



Fig Garden Swim & Racquet Club's  
**Smash & Splash**  
 - February 2012 -

4722 North Maroa • Fresno, California 93704-3207 • (559) 222-4816 • [www.fig-garden.com](http://www.fig-garden.com)

## Sweethearts' Dinner

Saturday, February 11th 6:00 PM



Treat your sweetheart to an evening of romantic ambiance and fine dining provided by our very own Catering Director, Debra Petersen. Dinner will be served at 6:00 PM. The menu includes:

- *Appetizer - Pan seared sea scallops w/ apple fennel & gorgonzola & orange drizzle*
- *Salad - Debra's special chopped salad*
- *Choice of Entrée - Filet and lobster tail with a lobster bisque dipping sauce OR herb marinated rack of lamb OR prawn and chicken picatta*
- *Truffled twice-baked potatoes*
- *Chef's Choice of vegetable*
- *Surprise Dessert*

The cost is only \$125 per couple (gratuity included). To reserve a table, please sign-up at the front desk no later than Monday, February 6th. If you have a large party that you would like to sit with, please call Sarah at the Club and she will be more than happy to accommodate your requests. See you there!

## Valentine's Mixer

Saturday, February 11th 10:00 AM - 12:00 PM

Be sure to sign-up for our *Valentine's Mixer* which takes place on Saturday, February 11th, from 10:00 AM to 12:00 PM. This is a FREE mixer so do not miss out on this

opportunity to have fun playing tennis with your spouse or significant other...in addition to your friends. The tennis will be a round-robin format and everyone will be placed in the appro-

priate division depending on the combined level of you and your partner. Please sign-up at the front desk or e-mail Dean at [dean@fig-garden.com](mailto:dean@fig-garden.com).

## Club Hours

Monday - Friday  
 5:00 AM - 10:00 PM  
 Saturday - Sunday  
 6:00 AM - 8:00 PM

## Valentine's Partner Yoga,

## Wine & Chocolate

Friday, February 10th Yoga at 6:00 PM...Wine & Chocolate at 7:15 PM

Valentine's Day is the perfect time to share the joys of yoga with a partner. The postures of yoga have renewed power and effectiveness when partners work together. Then, stay and enjoy a glass of red wine and some yummy chocolate with your sweetie. *Valentine's*

*Partner Yoga* will take place on Friday, February 10th with yoga from 6:00 PM to 7:15 PM and wine & chocolate from 7:15 PM to 8:00 PM. Our instructors for the class will be our very own couple, Joanne & Giovanni. The cost is only \$40 per couple (wine & chocolate included) and it will

all take place in the Group Exercise Studio...and in the café.



## Special Points Of Interest

Next Board of Directors Meeting

Wednesday, February 22nd  
 6:00 PM

FREE Guest Days

Friday, February 10th  
 &  
 Friday, February 24th

Welcome To Our Newest Members:

Gary & Melissa Hunt  
 Barry & Julie Hamory

**SAVE THIS DATE!**  
**SPRING BREAK TRIATHLON CAMP for Kids & Teens**  
 INFO: 222-4816  
[steffani@fig-garden.com](mailto:steffani@fig-garden.com)  
**APRIL 2-4, 2012**

## Tennis

By Dean Petty, Tennis Director / Head Tennis Professional

### Ladies Intercity - Division II

Fig Garden's Ladies Intercity - Division II team started out 2012 with a bang! The ladies swept Copper's C team 5-0 at home on January 17th. Copper's C team had a 4-2 record going into that match and the win put us at 3-3 for the season. Our ladies also defeated Copper's A team on January 31st (at Copper) which gave us a 4-3 winning record.

### Back-To-School Camp

Our *Back-To-School Camp* held the first week of January was a huge success. We had kids of all ages ranging from 4 to 13 years of age! We taught them all the strokes and played numerous tennis related games throughout the week. We had an average of 25 kids per day for the Camp...thank you for the support!

### 2012 CCTA Fig Open

The 2012 CCTA Fig Open is right around the corner so please mark your calendar for Friday, Saturday & Sunday, March 2nd, 3rd & 4th. This is going to be a great tournament this year! With the entry fee of \$30 for singles and \$25.00 per person for doubles, each player will receive a T-shirt, a Fig Garden logo hat and lunch on Saturday. Please pick-up an entry form near the front desk or e-mail me at dean@fig-garden.com. The entry deadline is Monday, February 27th.

### Friday Night Mixed Doubles

Come out and join us Friday night, February 24th, for our first *Friday Night Mixed Doubles* of 2012! We will be playing tennis from 5:30 PM to 7:30 PM with dinner hosted by your amazing café staff to follow the tennis. Debra will be fixing some Cajun food for you. So join us and participate in this fun event. Please call the front desk or e-mail Dean at dean@fig-garden.com to sign-up. The cost of this event will be \$15 per person which includes tennis and the dinner!

