September 2019

Recreation and Fitness Center (RFC) Newsletter

Contact the Recreation and Fitness Center team for assistance with any of these offerings.

Special Announcements

SAS Athletic Attire – Cycling, Golf, Running, Fitness

Order online Aug. 26 – Sept. 6 - Password – Be Curious 2019 | Estimated delivery by Sept. 11

Show your SAS pride out on the road, on trails, on the golf course, or in the gym this year! We’ve partnered with Pactimo to bring you our fresh, new 2019 Be Curious design that is sure to inspire you on your next morning run, lunch workout, after work ride or weekend adventure. Items include: golf shirts, cycling, mountain biking and triathlon kits, running singlets and tights.

Do you train with SAS friends? Show your SAS team spirit at the races or on the golf course in your brand new SAS gear!

*This order is open to all US and Canadian Employees. All items will be shipped directly to your home.

The Curiosity to Cure with WIN!

Thursday, Oct. 3 | 11:00am – 1:30pm | Picnic Shelter

Spend your lunch hour with us on Thursday, Oct. 3 to join in the fight against breast cancer along with Real Men Wear Pink, the SAS Women’s Initiative Network (WIN) and the RFC.
• 11:00am – 1:30pm – Food Truck Rodeo
• 11:30am – Campus 5k
• 11:30am – 12:30pm - SAS Campus walk with Oliver Schabenberger

Want to show your support but can’t make the event? Consider making a donation, purchasing a shirt or both! Every dollar raised helps the American Cancer Society save lives through early detection and prevention, innovative breast cancer research, and patient support.

Aquatics

Water Classes of the Month – August

• Aqua Kickboxing – Mondays, 12:15 – 1:00pm
• Aqua Tabata – Wednesdays, 5:30 – 6:30pm

No registration is necessary for these classes; however, an RFC Safety Waiver or medical clearance is required prior to participation in all fitness programs.

Adult Swim Instruction

• Freestyle & Backstroke 201 – Tuesdays & Thursdays | Oct. 1 – 24 | 5:00 – 5:45pm
• Swim Training – Tuesdays & Thursdays | Oct. 1 – 24 | 1:15 – 2:00pm
• Swim Assessments – By Appointment during a time that is convenient for you

Fit for Fall - HIIT the H2O

Thursdays, Oct. 3 – 31 | 12:15 – 1:00pm | GN | Register by Monday, Sept. 30

Join us as we head full force into fall with this dual-toning, heart pumping advanced water aerobics series. These water workouts are perfect for keeping you in shape as we head in to the holiday season!
**Scary Skittles – Haunted Halloween Swim Workout**

Thursday, Oct. 31 | 6:30 – 7:15am | GN | Register by Thursday, Oct. 24

Join us for some Hauntingly Hard Halloween Hundreds and Scary Sprints; or, just get into the spirit of the season as we celebrate All Hallows’ Eve in the water!

**Family Swim**

Sunday, Sept. 15 | 3:30 – 5:30pm | GN | SAS employees and immediate family members only!

Pool areas will include an open swim area as well as adult only swim lanes. For complete guidelines and restrictions please visit us on the web, under Aquatics.

---

**Fitness**

**Classes of the Month**

- **TRX** – Tuesdays, 7:30 – 8:15am (TRX Platform)
- **Cardio Beat-N-Tone** – Tuesdays, 12:15 – 1:00pm (GA Studio, choreography rotation)
- **Step Challenge** – Wednesdays, 12:15 – 1:00pm (GA Studio, cardio rotation)
- **Yoga** – Thursdays, 7:30 – 8:30am (GX Studio)

No registration is necessary for these classes; however, a Safety Waiver or Medical Clearance is required prior to participation in all fitness programs.

**Intermediate Ballet 2019 (Adult)**

Mondays, Sept. 9 – Oct. 14 | 12:15 – 1:00pm | GA Studio | Register by Friday, Sept. 6

If you’ve always considered yourself a ballerina or even a balletomane, this is the class for you! Plié, relevé, balancé and grande jeté your way to a stronger core, while increasing your mobility and stability during this 45-minute class. Previous ballet experience is highly recommended.
SAS Family Fitness Week

Sept. 16 – 19 | 5:45 – 6:30pm | Varied locations | $3 per family | Register by Tuesday, Sept. 10

A family that gets healthy together, stays together! SAS Family Fitness Week will be held Monday, Sept. 16 - Thursday, Sept. 19. Enjoy some fun events to get the whole family moving. Sign up for all or just as many events as your family would like to participate in. Each family will get one entry into a drawing for a family 4 pack prize for each event they attend (we have several prize packs to award). So, the more events you attend, the more entries into the drawing your family will receive! Events are geared towards children ages 3 and up to enjoy along with their parents. Cost is $3 per family (doesn't matter how many are in a family). You may register for as many sessions as you would like for just one $3 per family fee. Events are listed below.

