



member FOCUS

A newsletter published monthly by the Town of Warrenton Parks & Recreation Department and the Warrenton Aquatic and Recreation Facility

REGISTER FOR... FALL SWIM LESSONS

Lessons are available for all ages and ability levels. Private swim lessons are also available. Take a look at our Aquatics Booklet to see our many offerings. The Aquatics Booklet is available at the Front Desk & Online! Registration is now available online! Go to www.warrentonva.gov > Parks & Rec > WARF > Aquatics to register today!



HIGH SCHOOL PREP

Begins September 14

Designed to get competitive swimmers back in the pool and ready to try out for their High School swim team. Are you a freshman, or new to trying out for the swim team? Don't fret, this is the class for you. Swimmers will be working on stroke technique, starts and turns, and endurance. This is not a swim lesson. Prerequisite: Previous swim team experience is recommended. Swim 50 yards of any stroke in good form. High School Prep is an 8 week program with 16 classes.

WARF SWIM CLUB

Begins September 14

Do your children love to swim but do not want the commitment of a team? Are they comfortable swimming the length of the pool freestyle and backstroke? Do they know the basics of breaststroke? Do they want to advance their skills and stay in shape? Take the plunge into WARF SWIM CLUB! Swimmers work on proper stroke technique, learn starts and turns, build skills and stay in shape in a fun and relaxing environment. One or two day a week options are available.

**EXERCISE WILL
ENERGIZE YOU!**
LET THE WARF
GIVE YOU A BOOST!

**2 Months
of Membership
FREE**

**Purchase or renew an annual membership
in September 2015 and get two additional
months FREE!**

Not valid with any other offer or promotion. Annual membership purchased must be paid up front, in full. Not valid for those opting for Pay As You Go Memberships. Offer expires September 30, 2015.

Enjoy the benefits of membership:

- Unlimited number of visits during standard business hours
- Scan card check-in
- Complimentary 50 minute Introductory Training Session
- Free Group Fitness Classes
- Discounted Specialty and Aquatics Programs
- Email notifications on upcoming events, programs, early closures and facility notices.





FALL SPECIALTY CLASSES

Fall I Classes Begin **September 14, 2015**
Registration Closes **September 10, 2015**

It's that time again!

Kick off your fall season the right way by keeping yourself physically and mentally fit. New this season: Zumba Kids and TRX Yoga Fusion! For a complete list of class descriptions and times, please see page 6 or visit: www.bitly.com/WARF_Fitness. Classes will meet 6 times

SHUTDOWN & NEW ADDITIONS!

We would like to thank everyone for their patience during this year's annual maintenance shutdown. We are happy to say that this year's shutdown was a complete success. The pools have now reopened and we will now resume our scheduled Fall Hours of Operation. Also, NEWEST ADDITIONS to the WARF are a tipping bucket in our leisure pool and AudioFetch system in our Fitness Room! (read on for more details about AudioFetch).

FAUQUIER.com
Hometown sports & news

Fauquier Times delivered
Call **540.347.4222**

unless otherwise noted. Pricing for members is \$66 and \$90 for non-members for most classes. If you have any questions, please call us at 540.349.2520 or see us at the Front Desk. We look forward to seeing you!

INTRODUCING AUDIOFETCH

New to our Fitness Room: AudioFetch! With this application that is downloadable through the Android market and Apple Store for your smartphone, you're able to transmit audio from any of our televisions to your smartphone while enjoying your workout! See page 7 for instructions.





DAVE STUBBS
 WARRENTON'S
TEAM USA
 CONTESTANT

For many people, there comes a point in their lives when they have an awakening from their daily routine. For WARF member Dave Stubbs, this point was 2009; a time when he had realized that he had become cemented down by his stress-ridden job. He also had an unhealthy routine of smoking, lack of exercise, and poor nutritional habits, and was beginning to feel the outcome of this lifestyle. Because of this, Dave was able to regain sight of what is important: health. The WARF was fortunate enough to ask Dave some questions about his lifestyle, nutritional habits, motivation, and the thrills of competing with Team USA. We were also able to find out what words of encouragement he has for others trying to lead a healthier lifestyle!

What is your background?

I've always enjoyed sports and I grew up playing team sports. Looking back, I probably would have done really well at running cross country, otherwise, I played many sports and enjoyed having teammates. I work in IT, currently at Fauquier Hospital and part time with a company that puts on triathlon/bike events. I've also spent many years working specifically in satellite communications in a technical sales role and over the years became less active, while developing some poor eating habits. While I enjoy my technology driven career and the interesting technologies; it can be somewhat sedentary.

[CONTINUED ON THE NEXT PAGE]

What made you interested in competing in triathlons?