## Fitness

By Jules Tuggle, Fitness Director

Fig Fitness is expanding to better assist you in living a healthy, active life! Here are some of our expanded services:

### Body Composition Testing

**Did you know...** That two people can have the same height and weight but very different percentages of body fat.

**Did you know...** That chances are if you are losing weight, you could lose muscle as well as fat - which undermines your weight loss in the long term.

Weight management is a goal on a lot of people's minds these days. People get on the scales in the morning and the number they see may determine how they feel about

themselves. But the truth is body weight does not give a very accurate picture of a person's health as it does not take into account percentage of fat. Weight is also a variable that can fluctuate throughout the day or week.

**What is Body Fat Percentage?** Our bodies are made-up of a lot of different kinds of tissues (plus a lot of water). There is muscle, fat, bone and specialized tissue such as is in our various organs. The body fat percentage is just that - the percentage of our weight which is made-up of fat. Body fat percentage is similar to terms such as body fat ratio and body composition. The part that isn't fat is called our "lean body mass." A 160 pound person with a lean body mass of 120 pounds has 25 percent body fat (40 pounds of fat). That may sound like a lot, but our bodies need a certain amount of fat for insulation, energy storage, hormone production and other functions scientists are just discovering.

**Did you know...** Using skin calipers and girth tape, Fig Fitness can now provide members with their body fat percentage to use as a tool in assessing & monitoring overall health.

**Fee:** \$20 (testing recommended at four to six week intervals)

**Schedule:** Contact the front desk to make an appointment with one of our trainers!

### Trainer Floor Time

Not certain how to use a certain machine? Wondering how best to train a body part? Trying to decide what to eat after your workout? Bring your questions to the Club. Our Fitness Trainers will now be available in the gym to answer your fitness and nutrition questions (see schedule below). This is a FREE service for members.

Mondays: 4:30 PM - 5:30 PM  
Tuesdays: 7:15 PM - 8:15 PM  
Wednesdays: 8:30 AM - 10:30 AM  
Thursdays: 6:00 AM - 8:00 AM

### Post- Workout Snacks

#### & Healthy Menu Items In Our Café

Fig Fitness has partnered with our café to offer new menu items to support our members in eating healthier post-workout and at mealtime. Check them out in the café and at the front desk!

### W.O.W.

#### The Weight Is Over Wellness Challenge

We are taking our fitness competition to the next level with this twelve week comprehensive weight loss program. The program begins with a health assessment including weight, body composition, measurements, flexibility and muscle endurance testing. Every week, participants can meet with a trainer during *Trainer Floor Time* (see earlier article) to check-in and receive their weekly nutrition and fitness tips.

At week six, participants will be reassessed. Lastly, at week twelve, we will do a final assessment and award prizes to the members who have had the greatest success in each of the five categories including weight loss, body fat reduction, decreased measurements, increased strength and increased flexibility. We need a minimum of ten members and there is no maximum! Let's get fit Fig!

Dates: February 6th - April 27th  
Trainers: Steffani & Jamie  
Fee: \$100



\* For those wanting additional support, both trainers are available for personal fitness training and nutrition counseling. Participants receive 10% off training for the duration of the competition.

### What is Fig CROSS - Training?

*Fig CROSS - Training* is an exercise class that uses several modes of training to increase your overall fitness. You can expect to find weights, cardio intervals, martial arts, Plyo-metrics, agility drills and functional exercises. What you won't find is the same routine at each class. *Fig CROSS - Training* is about changing it up to keep your mind and body adapting.

### What Is The Benefit of Fig CROSS - Training?

**Reduced risk of injury:** By mixing up your workout routine, you avoid overuse injuries and develop a more balanced body.

**Enhanced weight loss:** *Fig CROSS - Training* incorporates intervals and the strength exercises that will increase the body's ability to burn fat.

**Improved total fitness:** Research has shown that adding a class like *Fig CROSS - Training* that builds in weights, functional exercises, intervals and variation can help individuals prevent injury, control body weight and improve functional capacity.

**Enhanced exercise adherence:** Research on exercise adherence indicates that many individuals drop out of exercise programs because they become bored or injured. *Fig CROSS - Training* will balance out your workout schedule and be a whole lot of fun!

Pretty impressive! When can I get started?

Starts: February 7th  
Days: Tuesdays  
Times: 6:00 PM - 7:00 PM  
Instructor: Jamie  
Location: Group Exercise Studio  
Fee: FREE

\* This class will replace the Tuesday, 6:00 PM *Pilates Mat* class. The **Thursday, 6:00 PM** *Pilates Mat* will continue.

