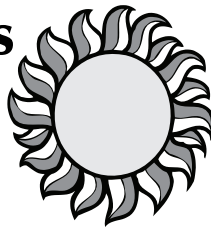
FREEDOM PRESS



August 2010

The hot muggy temperatures got you down?

There is no reason for sweating out the summer
when Freedom has plenty of ways to keep you cool.



Our two indoor pools offer lots of activities from a swirling vortex, tumble buckets, and a figure eight water slide to lap lanes and diving boards. If you are trying to avoid the crowds; morning swims before 7:30 a.m. and evening swims after 5:00 pm will be the perfect time for you.

Don't forget the competition pool hosts many of our water exercise classes. We offer over 20 aquatic exercise classes, ranging from Aqua Boot Camp to a Warm Water Workout. Not only are these classes fun, but water exercise is a great and gentle way to exercise joints and muscles. Aquatic exercise combines aero-

bics with strength training, improves flexibility, and builds multiple muscles. Since water provides 10 times more resistance than air, aquatic jogging and aerobics boost not only cardio capacity but also strength.

Not a swimmer? Now would be the perfect chance to try out one of those yoga, spin or group fitness classes you have been meaning to take. No matter what you prefer the Freedom Center has all your needs to ensure you have a healthy and happy summer.

Check out our full fitness schedule at www.freedom-center.com.

**The Prince William County-Greater Manassas Chamber of Commerce
Announces Date for Trademark Event...**

Connections Etc 2010

Free food, great business exhibits, exciting door prizes and moreall right here at the Freedom Center!

Come join the fun on Thursday, October 21st as the Prince William County-Greater Manassas Chamber of Commerce hosts its annual business tradeshow, **Connections Etc.** in the Freedom gymnasium. Nearly 100 area businesses representing a variety of specialties will be exhibiting at this **free public event** from 4:00 – 7:00 PM. Fabulous food from some of the area's finest caterers and restaurants will be featured in this family friendly event. Scheduled food vendors include Chick-fil-A, Capital Chocolate Fountains, Kenna's Cookies, Nora Restaurant, Uno's Chicago Grill, and Pepsi Cola Bottling Company of Central Virginia. Mark your calendars now! For additional information on **Connections Etc 2010** visit the Chamber's website at www.pwccmcc.org.



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Friday
Night Fun!

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Hours

SUNDAY: 9 am - 6 pm
MONDAY - FRIDAY: 5:30 am - 10 pm
SATURDAY: 8 am - 8 pm

Phone: 703-993-8444
Fax: 703-993-8478
www.freedom-center.com

Member Questions



Why do we take member pictures at the front desk?

When we take a member's picture at the front desk, it is attached to the member's personal data file and safeguarded along with the rest of your personal membership information. Since we do not have any means of visual identity directly associated with our membership key tags, the picture insures that you are the person authorized to use that key tag. If you were to lose your key tag, or have it stolen, we can readily identify the rightful owner by using the picture we have on file. This would enable us to deny entrance to an unauthorized patron and help us return to key tag to its rightful owner. In practice, the picture provides us with an additional security feature to help protect both our members and the Center.

Do I have to have my picture in the data base?

No! In cases where a member prefers not to have their picture in the membership data file, that member will be required to show their drivers license, or some other government issued picture ID, **each time** they enter the Center. Their membership data file will be appropriately annotated and the member service representative swiping their key tag will request the picture ID.

DOWN Week is Coming in September!

Each year the Freedom Center closes for a short period to perform extensive cleaning, painting, repairs and special projects. This is a very common practice in our industry and is necessary to return the Center to its usual pristine condition following the more than 700,000 user visits we've had this year.

DOWNWEEK Schedule & Reciprocal Agreements

Sat.– Mon., Sept. 4-6	Gymnasium Closed
Mon., Sept. 6	Freedom Center CLOSSES at 4pm
Tue., Sept. 7 – Sun., Sept. 12	Freedom Center CLOSED
Mon., Sept. 13	Freedom Center REOPENS at 5:30am

Reciprocal Agreements

You don't have to miss your workout while the Freedom Center is closed. Show your Freedom Aquatic & Fitness Center key tag at the following facilities during the dates shown below:

Sept 6 -12

- **Dale City Recreation Center**, 14300 Minnieville Road, Dale City, VA 2193
www.pwcparks.org/dcrc/ • 703-670-7112
- **GMU Aquatics Center – Fairfax**
4400 University Drive, Fairfax, VA 22030
<http://aquatics.gmu.edu> • 703-993-3939
Please call ahead for parking info.
- **Chinn Aquatics & Fitness Center**
13025 Chinn Park Dr, Prince William, VA 22192 (Woodbridge area)
www.pwcparks.org/chinn/ • Chinn General Info: 703-730-1051
- **WARF**, 828 Waterloo, Warrenton VA 20186, 540-349-2520

For your convenience, we will have customer service agents manning our phones (703-993-8444) from 8 a.m. – 4 p.m., Tuesday – Friday of Down Week to answer your questions and respond to inquiries.

