

# Rec Center/Physical Therapy Clinic

Supporting the Rockwell Collins Wellness program

**Rockwell  
Collins**  
Building trust every day

## March 2010

### **MAX10® Shaping for Summer** *Next session begins March 28*



Sign up for MAX10 and lose weight for summer in just 10 weeks! MAX10 is a weight loss and body shaping program designed to help you look and feel amazing! MAX10 includes fitness kickboxing, strength, core and resistance training as well as a nutritional program designed to blast away fat and build lean muscle tissue.

The atmosphere is fun and supportive! The program was designed by Travis Richardson, national Olympic Team trained, state kickboxing champion and six-time national Tae Kwon Do champion. The next ten-week session begins March 28. NEW pricing, sign-up and class information is available at the Rec Center front desk and [www.rockwellcollinsreccenter.com](http://www.rockwellcollinsreccenter.com). Space is limited, sign up today!

### **2010 World Rowing Challenge**

It's that time of year and many members having been asking about it! The World Rowing Challenge begins at the Rec Center on Monday, March 15<sup>th</sup> and ends Thursday, April 15<sup>th</sup>. Last year we had 64 team members row 4,914,628 total meters. The Rec Center wants you to help us row as many meters as possible and all experience levels are welcome to participate.

As in years past all participants will record their meters rowed on the bulletin board by the north door entrance. All members rowing 100,000 meters or more on our stationary rowing equipment will receive a t-shirt and be eligible for more prizes through Concept 2 Rowing Machines. If you have questions about the World Rowing Challenge please contact Deb at 295-2552 or at [djduff5@rockwellcollins.com](mailto:djduff5@rockwellcollins.com).

#### **Hours of Operation**

**Monday-Thursday**  
**5:05AM - 10PM**

**Friday**  
**5:05AM - 8PM**

**Saturday**  
**7:30AM - 5:30PM**

**Sunday**  
**9:30AM - 5:30PM**

**Phone 295-2552**  
[www.rockwellcollinsreccenter.com](http://www.rockwellcollinsreccenter.com)

### **Upcoming Events**

March 12-13: Rockwell Collins Recreation Center Racquetball Tournament. Contact Jeff at 295-2552.

March 27: April Fool's 5K Run, Black Hawk Park, Cedar Falls, call Dave 319-433-6355.

March 27: Polar Plunge, Freezin' for A Reason, Special Olympics, Pleasant Creek, Palo, call Erin 515-986-5520.

April 10: Loop the Ladke, 8AM Gray's Lake, Des Moines.

April 17: Go the Distance for Crime Victims 5K, 9AM Thomas Park, Marion.

April 25: River Run 10K and 5K, Iowa City, [www.signmeup.com](http://www.signmeup.com).

June 6: Pigman Sprint Triathlon, Palo, [www.pigmantri.com](http://www.pigmantri.com).

June 12: Cedar Rapids Run the Flood, 7 mile and 2.5 mile, 9AM, [www.crfloodrun.com](http://www.crfloodrun.com).

## 23<sup>rd</sup> Biathlon Results

The Rec Center's 23<sup>rd</sup> annual Biathlon was held on February 20th. Overall individual winners include: Bike/Walk Male, Tom Kirkwood; Bike/Walk Female, Deanne Johnson; Bike/Run Male, Joseph Richey; Bike/Run Female, Sheena Eichwald. Prizes were also awarded 1<sup>st</sup> – 3<sup>rd</sup> in each age group, both individual and teams. A big thank you to our sponsors: Running Wild, NutriSport, Fitness Sports and the Cedar Valley Running Association (CVRA). Complete results can be found on our website at [www.rockwellcollinsreccenter.com](http://www.rockwellcollinsreccenter.com).

## NEW! Judo Club

Join Sensei Bill Cooley, a veteran marital arts instructor and competitor, and other Rockwell Collins employees and family members in practicing the martial arts specialty of Judo. The Black Dragon Budo Judo Club holds classes on Wednesdays from 10:30 to 12noon and Fridays from 3:30-5pm in the Rec Center fitness classroom. Bill has advanced degree black belt ranks in Judo and Ju-Jitsu in addition to holding a PhD in Educational Psychology.

You must be a Rec Center member and at least 21 years of age to enroll in Judo at the Rec Center. For more information please contact Chris Horak at [cmhorak@rockwellcollins.com](mailto:cmhorak@rockwellcollins.com) or at 263-9629.

## Racquetball Tournament March 12-13

Dust off your goggles and racquet and sign up for the Rec Center Spring Finale Racquetball Tournament being held March 12-13! \$200, \$100, and \$50 awards for first, second and first consolation finishers in AA Division. Awards for place winners in all other divisions. Grab a friend and sign up for the doubles division on Friday night! You do not need to be a Rec Center member to take part in the tournament. Questions? Contact Jeff Havel, tournament director, at 295-2552 or by email at [jphavel5@rockwellcollins.com](mailto:jphavel5@rockwellcollins.com). You can also sign up anytime at the Rec Center front desk during open hours.

## NEW! TNT on Tuesdays

Join Janet and Amy M. from 5:30-6:15pm for a new and improved Tuesday night express fitness class! TNT: Tuesday Night Training (formerly called CXT) is a non-choreographed interval training class and consists of 15 minutes of cardio combined with 5 minutes of strength training times two. Stop by on Tuesdays beginning March 16<sup>th</sup> for a great workout!

## Spring League Update

**Disc Golf** – Starts in April. Registration will be in March/April time frame. Contact: Dustin Snodgrass at [discgolf@rockwellcollinsclubs.com](mailto:discgolf@rockwellcollinsclubs.com) or 295-4517 for more information.

**Dodgeball** – Starts in April. Registration will be in March/April time frame. Contact: Josiah Sanner at [rcdodgeball@gmail.com](mailto:rcdodgeball@gmail.com) or 295-3607 for more information.

**Golf** – Starts in April. Contact: Toni Mrkvicka at [golf@rockwellcollinsclubs.com](mailto:golf@rockwellcollinsclubs.com) or 295-1870 for more information.

Make sure to check out the latest information on leagues at the Rec posted on the bulletin board in the high court area. Rockwell Collins Clubs and Leagues programming at the Rec Center is coordinated by Brandon Bond. You can contact Brandon at [bjbond@rockwellcollins.com](mailto:bjbond@rockwellcollins.com) or 295-2552.

## OPEN TO THE PUBLIC! Rec Center Physical Therapy



- OPEN TO THE PUBLIC**
  - NO DOCTOR'S REFERRAL** is needed with Rockwell Collins Wellmark Insurance (also true with most other Iowa based plans)
  - FREE 10 MINUTE EVALUATIONS** on Mondays at 5:00 PM, Wednesdays at noon. Call 295-8899 or stop by to schedule.
- Rec Center Physical Therapy is located inside the Rockwell Collins Rec Center.  
[www.reccenterphysicaltherapy.com](http://www.reccenterphysicaltherapy.com)