Triathlons seem like fate looking back. In early 2009, I was working in technical sales and I had come home sick from a convention. I weighed 265 lbs., smoked, and, if I'm being honest, was depressed because of a high stress job. At my wife's suggestion, I quit smoking cold turkey and we decided to lose a few pounds together. It wasn't an elaborate plan, we went to a low calorie, low fat diet and started exercising. Initially, my favorite cardio workout was ellipticals, but then I tried a spin class. I loved the spin class! So, here I am losing weight and rediscovering a part of me that I'd lost over the years. I enjoyed moving, competing, and being active.

Somewhere along this journey in 2009, I read an article in the paper about a triathlon in Culpeper. I had never heard of a triathlon, but something in me was interested. I thought it might be a cool goal to work towards and my actual thought was I should try and win it. It sounded like a challenge! Slowly, I worked into running and my speed picked up as I got lighter and fitter. Also, I finally got an actual bike and started



riding outside. Along the way, I discovered I didn't know how to swim, in a competitive sense. I competed in my first triathlon in July 2009, finished 11th and I was hooked. I competed in my first Culpeper Tri the next month, finishing 110th overall.

"In early 2009 I was working in technical sales and I had come home sick from a convention. I weighed 265 lbs., smoked, and, if I'm being honest, was depressed because of a high stress job. At my wife's suggestion, I quit smoking cold turkey and we decided to lose a few pounds together."

How long have you been competing and what is your training process?

My training isn't an exact science and I don't have much structure outside of consistency. More than anything, I enjoy simply being active. During the week I'm in the pool almost every morning. After work, I either run or bike and sometimes I take a day for rest if there isn't time for a workout. Cycling is my favorite thing to do. There's just something about it and we are blessed to live in such a good area for cycling. For running workouts, I tend to run anywhere from 6 to 12 miles with some speed work tossed in. I have friends in the sport that are much more meticulous with the details of training, use a heart rate monitor, power meter, etc., but my approach works for me.

When preparing for a triathlon, what are your nutritional habits? Does this differ from your usual eating habits?

Eating healthy is part of my lifestyle. I eat oatmeal almost every single morning with raisins, walnuts, and a dash of salt. Otherwise, I stay away from unhealthy foods; no sweets, red meat, candy, etc. With my healthy lifestyle, I find that I do eat a lot. I keep snacks on me; otherwise, I run out of energy pretty quickly. Every now and then, I'll splurge and eat a ton of pizza

as an after race celebration. When I'm heading into a big race I'll clean up my eating and be a bit more mindful about some of my guilty pleasures, like peanut butter.

How were you chosen to be part of Team USA?

Being selected for Team USA happened as a result of me competing at the USAT Nationals in 2014. It was my first year competing at Nationals and attempting to make Team USA. Since Worlds were in the US for the first time in many years, the field was very competitive. I didn't have a great race, but managed to place high enough to be selected to compete for Team USA this year in Chicago. This was another goal I set along the way. I am deeply honored to compete against other nations in competition representing our country.

What advice do you have for someone who is just starting to train for a triathlon?

For someone getting into triathlons, I would advise them to just have fun. The community is awesome and you'll make some great friends while competing, training, and getting into the sport. Adopt healthy habits and they will become part of your lifestyle. If you don't know how to swim, join the Masters program here at the WARF; it is awesome! Get yourself a decent road bike; The Bike Stop is a great place. Tell them I sent you!

For running, get some good shoes and ease into it. You will also learn that you have a gait to how you run and how your feet land. There are specific shoes made for various ways your feet, ankles, etc. behave while running. One of my first pair of shoes I had when I started losing weight were some walking shoes and I remember barely being able to walk for a few days after a run. Seriously, get some good shoes! I like Zoots and I get shoes on clearance since I'm just going to wear them out. With running, "too much, too soon" is a good mantra to keep in mind. Getting injured from the beginning isn't a very good start.

Otherwise, as you become more involved in the sport become a student of each discipline. I never realized there was so much to know about swimming, biking, and running. Thankfully, the athletic community is full of information online and as you compete you will make friends that will be great resources as well. I enjoy passing on what I've learned to others.



What are your future goals?

Currently; since I am a member for TEAM USA, I will be heading to Chicago next month to compete and then again to Cozumel during 2016 for Team USA. My goal is to stay active, healthy, and injury-free to remain competitive for these. I've achieved most of the goals I made for myself getting into this sport. I won Culpeper this year, achieved All-American status with USAT, and I made Team USA. In a few years, I'd like to attempt a full-distance (2.4 mile swim, 112 mile bike, and 26.2 mile run) triathlon when my life is a little less busy as my teens move into adulthood.

Any other information that you would like to share?