Join us for our Fall Seminar Series!

September: Take a Brain Break!

September 24, 12:30-1:30pm

Do you know how well your brain is aging? Does your brain need a workout? Attend this seminar to see what you can do to keep your brain "trained"!

Seminars are free with membership or daily admission.

Look for more seminars coming in October and November!

NEW! Healthy Eating Every Day! (HEED!)

Led by a Cooper Clinic certified instructor, this 14 week eating program teaches you to eat well without eliminating the foods you enjoy. It uses a simple, fun, whole-diet approach that helps you to make gradual changes, set realistic goals, identify and cope with triggers, and make sense of nutrition information.

Mondays, October 4 – January 3
6:30-7:30pm • Fee: \$199
(includes a 400 page textbook)

Kids Night Out and Sundown Sports has merged into Friday Night Fun at Freedom for ages 4-11

Fridays October 1, November 5, December 3 • 6:30-9:30pm • Fee: \$18 per event

Parents take the opportunity to sit back and relax on the 1st Friday of every month. We provide a variety of competitive games, upbeat activities, crafts, swimming and pizza for your child to enjoy. Please pack bathing suit, towel and tennis shoes. Participants must be registered by Thursday 10pm before event. There is no at the door registration!

Q & A with Joey Moranto

Winner of Freedom Attack the Fat Challenge 3.0 (F.A.F.C.)

How long have you been a member at the Freedom Center?

4 years

What have your fitness goals been since you became a member and have these changed over time?

My ultimate goal was to lose weight and adopt a healthy lifestyle. One of my dreams has been to run the Marine Corps Marathon, however, I have never even been close to be in the shape to do it. When I started running, I could not make it a full mile without my legs cramping up, stopping, and gasping for air. But I kept at it, until I built up my endurance. The second week of the F.A.F.C., I ran the "Run to Register 10K" as part of the MCM series. If you completed it, you were given a code to register for the full marathon. I completed it without stopping and was so happy that when I got home I registered for the marathon in October. During the program, one of my team mates ran a half marathon for the first time. I was so happy for her and she encouraged me to do the same. So I signed up for the MCM Fredricksburg Historic Half in May. I ran the half-marathon and completed it! The confidence I received from finishing, as well as winning F.A.F.C. 3.0, gave me the motivation to keep training for October. I intend to run the 26.2 miles and cross that finish line!

What made you decide to join the F.A.F.C. program?

Over the last 20 years, my weight has always been a problem for me. For as long as I remember, I've had high blood pressure. Every time I see the doctor, it was the number one thing we discussed. I was told that if I didn't take care of it, the results would be fatal. I have a family, with 3 young children, so I needed to take care of this once and for all. When I was in high school I was an athlete, so I was physically fit and health issues were not a problem. This year I turned 42 and after my doctors warnings, I knew it was now or never.

I would see people in their team shirts during the other F.A.F.C. competitions and was inspired to see them working out and getting fit and wanted to be a part of the fun! I knew that if I joined the program, it would provide me with a focus to do what I needed to

do to change my lifestyle around and be healthy again.

What was your beginning weight and ending weight?

My initial weigh in was 244.4. My final weigh in was 204.4.

Were there other body/life changes you can attribute to F.A.F.C.?

The way I look at eating. I'm motivated to eat healthier and to portion control. Before, I would have absolutely ZERO willpower when it came to eating. I couldn't portion control, and my choices were horrible. Also, being part of the F.A.F.C., you really feel as if you are part of a community. The program enables you to share your experience with people who are trying to achieve the same overall goal as you and with their support and encouragement, you are able to focus and stay on track and keep this mentality even after the program has ended.

How do you think F.A.F.C. helped you achieve or get closer to your goals?

