

DURANGO SPORTS CLUB NEWS—JULY 2010

David R. Farmer
President and Owner

David Roybal
Facilities Director

Personal Trainers

Chris Grotfend
Ruth Briscoe
Sara Arias

Instructors

Sara Arias
Bill Bolden
Ruth Briscoe
Tina Dominic
Malia Durbano
Kim Emanuel
Marchell Fletcher
Diane Legner
Anne Marron
Anand McManus
Noah Richstone
Lori Sadira
Christina San Pedro
JoAnn Soignier
Robin Tiles-Fitzpatrick
Bill Thurman
Rhonda Unkovskoy
Brian Welsh
Elise Wilson

Fitness Aides

Ray Iwasaki
Anthony Konkol
Greg Lingruen
Matt McDermott
Jake Long

Front Desk Staff

Jenny Martinez
Toni Platero
Esperanza Vigil
William McGarva
Ben Rachal

Nursery Staff

Debbie Powell
Victoria Johnson
Susan Tallarico

SWIMMING POOL EXERCISES

BENEFITS

There are two key physical benefits that swimming pool exercises have to offer. Firstly, because the density of water is similar to the density of the human body, the water supports the body's weight, eliminating stress on the joints. Exercise in water also works the entire body at once. The upper and lower body are both worked while get-

ting the cardiovascular benefits of aerobics along with the muscle toning effects of resistance from the water.

Swimming pool exercise has a place in therapeutic treatment. Water exercise is safe for people with injuries and disabilities, as well as the elderly, the very obese and women who are pregnant. It presents a very low risk of injury and may be

possible in many cases when land-based exercise is not possible or is too uncomfortable.

At DSC, we offer AquaFit for folks of all fitness levels and Silver Splash for seniors.



DURANGO HANDBALL CAMP

Dave Chapman and John Bike
July 29—August 1, 2010

Come to improve your handball skills. These 2 renown players/coaches will show you what you need to know to improve your shots and your game. Pick up a flyer at the Front Desk for more information.

Club Hours

Monday—Friday

6:00 am—9:00 pm

Saturday

8:00 am—8:00 pm

Sunday

9:00 am—6:00 pm



1600 Florida Road, Durango
970-259-2579
www.durangosportsclub.com

Physical Therapy & You—Summer in Durango

David R. Farmer, PT
Janet Wells, MSPT, Director
Dean Walker, PT
Rick Stockwell, PT, ATC
Trish Walker, PTA
Pat deKay, PTA
Catelyn Staley, ATC
Angela Hardin, PT Aide

Vicki Johnston, Office Asst.
Donna Smith, Office Asst.
Anne Jackson, Admin. Director

Monday—Friday
8:00 am to 6:00 pm
970-385-6969

Summer in Durango—the time of year many of us wait for all year. A time to bike, hike, raft or kayak, run in the hills, climb the 14'ers or go camping with the kids.

There's nothing worse than being sidelined by an injury, ache, or pain and not be able to enjoy this beautiful time of year. Fortunately, you probably don't have to live with these limitations and write off the summer.

Stop by the Physical Therapy Clinic and schedule a free consultation. There are many things that physical therapy can do to get you "back in the saddle." Besides formal therapy, we may be able to recommend some stretches or special exercises to help balance your body so it doesn't get over-stressed.

Sometimes you just need to modify your activity a bit to let your body heal before you get back to full participation. Total rest can be detrimental at times and even slow down your recovery. So, if you aren't able to enjoy the summer, stop by physical therapy to see what we can do for you.

How Massage Benefits Playing Golf

Massage will help relax and tone muscles, increase flexibility, rejuvenate and increase muscle sensory mechanisms, as well as provide you with better "touch and feel." All of this adds up to better balance and body awareness, key factors in playing good golf.

Massage can relieve pain. Anytime you have pain, you're not maximizing your golf swing. Instead you're making a modified swing that guards against the pain

which makes a big difference in your performance.

Massage reduces stress. When you are stressed, you're often unconsciously clenching your shoulders and arms. This is counterproductive to the normal motion of the joint and tight muscles severely restrict your golf swing.

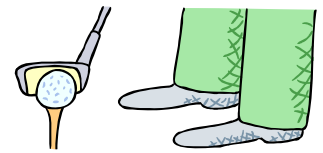
Massage is beneficial for lots of reasons, but the most important one is circulation. If a muscle is stiff because of a

long day on the course, getting oxygenated blood to the area improves the condition quickly.

Whether you get massage regularly or post-golf day, it will benefit you and your game.

Schedule an appointment today with one of our certified massage therapists.

Appointments are available 7 days a week.



Certified Staff

Deb Hall

Lindsey Petersen

Amanda Shission

Amy Grogan

Judi Jones

Salon Blue Wave News

Kathy Deaderick commented after her facial, "I felt so pampered during my facial. Afterwards my skin felt purified and soft. The massage of my hands and feet was an appreciated de-stressing bonus. I'll be back!" Jenny Martinez, the employee winner's response was, "Best treatment I have ever had. Relaxing! Men—treat your lady to the best relaxing facial ever."

April's
GARDEN
a flower & gift shop

Thank you April's Garden for the fresh flowers and Brainstorm for the Wi-Fi.

Brainstorm
Internet