Along the way in my weight loss and rediscovery of self story I've had people tell me how I've inspired them in some way. That wasn't my intention when I started into this sport and was getting back into shape, but I love to hear that and I think it's awesome. Triathlon isn't for everyone certainly, you have to find what you enjoy. As I like to tell people, if you don't enjoy it, you will not continue to do it.

"If you do not enjoy it, you will not continue to do it."

SPECIALTY CLASSES

FALL | 2015

Fall Classes Begin September 14, 2015

Registration Ends September 10, 2015

(Classes meet six times)

Members: \$66 | Non-Members: \$90

(Unless Otherwise Noted)

TRX SUSPENSION TRAINING

TRX is a suspension type of training that uses your own body weight and gravity to build strength, balance, coordination, flexibility and core and joint stability. By using your own body weight and gravity you are able to adjust to your own personal fitness level by walking yourself closer or further away from the anchoring point.

Tuesdays 9:00 am with Beth C.

TRX YOGA FUSION

Mixing TRX with yoga is a fun and unique way to incorporate fitness into our daily routine. The suspension training system of TRX both supports and challenges many yoga poses, helping you deepen the stretch while working your entire body. Along with traditional TRX moves, class participants will learn poses that combine elements of yoga with the TRX trainer. Together these moves will challenge your core, stretch your back, strengthen your legs, and tone your arms. All levels are welcome.

Wednesdays 6:30 pm with Monica

Fridays 5:30 am with Beth H.

FLOW YOGA IN THE WATER

Come explore a new environment for practicing yoga - one that ASSISTS, RESISTS and SUPPORTS your own movements. Because of the unique properties of water, people of all fitness levels can safely enjoy and benefit from yoga in the water!

Tuesdays 7:30 pm with Monica

Thursdays 9:00 am with Monica

AQUA BOOTCAMP

Like Outdoor Bootcamp...only in the water! You will work on aerobic and strength improvement through shallow water, deep water and moving water.

Tuesdays 9:00 am with Monica

ZUMBA® KIDS

Perfect for our younger Zumba® fans! Kids 3-11 years old get the chance to be active and jam out to their favorite music. Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Which helps develop a healthy lifestyle and incorporates fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, and cultural awareness.

3 to 7 years old Tuesdays 4:30 pm

7 years old and up Thursdays 4:30 pm

FUNCTIONAL CORE TRAINING

Looking for a class to strengthen your core? Tired of sit ups and crunches? Try this class focusing not only on the abdominal wall, but all of the muscles that support the back, spine and pelvic muscles. Learn to activate all movement from your core in efforts to improve posture, athletic performance and to prevent injuries. Class will focus mainly on body weight exercises, but can also use weights, balls, & bands.

Thursdays 6:00 pm with Kelli

VINYASA YOGA

This class consists of flow asanas (poses) followed by relaxation. It is structured to accommodate a variety of participants and can be as challenging as each participant desires. The class will also focus on meditation and relaxation.

Saturdays 11:00 am - 12:30 pm with Monica

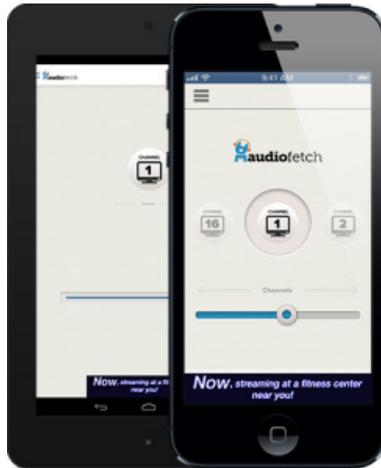
Cost: Member \$99

Non-Member \$135

**REGISTER IN PERSON AT THE FRONT
DESK OR ONLINE AT**

www.bit.ly/WARF_Fitness

Want to listen to our televisions while you work out?



Step one: Connect to WiFi network
“Gym Wifi & Audio” - A network specifically
created for the Fitness Room

Step two: Download AudioFetch (FREE download)

Step three: Select TV number based on the numbers
we’ve provided on our TVs.

Step four: Enjoy!

Available for download via



TRUNK OR TREAT

& SHREK!

Trick-or-treat in a safe, traffic free environment and then enjoy a movie! Cars need to be parked for the Trunk-or-Treat by 5:00pm in the lower lot. Trunk-or-Treat is limited to 100 cars. Please register at families4fauquier.com. We will be collecting dental supplies for the Fauquier Free Dental Clinic during this event. The showing of Shrek will begin at 7:00pm. No registration required for the movie.

trick-or-treating
best costume
& best decorated
trunk contests
make your own
scarecrow station

FRIDAY
OCT
23

WARF
PARKING
LOT

5:30
PM
7:00
PM

TRUNK
OR
TREAT
SHOWING
OF
SHREK

BRING
TREATS
BLANKETS
COOLERS*
& CHAIRS

alcoholic beverages are prohibited

