



2227 Mariner Square Loop
Alameda, CA 94501



Summer News 2008

Proudly serving Alameda/Oakland for over 28 years

Join a Club, belong to a community

Visit our new and improved website for more information...

www.marinersq.com

Use water wisely



Please **DO NOT** let water run constantly
When showering, shaving
or brushing your teeth.

Wet down, turn water off to lather,
turn water on to rinse.

Celebrate !

MSAC offers fitness based party packages for adults and children. This is a unique venue offering a private fitness class of your choice for you and your friends.

Book your next baby shower, bachelor/bachelorette party, birthday, anniversary, and incorporate your favorite group exercise class (cycling, pilates, yoga, dance, aqua) or fitness activity. After the class, enjoy a catered lunch/dinner/snacks along with beer and wine while you celebrate.

Children's parties are also a big hit and we have many packages to choose from, swimming, sports, dance ...and more.

Contact Sharon @ 510-523-8011, ex. 32

Need some time away?

Go and Play while we entertain your children. Parent's Nights Out are offered the 4th Friday of every month from 6-10pm to children ages 3-10. Includes; age appropriate activities, dinner, dessert and a movie (G-rated). For more information, reservations and pricing, please contact Kid's Corner.

Important Dates

July 1st

Summer Group Exercise
Schedule in effect

July 4th

Club hours 8:00am-2:00pm

September 1st

Club hours 8:00am-2:00pm

CPR classes

July: Sat. 12th – 1-4pm

Thu. 31st – 6-9pm

Aug: Sat. 9th – 9a-12pm

Sept. Sat. 13th – 9a-12pm

Tue. 23rd – 6-9pm

\$50 member/\$75 non

Register at the Courtesy
Desk.

Dear Members,

First and foremost, thank you for your continued support of MSAC and Congratulations on maintaining your investment in your health. We recognize that we are in challenging economic times and we promise to continue to bring value to your membership. We are re-introducing our newsletter and you can expect to receive this on a quarterly basis coinciding with the seasons.

This summer will be busy with continued improvements at the club including new carpeting, treadmills, upgrading the women's locker rooms and adding televisions to our work-out areas. Our 'Green' initiatives continue as we review additional products/systems that are eco-friendly.

Stop by and visit....share your observations and your ideas. My door is always open.

Best,

Diana Thomas
General Manager

Members 'Paddle for Life' to raise money for Cancer

On June 7th & 8th, led by Co-Captains Michael Marx and Carol Beaver, MSAC members participated in the Paddle for Life races. These individuals committed to 3 practices and 1-2 days of racing in an effort to raise money for cancer. This event will be offered annually. To learn more about Dragon Boat racing please contact: Michael Marx at the Club.



Your membership has Value!

You can reduce your monthly dues and earn a chance to win free gas.

In addition to the health benefits of belonging to MSAC....you will receive ! a \$5 dues credit each month for each member you refer who joins the club!...and at the same time qualify for winning \$100 in gasoline (one entry for each member who joins). Free Gas drawings will be held on the 30th of each month through September. Contact our membership sales department for more information and for a referral certificate.

Share the benefits of health, as we all know that investing in your health is investing in your future.

Additional Benefits:

Show your membership card at the following businesses to receive special discounts and considerations.

Havana Restaurant in Alameda, Quik Park, airport parking in Oakland, Yumi-Gurt in Alameda, Fast Imaging Printing in Alameda.

Please refer to the Poster in the main lobby which is updated bi-weekly with new businesses offering discounts to our members.