- Monday, Sept. 16 – Family Yoga | GX Studio
- Tuesday, Sept. 17 – Family Dance Party | GA Studio
- Wednesday, Sept. 18 – Family Hike | SAS Campus Trails
- Thursday, Sept. 19 – Family Circuit Workout | Soccer Field #1

Beginner Crew

Monday, Sept. 23 | 11:15am – 12:00pm | G Cardio | Register by Friday, Sept. 13

Are you rowing the right way? Join us for this 45-minute class to learn the proper technique so you can row correctly and get the most out of your workout on your own or in one of our regularly scheduled classes. We have a limited number of rowers so register early!

Q3 Breakfast Run

Wednesday, Sept. 25 | 6:00 – 8:30am | $4 per person | Register by Monday, Sept. 23

Welcome fall with a run/walk around our beautiful campus with your favorite running buddies, followed by breakfast at the RFC. A 4-mile route will be provided; however, your distance, route, and start time are all ultimately up to you.
**Fitness Foundations**

Oct. 1 – Nov. 8 | $10 per participant* | Register by Monday, Sept. 23

Learn the fundamentals of movement, develop consistency in your workout plan and increase your confidence level. You and your trainer will co-create an individualized program to meet your specific needs. The only prerequisites are an open mind and the desire to make a change. Each week will include one 45-minute workout session with your trainer and two workouts to complete on your own. Choose a preferred time of day (morning, midday or afternoon) and your trainer will contact you to set up the weekly workouts. Then it’s up to you to stick with your commitment and challenge your comfort zone. This program is for true beginners only and space is limited.

The $10 program fee includes a prize at the end! There will also be a $5 charge for any in-person training sessions that are missed without 24-hour notice. But you won’t miss any right?

**Wednesday Morning Run Club – Q4 Registration Now Open!**

Wednesdays | Oct. 2 – Dec. 18 | 6:00 – 10:00am (drop-in start) | Register by Wednesday, Oct. 30

Lace up your shoes, grab your running buds and join the RFC’s Wednesday Morning Run Club! The Run Club features a floating start on Wednesday mornings with a weekly suggested route ranging from 3-6 miles and speed workouts. Do you have another route in mind or need a different distance as you train for a race? That’s ok, too! The route is your choice as long as you start, finish, or run by Building G. Make 9 runs per quarter and earn a FREE entry to the RFC’s Q4 Breakfast Run featuring RISE Biscuits and Donuts. Register today to keep your running workouts on track through the rest of the year!

**TRX for the Aging Adult**

Wednesdays, Oct. 2 – 23 | 12:15 – 1:00pm | TRX Platform | Register by Friday, Sept. 27

This class is designed for those individuals who are 50+ in age. TRX is an extremely useful tool for those that are advanced in age and maybe have some limitations or feel their balance and strength have declined. TRX is easy on the body and provides a very functional full body strength workout. With the TRX, you learn to use your core throughout every movement, which ultimately will improve your balance and stamina. This class is for beginners 50 years and older who have not used the TRX or have very little experience with it and want to learn more.
ZUMBA – 6-week Party after work!

Thursdays, Oct. 17 – Nov. 21 | 5:30 – 6:15pm | GA Studio | Register by Wednesday, Oct. 9

De-stress and settle in for 6 weeks of smokin’ fall fun! Regardless of your fitness level or how many left feet you think you have; this dance inspired, Latin and International rhythm-based class is sure to torch some calories while fueling your soul. And, it’s the perfect segue to the holiday season!

5k at the SAS Championship

- Saturday, Oct. 12 | 7:30am | Prestonwood CC | Register by Tuesday, Oct. 8
- New for 2019!
  - Toddler 100m Trot | Ages 1-4 | Free
  - Kids ½ Mile Dash | Ages 5-8
- $5 off entry fee | Code: sasemployees5
- Proceeds support the YMCA Y Learning Program

Get in The Ball! Knockerball & Foot Darts Fun & Social

Wednesday, Oct. 23 | 4:30 – 7:00pm | $20 | Softball Field | Register by Wednesday, Oct. 9

A Knockerball is a single chamber inflatable sphere with inner handles and adjustable shoulder straps. Think Bumper Carts - without the carts! YOU become the cart and bump into your friends! It's hilarious, great stress-relief and a fun workout for all. Foot darts (aka soccer darts) is a new life-size game of darts played with Velcro soccer balls that will also be offered. We will have small bites and beverages in the picnic shelter after you've completed your Knockerball adventure! Registration is open for teams or individuals.