F.A.F.C provided me a sound and fun program to learn how to reach my goals. It provided me with information not only about healthy eating, and becoming physically active, but how to adopt and maintain this life style. The trainers and staff supporting the program were incredible. They were always

helpful, supportive, and encouraging. I really feel that this is the driving force that makes this program such a success.

What was the aspect of F.A.F.C. that you liked the best or that helped you the most?

I would have to say my trainer, Robin Frey, as well as my team. Robin was my instructor for the first spin class I ever took at the Freedom Center. I immediately connected with Robin and her training style. My other 4 team members and I were strangers the first night we met. We were all different ages, had different goals, and different abilities. Everyone was supportive of each other and we worked hard and encouraged each other every training session. We shared in the accomplishment together. Although it was a competition, we had a great time doing it, and worked hard at meeting the challenge. We never wanted to let each other or Robin down, so we always gave it 100%.

In addition to the human aspect, I thought the program structure was incredible. I could not have achieved my goal without this program. Not only did it teach you about health eating, but

F.A.F.C....continued next page



Specialty Personal Training at Freedom

Specialty Training is done seasonally in the following formats:

- **Freedom Attack the Fat (F.A.F.C.)** – This 8 week weight loss program consists of three exercise sessions per week with a trainer, a food journal, nutrition, stress reduction, and behavior change seminars and awards for the winning team and the person with the most weight loss.
- **No Excuses Extreme Training (N.E.X.T)** – This 6 week program is a high intensity workout for those people who want to reach their personal best.
- **C.O.R.E.** – This 4 week ongoing program is perfect for those who are interested in exercising the smart way. Emphasis is on your "core" so that you create a sure foundation for safe and effective exercise. Each participant will be put through a core assessment for strength and stability, posture alignment, and a stretch assessment for flexibility and range of motion. Specific exercises will be provided.

Don't miss the next session of F.A.F.C. starting September 13th!

Registration begins August 9th at the fitness desk. Call 703-993-8532 for more information or to register.

CALENDAR

August

- 8 Super Sprint Triathlon
- 10 Registration for Fall Classes begins
- 15 Kids Tri Too
Kids Can Du

September

- 4 Gymnasium Closes for Down Week
- 6 Labor Day Hours 8am – 4pm
- 7-12 Freedom Closed for Down Week
- 13 Freedom Reopens

October

- 1 Friday Night Fun at Freedom (Ages 4-11)
- 14 PW Association of Realtors Expo 12 – 5pm
- 16-17 Swim Meet ½ comp pool and ½ gymnasium closed
- 21 Connections Trade Show open to the public 4-7pm

November

- 5 Friday Night Fun at Freedom (Ages 4-11)
- 6-7 Swim Meet ½ comp pool closed ½ gymnasium closed
- 14 Dult Duathlon
- 20-21 Swim Meet ½ comp pool closed



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MSN 5F6 Manassas, VA 20110

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New!! Fabulous Fridays for Ages 2-4

10:00-11:00am Caregiver participation required. Participants must be registered by Thursday 12pm before event. Fee: \$10 per event

October 15: Fall Fun for the Little Ones

Join us as we read stories, learn songs, play games, and complete simple art activities focused around apples, pumpkins and leaves.

November 19: Over the River and Through the Woods

Come join us as we get ready for Thanksgiving with stories, games and simple art projects.

December 10: A Teddy Bear Picnic

Bring your favorite teddy bear along for a morning of stories, art activities, games and a special treat.

F.A.F.C....continued

it showed me what I needed to eat to achieve the results I wanted. The variety of exercises and the overall mission of the program made it fun and exciting.

My wife also participated in F.A.F.C. Not only were we able to motivate each other, but having my wife do the program with me really made the healthy eating aspect much easier.

I was also able to meet other trainers that teach at Freedom. They were always approachable; even if you weren't on their team.

What was your workout regimen like before taking part in F.A.F.C.? How has it changed?

My regimen was very one dimensional - basically focusing on cardio vascular. I've always loved spinning class so that was all I did when I went to the gym (anywhere from 2 to 3 times a week). I didn't incorporate weight training, or other types of training. Thanks to the F.A.F.C., I was exposed to exercises and programs I never realized existed. Now when I go to the gym, I can choose from a variety of options, which makes working out fun.

Would you recommend the F.A.F.C. program to others? Why or why not?

ABSOLUTELY! For anyone looking to make a healthy lifestyle change, F.A.F.C. provides the means, the knowledge, and the support to do it. I could not have imagined having such a life changing experience without this program.