



**STILLAGUAMISH
ATHLETIC CLUB**

4417 172nd Street NE
Arlington WA 98223



www.sacfitlife.com
360.435.9404



100 Calories

Eating snacks in a 100-calorie portion is a good way to keep overall calories for the day in check, while on the go. If you choose snacks low in calories, you can enjoy a heftier serving size that will help satisfy you longer. See which snacks give you the most bang for you 100 calories. Of course loads of fresh veggies is always a great choice!

6 Walnut halves

10 Pecan halves

11 Dry-roasted cashews

14 whole Almonds

17 unsalted Peanuts

Fiber One Protein Bar: 2 1/2 inches

Nature Valley Protein Chewy Bar: 2 3/4 inches

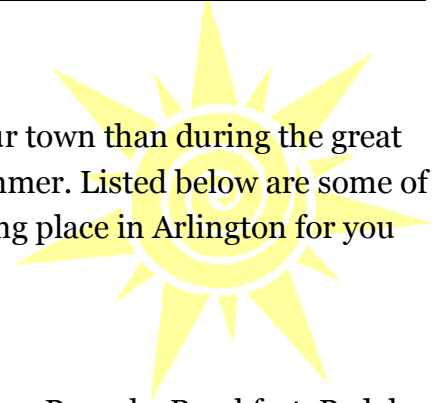
Kellogg's Nutri-Grain Bar: 3 inches

Special K Bar: 4 inches

Nature Valley Oat Granola: 4 inches

ARLINGTON'S SUMMER FUN

There's no better time to enjoy our town than during the great Pacific Northwest's beautiful Summer. Listed below are some of the fun events and activities taking place in Arlington for you and your family to attend.



- * July 4th Frontier Days including Pancake Breakfast, Pedal Paddle Puff Triathlon, Auction at Haller Park, Kiddie and Grand Parade, Duck Dash (tickets sold at SAC), and Fireworks show. More info at www.arlingtonwa.gov
- * July 10th-July 12th Arlington' Fly In. More info at www.arlingtonflyin.org
- * July 11th-July 13th Arlington Street Fair on Olympic Ave.
- * July 17th and 24th 9:00pm free family movie at Terrace Park
- * July 27th Oso Strong 5k hosted by Anderson Construction to benefit Oso, Darrington, and Arlington Heights fire departments. More info at www.osostrong5k.com
- * August 9th -August 10th A-town Hoops 3 on 2 X-travaganza Basketball Tournament. More info at www.3on3x.com
- * August 9th-August 10th Festival of the River and Pow Wow More info at www.stillaguamish.nsn.us/festival.htm
- * August 7th, 14th, and 21st Music on the Terraces 6:30pm Terrace Park

Orville Redenbacher Smartpop popcorn: 6 cups

Orville Redenbacher Ultimate Butter Popcorn: 2 1/4 cups

Tostitos original chips: 5 chips

Tostitos Baked Scoops: 13 chips

The Number of Minutes the Center for Disease Control and Prevention recommends you exercise per week simply to maintain your health and current weight.

150

"Workout because you love your body, not because you hate it!"

ON THE CALENDAR

Second Week Specials

Monday July 7 & August 11:
Free childcare

Tuesday July 8 & August 12:
Bring one friend to family swim, no guest fee!

Wednesday July 9 & August 13:
Free guest day

Thursday July 10 & August 14:
25% off clothing (new items available!)

Friday July 11 & August 15:
25% off proshop snacks or drinks

July 4th: Closed in honor of Independence Day

Save the date! August swim lesson registration begins on July 20th. Sign up quickly during the busy summer months to make sure your little swimmer has a spot!

Friday August 1 & Saturday August 2: Community Yard Sale

Family Fun Night

Our next Family Fun Night is Friday, August 8th from 5:30pm-8:30pm.

JULY & AUGUST NEWSLETTER



BACK TO SAC

Summer will be over, school will be in session and the fun will begin at Stillaguamish Athletic Club. Be sure to stop in for your workout on **Monday, September 8th** and attend our annual BACK TO SAC event. A day of healthy fun in honor of our amazing members. We will have discounts, drawings, refreshments, demo classes and more. Even better, there's a great enrollment special you will want to tell your friends about! Put this date in your calendar, invite a friend (no guest fee) and celebrate with the best club in Arlington.

Got stuff? Our annual Yard Sale is taking place the first weekend of August and we have room for you. Sign up for only \$10 and be part of our yard sale. Our location has great visibility for all garage sale shoppers! Whether you shop or sell make sure to stop by!

Family Fun Night

Join us Friday, August 8th from 5:30pm–8:30pm for our exciting **FAMILY FUN NIGHT**. This night is free for our members and only \$12 for a non-member family. Create memories by attending our family Zumba party from 6:00-6:30pm or by swimming in our pool, complete with our pool toys, from 5:30-8:30pm. Grab a snack on the go to help fuel the fun. See you then!