*This program is open to SAS employees, spouses, domestic partners and eligible family members ages 21 and over.

RFC Road Race Series

Calling all runners! Did you know that SAS will pay $10 towards select local fall races when you register through the RFC?

- Bull City Race Fest and Food Truck Rodeo – Sun., Oct. 20 – Register by Wednesday, Oct. 9
• **Raleigh City of Oaks Marathon** – Sun., Nov. 3 – Register by Wednesday, Oct. 23
• New for 2019! **Ridgewood Turkey Trot Raleigh** – Thursday, Nov. 28 – Register by Tuesday, Nov. 12
• **2020 Tobacco Road Marathon & Half-Marathon** – Sunday, March 15, 2020 – Register by Tuesday, Jan., 28

**Wellness**

**How to Gain Control of Your Free Time – Wellness Podcast**

Tuesday, Sept. 10 | 12:00-1:00pm | Online

As a time-management expert, Laura Vanderkam has spent years looking into how successful people tend to spend their time. What did she discover? We've been looking at how to make the most of our time all wrong. The key to time management is learning to treat priorities like they're non-negotiable.

**Pelvic Floor and Core Restore Wellness Seminar**

Tuesday, Sept. 17 | 12:00-1:00pm | GX002

Our simplified approach offers you a better understanding of anatomy, symptoms, conditions, and exercises related to pelvic floor well-being. We will explore the many ways these under-utilized muscles have on your overall health. You will walk away with practical suggestions to enhance your pelvic floor and core health through effort and relaxation.

**Morning Yoga**

In September, morning yoga classes (7:30 – 8:30am) will take place on Thursdays in the Meditation Garden.

*Note:* Morning classes for the remainder of 2019 will be on Thursdays! Class moves back to the GX mind/body studio in October. No need to register.
Family Yoga

Tuesday, Sept. 24 | 5:15 – 6:00pm | GX Studio | Register by Tuesday, Sept. 17

Share your love of yoga with your kids by participating in Family Yoga and enjoy a fun, age-appropriate yoga, breath work, and meditation workshop for you and your child. Through stories, games, and movement, Family Yoga encourages coordination, confidence, body awareness, self-love, and energy management. The September offering is geared towards elementary-aged students ages 6-10.

Family Yoga – Mommy & Me

Tuesday, Oct. 29 | 5:15 – 6:00pm | GX Studio | Register by Tuesday, Oct. 22

In *Mommy and Me*, spend time gently strengthening and toning your body while bonding with your baby and meeting other new (or new again) moms. Feeding, nursing, diaper changing, crying, and giggling are all welcome! This workshop is recommended for moms at least 6-weeks post-partum with doctor’s approval and infants – non-walking babies.

Synergy in Nature – Yoga for 2

Tuesday, Oct. 1 | 5:00 – 6:00pm | Meditation Garden | Register by Tuesday, Sept. 24

Nestle under the trees for a yoga class designed for a little give and take. Experience the synergy of nature as you work in cooperation with your partner, all while continuing to listen to your inner guide.

Letting It Fall Away: A Seasonal Sequence for Letting Go

Tuesdays, Oct. 1 – 22 | 11:15am – 12:05pm | Meditation Garden | Register by Wednesday, Sept. 25

Every season is a reminder that nothing lasts forever. Everything has a moment of creation and destruction, but all are equally beautiful and majestic in nature. All seasons have their reasons and if one season decided to stop happening, the rest of the earth would go out of sync. Honoring change is vital for our deeper understanding of ourselves. We, too, must change and let things fall off and regrow in order to help us evolve as humans. The beauty of fall is that it’s the beginning of the end of this earth cycle. Join me for an outdoor yoga flow class where we will learn to let go of tension and restrictions in the mind and body, all while experiencing the beauty of the outdoors!
Restorative Yoga

Tuesday, Oct. 15 | 5:00 – 6:30pm | GX Studio | Register by Monday, Sept. 30

Need a little inner peace as we transition into the fog of shorter days and falling temperatures? We’ll start our journey by bringing warmth to the body with soft, free-flowing movement, then gently transition toward a sequence of longer held, supportive postures coming from both the restorative and yin traditions. This method will calm the nervous system, revitalize the adrenals and release stress and fatigue. As the body settles, the mind will begin to follow suit, shifting together into the ever-deepening waters of clarity as you are guided through relaxation and meditation. No yoga experience necessary.

