

Basic Training at the Y?!

by Barbara Arnold

In less than a month, 31-year-old Doug Tomczak—research chemist, Saab owner and generation Xer—went from being a couch potato to a health nut. And he owes it all to his wife.

"Alison wanted to take the class to reduce stress, and my first reaction was ugh. I don't want to do this," he says. "Why should I pay someone money to tell me to run?"

He confesses: "We were in a rut: get up, go to work, come home, eat, watch TV, sleep. We kept trying to shape up on our own, but it wasn't working. Ultimately, she talked me into it."

And after nine sessions...

"Alison says my gut has gotten smaller," Doug says with a chuckle. "I feel better. I have a lot more energy. And, I've cut my coffee habit from seven cups to one cup a day."

What turned this doubting Thomas into a fitness evangelist?

"We kept trying to shape up on our own, but it wasn't working."

--Doug Tomczak



It's chin-ups for Doug Tomczak during a Fitness Corps workout.

focus on not only what you do and how you do it—the exercising—but what you eat—the food to fuel your body—and what you think—the physiological aspect," says Mark.

Their "nice-guy-next-door" looks can be deceiving once the class begins and the grunting and sweating starts.

"I had a certain amount of fear that first class," Doug admits. "I imagined there were going to be a bunch of Adonises flexing with trainers running around barking out orders."

"The Fitness Corps trainers are regular guys like me—only they're in better shape—who are committed to a program of physical fitness. They really know their stuff...and, even though we exercise as a group, they essentially tailor the exercise to each individual."

Doug, a self-described grossly overweight kid, played football (defensive lineman) from age 10 through the first two years of college at Lawrence University in Appleton, Wisconsin.

"I look back on all those training programs, and there was a lot of focus on running and rolling around on the ground. There was very little focus on developing the endurance and strength of the whole body, which is something these trainers really push."

Fitness Corps Workout at the B-CC branch, Mon., Wed. and Fri., 6:00-7:00 a.m. Full privilege: \$95/monthly. Program: \$115/monthly.

Welcome!

Robin Walker, our new Special Events/Fundraising director, came to us in June and is already fully immersed in planning the 15th Annual Turkey Chase 10K and 2-Mile Walk/Run. She brings years of fundraising and special event planning to the YMCA and is happy to be a part of the professional staff.

Robin is particularly excited about the Turkey Chase and its growth potential. "Having learned that the Turkey Chase is the largest 10K in Montgomery County, I am so looking forward to the excitement of race day!" she says. Besides planning special events and raising funds for the YMCA, Robin enjoys helping animals and performs volunteer work for animal groups.

Scott Worthington has been named as the Youth Sports and Family director. Scott has worked part-time for the branch in various capacities. He oversees basketball, soccer, tee ball, tennis and enrichment activities for the YMCA Ayrilawn child care program. Additionally, he manages the Great Day and Kinder Kamp programs, family activities and Healthy Kids Day.

Robin Jones joins the Member Service Department as the Member Service Manager, where she will be primarily responsible for the supervision of the Member Service Department staff, including the membership, program and switchboard areas.

Robin brings over 10 years of continuous employment in the staffing industry, most recently as the operations manager for Olsten Staffing Services in Baltimore, Md.



"SO LONG, SUMMER" BBQ!
Sun., September 28
 12-2:00 p.m. at the
 Outdoor pool picnic area
 Hamburgers, hot dogs and more..
Bring the whole family!
(For full privilege members only.)