

WHETSTONE FITNESS MEMBER NEWS

QUARTERLY NEWSLETTER

10 Years in Business

SPRING 2024



SOMATIC MOVEMENT

Decreasing Stress with Mobility and Breathwork

APRIL 8 – 1:30 pm
with
Dr. Kelsey Clevenger

- 1-hour workshop here at Whetstone
- Learn intentional movement with breathwork to decrease stress & more.
- More info and Sign-ups at the Front Desk.

LES MILLS™ LAUNCH WEEK

APRIL 13 – 20, 2024

- New music and moves
- Raffles and treats
- 2+ Instructors/class
- Friends & Family Free to classes AllWeek!
- A great time to be new to classes – it's new for everyone!



APRIL 26-28, 2024

Donnie's next competition is coming up! The IFBB Masters Pro Show is on Fri, April 26th in Bellevue, WA. Go Donnie!

STAFFED HOURS

M – Th: 8am – 7pm
Fri: 8am – 5pm
S & S: 9am – 1pm

FAQs

Frequently Asked Questions

What are Members asking?

Q: Is there a particular place you would like us to display the WS parking permit in our vehicles?



A: No. We just need to be able to clearly see it when we walk around your vehicle.

**Please note that our neighbor, Brazilian Jujitsu, has moved. There should now be plenty of parking. We wish them the best in their new home!*

Sauna time



Q: What should I wear in the Sauna?

A: Please wear a bathing suit, towel, or comfortable clothes.

Q: Are there other tips or etiquette I should be aware of?

A: It is a good idea to hydrate before you go in. If you'd like steam, ask others if they are ready before you toss water onto the rocks. Try not to make others feel uncomfortable. Remember that everyone is there to relax, so please enjoy yourself!

Q: Why aren't we allowed to drop weights?

A: We are on the second floor of the building and the force of dropping weights is stressing the ceiling below.

Challenge yourself and lift heavy, but remember to set the weights down with control. This eccentric phase of lifting where you are lowering and lengthening muscle is an important part of building your overall strength.



Q: What is Whetstone's Guest Policy?

A: Members are allowed to bring a guest during staffed business hours only, per our liability policy. We do not allow guests after hours.

Members may bring any guest one time for free. After that, you can purchase day or 10-pack passes for future visits of the same guest. If you have a family member visiting from out of town for a few days, please ask our Front Desk about other available options. Look for our friends & family free weeks every quarter!



FRONT DESK: *Meet Stevielynn Whetstone*

Stevie has been part of the team since the doors opened 10 years ago. She loves being here and we are lucky to have her! She loves to cook, do diamond paintings, and Harry Potter. Her other job is full-time. When she's not working, she spends that time with her husband, daughters, dogs, and extended family.



GROUP FITNESS: *Meet Cindy Sundem*

Cindy is passionate about being fit and strong and shares her expertise and passion through her teaching. She teaches LM BodyPump, Core, and Attack, and senior fitness classes. She is also an ACE certified Personal Trainer. She loves running and hiking and her family is her biggest joy. She's a Mom of four boys and Granny of six with one more on the way!



PERSONAL TRAINER: *Meet Renee-Michelle Kirk*

Specializing in Total Body Conditioning and Functional Fitness, Renee assists people of all ages in reaching their fitness goals. Whether you want to build strength and stability, increase range of motion and flexibility, or need post rehab conditioning, Renee can help. She also teaches group fitness, loves to kayak and hike and plays tenor drum in a competition bagpipe band.



Did You Know...?

You start to lose muscle starting at around age 30? Recommended guidelines, especially for older adults, are 2 – 3 resistance or weight training sessions (as part of your regular exercise routine) each week. Not sure where to begin? Please ask us!

Owners Diane & Donnie Whetstone



Thank you for supporting our local small business!
10 Years Strong!

Go-to Tuna Salad

-from WS Member Michelle B.

INGREDIENTS:

- | | | |
|--------------------|--------------------------|-----------------------|
| 1 can quality tuna | Lemon juice (½ lemon) | 3 tbsp onion, diced |
| 1-2 tbs olive oil | Sundried tomatoes, diced | 6 fresh basil leaves |
| Zest of 1 Lemon | ½ celery stalk, chopped | Black pepper to taste |

DIRECTIONS:

Drain the tuna and break it up in a bowl. Add lemon juice and olive oil & Stir. Taste to see if you like the balance of oil and lemon and adjust as desired. Stir in the remaining ingredients. Put half on top of your green salad and enjoy. Use the other half for your lunch tomorrow in a wrap.

NOTES:

The most important parts are the tuna, lemon juice, and olive oil. The rest can be substituted according to taste and what you have on hand. Use bottled lemon juice, dried herbs, skip the zest, other veggies, etc.

LOCAL / NEARBY HAPPENINGS

March 23: 59th Annual Tartan Ball 6pm – 12am Bagpipes, Drums, and Dancing! See our very own Renee-Michelle play tenor drum! 2nd Floor of the Puyallup Fairgrounds Pavilion. Tickets required.

April 1: The Olympia Farmers Market opens Thursday – Sunday, 10am – 3:00pm

April 26 – 27: Olympia Spring Artswalk. Streets close downtown for events on Friday April 26 / 6 - 10pm & Saturday April 27 / 12 – 6 pm

April 27: Procession of the Species is back! The parade returns after 3 long years!

MAINTENANCE FEE

Q: Why did Whetstone implement an annual Maintenance Fee?

A: This is our first-ever fee, so we did not take consideration lightly. The costs of maintaining our facility have risen significantly; from the costs of cleaning services and equipment maintenance and repair, to repairs and much needed renovations to the building, and we are not able to cover these costs with membership dues alone.

Q: When will I see the Maintenance Fee on my account?

A: If you have been a member for more than one year it will be charged on your joining date. Otherwise, the fee is assessed upon renewal of your account.

Q: Who pays the Maintenance Fee?

A: The \$49 fee is assessed annually per Account. If you are on a family account with 2 members, only one fee will be assessed. Insurance and Zoom-only members, as well as Personal Training Memberships with Donnie or Renee-Michelle do not pay the Maintenance Fee.

Q: If I am an Insurance, Zoom, or PT Member, can I still pay the Maintenance Fee?

A: Absolutely! We will happily accept donations to our Maintenance fund. We appreciate this as every little bit helps!