Pelvic Floor and Core Restore Series

Thursday, Oct. 24 – Nov. 7 | 10:30 – 11:00am | GX Studio | Register by Thursday, Oct. 17

This series involves an in-depth practice for women’s health. Learn how to strengthen your pelvic floor and enhance your overall core health through integrated breath awareness and muscle responsiveness.

Outdoor Adventure

Monthly Local Hikes

• September After Work Hike
  o Wednesday, Sept. 11 | 5:30pm | Umstead State Park | 4.2 miles

• September Weekend Hike
  o Saturday, Sept. 14 | 9:00am |
  o Mountains-to-Sea Trail at Falls Lake | Day-Hike Section Q. 5.2 miles
  o Register by Thursday, Sept. 12

• October On-Campus Hike
  o Tuesday, Oct. 8 | 1:00 – 1:45pm
  o SAS Campus | 2 miles
  o Register by Monday, Oct. 7

• Monthly hikes are free; however, there is a $5 per person no show fee
Mount Rogers / Grayson Highlands Camping

Friday - Sunday, Sept. 20 – 22 | Damascus, VA | Register by Monday, Sept. 16

Join us for a weekend of biking and hiking in southwestern Virginia. We’ll start with a leisurely hike around the campground after check-in on Friday. Saturday, we'll bike the iconic Virginia Creeper Trail, from the top of Whiteside Mountain into Damascus, Virginia, Trail Town USA. The Virginia Creeper follows an old rail line (the rails and ties long since replaced by finely crushed gravel) for 17 miles into Damascus (the first 14 miles are downhill, the last 3 flatten out and require some pedaling). Not into biking? We’ll have a group headed to the Grayson Highlands/Mount Rogers area for an 8-mile hike in the rocky, open terrain for which the region is known. Late Saturday afternoon we’ll explore Damascus, the trail-friendliest town in the U.S. Sunday, we’ll hike from the campground up to Wilburn Ridge and Rhododendron Gap, some of the most wide-open and sweeping terrain in the Southeast.

*See registration link for detailed agenda and costs.

Recreation and Leisure

Open Art

Fridays, Sept. 6 – 27 | 11:15am – 12:00pm | GX102 | Free program; ages 18 & up

Come relax and unleash your imagination! Free acrylic paint, coloring pencils, markers, brushes, paper, adult coloring pages, canvas paper, and more will be available for you to use for an entire hour every Friday! RSVP prior to the Friday of your choice to reserve your art workspace.

SAS Paint Night at Pinot's Palette

Wednesday, Sept. 19 | 6:00 – 8:00pm | $30 per participant* | Register by Tuesday, Sept. 10

Grab a work buddy, spouse, friend, or neighbor and come enjoy a fun night of painting at Pinot's Palette in Brier Creek! Doors open at 5:30pm and the painting will begin at 6:00pm. We will have an entire studio room reserved just for SAS Employees and their friends and family!

*Must be 18 and over to attend. Cost includes all paints and materials, guided instruction, and hors d'oeuvres. Drinks will be available for purchase.
Introduction to Modern Calligraphy

Tuesday, Sept. 24 | 6:00 – 8:00pm | GA102 | $35 per participant* | Register by Friday, Sept. 20

Want to try your hand in calligraphy, but not sure how or where to begin? In this 2-hour class, you’ll learn the basics for creating gorgeous modern pointed-pen calligraphy. You will receive guided instruction and plenty of hands-on practice as we work through writing basic strokes and the lowercase alphabet. This class will provide you with the skills and knowledge to continue practicing and perfecting your own modern calligraphy style for endless project potential at home and beyond!

Fall Festivous

Friday, Sept. 27 | 5:00 – 7:30pm | Picnic Shelter & RFC Fields | Register by Tuesday, Sept. 10

Fall Festivous has returned! This year's Festivous will feature relay games, carnival games, a scavenger hunt, inflatable slides and obstacle courses, train rides, dessert trucks, and much more! Space is limited to immediate family members only. The event will fill up fast so hurry and sign up today!

Pre-Ballet

Thursdays, Sept. 19 – Oct. 24 | 5:30 – 6:15pm | GX Studio | $42 per child; ages 3-5

Your child will learn pre-ballet skills and fun dances set to Disney and classical music with lots of colorful props. Your dancer will feel like a real ballerina with lots to share with your family every week! Each class will include a warm up along with the introduction of beginner ballet techniques, followed by around the room action and across the floor exercises. Little ballerinas may wear a cute leotard and dance skirt of any color. Ballet slippers with leather bottoms should also be worn for class. Boys may wear shorts or jogging pants with t-shirts. The instructor, Maggie Witter, is an established instructor here in the Cary area. Cary area. Space is limited; register to reserve your spot no later than Friday, Sept. 13.

Zombie Science Camp

Thursdays, Sept. 19 – Oct. 24 | 6:20 – 7:05pm | GX Studio | $60 per child; ages 5-10

Think your tough enough to brave a zombie apocalypse? We’ll put you to the test on this six week Halloween camp! Zombie Science Camp will put your skills to the test with hands on experiments using
scientific concepts along with fun crafts and games! The instructor, Maggie Witter, is an established instructor here in the Cary area. Space is limited; register to reserve your spot no later than Friday, Sept. 13.

Discount Center

Fall Columbia Outerwear and Fitness Apparel Sale

- Tuesday, Oct. 8 | 7:30am – 5:30pm
- Wednesday, Oct. 9 | 7:30am – 1:00pm – or while supplies last!
- Building GX – Basement

It’s that time of year again! Items for sale will include ski parkas, winter coats for all ages and sizes, active wear, fleece wear, sweaters, gloves, scarves and more! There are adult and child sizes available in many items so stop by and start your holiday shopping early or just treat yourself. Limited quantities available. Items cannot be reserved, held or returned. All sales are final and by payroll deduction.

Arts and Crafts Fair – Vendors Wanted!

Wednesday, Nov. 20 | 11:00am – 3:00pm | RFC, Gymnasium | $15 vendor entry fee

The Arts and Crafts Sale is open to SAS employees, immediate family and domestic partners. This is your chance to show off and sell your very own creations to fellow SAS employees. Apply no later than Wednesday, Nov. 13 to join us in making this event a holiday hit!

Disney on Ice . . . Road Trip Adventures!

Wednesday, Dec. 11 – Sunday, Dec. 15 | $17 – $35* (Opening night special)

Payroll deduct is no longer available for this event. All tickets must be purchased directly through Feld Entertainment. Order yours by phone (866) 248-8740 (choose option 1) or direct any questions to FeldDirectGroups@feldinc.com.

*All orders will include a $5 processing fee.
Sports

2019 Racquetball Tournaments

- “A” (Register by Tuesday, Sept. 3)
- “B” (Register by Monday, Sept. 16)
- “C” (Register by Monday, Sept. 30)
- “45 & Over” (Register by Monday, Oct. 14)

All brackets will follow a double-elimination format to determine the bracket champion. Participants may play in a skill level bracket as well as the 45 & over bracket if age requirements are met.

Tennis Lessons

- Two, 3-week series
- Sept. series begins Monday, Sept. 9 | Register by Wednesday, Sept. 4
- October series begins, Monday, Oct. 7 | Register by Wednesday, Oct. 2
- Classes meet Mondays and Wednesdays
  - Beginner, 4:30 – 5:30pm
  - Advanced Beginner, 5:30 – 6:30pm
  - Intermediate, 6:30 – 7:30pm
- $40 per series; min. 4; max. 8 participants per class
- Instructor – Steve Walker

Corn Hole Fall Doubles Tournament

Team registrations only | Register by Monday, Sept. 16

This double elimination tournament is scheduled to begin on Monday, Sept. 23. All play will follow the American Corn Hole Organization rules. Register today to join in the fall fun.
8 Ball Doubles

Team registrations only | Register by Monday, Sept. 16

This league will include a round robin schedule followed by a single elimination tournament to determine the league champions. It will follow 8 ball doubles/scotch and continuation format. All games are scratch; no handicaps.

Ping Pong Challenge Ladder

Individual registrations only | Register by Friday, Sept. 27

This 8-week program is scheduled to begin on Monday, Oct. 7. All skill levels are welcome, and 3 champions will be recognized: #1 overall player, best win/loss % and most matches played. Register today to join in the fun and friendly competition or contact Danny Bass, x12857, with any questions.

Thursday Evening Work Bowling League

We are looking for a few more bowlers to join our SAS bowling league that is held at the AMF Pleasant Valley Lanes on Thursday evenings. If interested, please contact the RFC for more information.

On-Site Services

The Produce Box Tasting Event!

Wednesday, Sept. 11 | 11:00am – 1:00pm | RFC, G Lobby

Stop by the RFC to sample some yummy seasonal fruit, artisan treats and more. Information will also be available for a new offer for BCBS insured members through Blue365. Members can join The Produce Box for free and get $10 off your first order (a $30 value). Current Produce Box members; bring a friend who isn't already a member and get a free quart of apples!

For more information: bit.ly/TPBBlue365

Join today at theproducebox.com/blue365