

Try one of CA's 10 Ways to Fitness

BY KIM HENRY

It's 2008, do you know where your fitness work-out went?

Regain it and feel great with CA's 10 ways to fitness, a round-up of our latest and greatest workout options plus a couple of old favorites too. No matter what your age or current level of fitness, trying one – or more - of these will have you up off the couch and feeling fit in no time.

Experts agree that varying your workout can help you stick with it, and there's certainly nothing routine about our newest class, **1) Zumba**. A fat-blasting blend of salsa dance moves and high energy aerobics, Zumba will jumpstart your fitness resolutions like nothing you've ever tried before (see article on page 3 for details). Aqua exercise is another great fitness option that's kind to your joints. Choose the **2) Aqua Fitness** class for aerobics and muscle conditioning, or take **3) Deep Water Fitness** for a more challenging workout. CA's Mature Moves fitness program also offers several aquatics options for those who suffer from arthritis and other chronic conditions. Under the guidance of a trained instructor, **4) Aqua Arthritis** pairs gentle exercise with the therapeutic benefits of warm water to decrease pain and ease stiffness, while **5) Ai Chi** offers exercises for both mind and body. Both are held at the Athletic Club's Hot Water Therapy Pool, where the water temperature averages between 90 and 92 degrees.

Of course, whether high or low impact, in the pool or in the gym, group fitness classes aren't for everyone, so there are plenty of individualized



Instructor John Bannon heads CA's Martial Arts Program, which includes classes for children, adults and seniors.

options available as well. CA's **6) Pilates** program, for example, offers both group instruction and private training on both the mat and reformer. Designed by Joseph Pilates, the exercises work to strengthen the deep core muscles of the body, and the results are nothing less than extraordinary. Come find out for yourself at our Pilates Open Houses on January 5 at the Athletic Club from 8am to noon, and on January 6 from 10am to noon at the Columbia Gym and Supreme Sports Club.

For a truly individualized fitness program, **7) Personal**

Training may be the answer.

Because you meet one on one with a CA professional or elite trainer (depending on their level of certification) personal training can help you set personal goals based on your own unique needs. As your level of fitness progresses, a personal trainer can also help you adjust your workouts and set new goals. Fees vary; please check the Activities Guide for details. If you're over 45 and want to try personal training, check out CA's **8) WINN (When If Not Now)** program, which offers an 8 week introductory membership with

the guidance of a personal coach to get you started. Although physical activity is important at any age, it's especially helpful for those who are older as it reduces joint pain, improves flexibility and makes performing everyday activities a little easier. It's never too late to start.

Of course, the best way to insure lifelong fitness is to start early, and CA offers programs for kids as young as six months. **9) Waterbabies** gives parents the opportunity to introduce their children age six months to three years to the pool, in a safe, relaxed small group environment led by a trained instructor. For ages three through six, individual instruction helps kids learn proper techniques as they gain confidence in the water. Swimming is just one of many activities that the whole family can enjoy together. CA's **10) Martial Arts** instruction also offers classes for all ages, beginning with Tiny Dragons for two and three year olds, and continuing throughout adulthood, with Aikido and Kendo, among others. There's even a family class to learn together. For more information, visit www.ColumbiaMartialArts.org.

So there you go, ten great ways to add fitness back into your and your family's lives. No matter which you choose, you'll soon be well on your way to looking and feeling better. And, who knows, you might even have fun doing it!

For information on these and many more fitness options, log on to our website, www.ColumbiaAssociation.com, or refer to the Winter/Spring 2008 Activities Guide. ■

CA Releases 2nd Quarter Financial Summaries

The Columbia Association (CA) has presented its second quarter Board Report for fiscal year 2008, covering the six-month period from May 1, 2007 through October 31, 2007. As of the end of the second quarter, CA projects finishing the year with an overall increase in net assets of nearly \$3.3 million. Second quarter financial highlights from each of CA's division directors are provided below, including noteworthy variances in each division. Full copies of the second quarter report are available at each of the Village Centers.

The Columbia Association's projected \$3.3 million increase in net assets for the second quarter of FY 2008 includes total income and total operating expenses of \$56.7 million and \$48.2 million, respectively. The projected total income of approximately \$56.7 million is expected to exceed budget by \$527,000 (less than one percent), due mainly to a positive variance in annual charge revenue. A large number of property sales resulted in annual charge revenue based on the phase-in value and not subject to the cap. In addition, new construction, including the land in Benson East, was greater than projected.

Total expenses are expected to end the year at about \$48.2 million, exceeding budget by approximately \$1.1 million, or 2.3 percent. Interest expense is expected to be significantly under budget by year-end because the issuance of new financing was postponed, based on the timing of certain capital projects and other credit market considerations. Total company expenses are estimated to end the year at \$53.4 million, resulting in an increase in net assets of \$3.3 million.

The **Community Services Division** finished the second quarter \$373,000 better than budget and the

division is projecting to end the year \$182,000 better than budget. This positive variance over budget at the end of the first quarter is primarily due to increased tuition and enrollment income from the School Age Services program, which is \$305,000 ahead of budget due to a change in licensed capacities, allowing for increased enrollment and savings in almost all expense categories.

More than 4,000 campers participated in CA's 24 camps last summer, and approximately 119 youngsters were able to attend camps this year thanks to CA's income-qualified program subsidy of approximately \$74,000.

Other CA programs supported by the first quarter subsidy of \$1,361,000 from the annual charge include the Summer Lakefront Festival, the Columbia Archives, the Sister Cities program and the International Day Festival. In addition, \$2,267,000 of the annual charge income goes to the village associations to fund village elections, covenant enforcement fees and personnel, village board activities, building maintenance and community-building programs and services.

The **Communications and Marketing Division** reports that the combined FY08 membership income and Package Plan income is \$53,000 higher than comparable FY07 income. The Package Plan offerings remained very attractive with their low cost and high value. Membership retention also remained high for the quarter, reflecting the quality of CA's facilities and the programs it offers. Current FY08 income estimates are projected to be 3 percent below budget, largely due to soft sales in the first quarter from Golf and Pool memberships. YTD expenses are \$33,000 below budget.

Other significant accomplishments through the second quarter include the

sales and service provided to thousands of residents by the Membership Service Center; the debut of a new format for Columbia Matters (CA's cable TV show); the success of the fourth annual Dia de la Familia event commemorating Hispanic Heritage Month; the participation of 651 Columbia school children in the CA Points Club; and the launch of new websites including ColumbiaMatters.org and ColumbiaMartialArts.org.

The **Open Space Management Division** completed the second quarter of the fiscal year better than budget in total operating expenses by \$288,000, with a decrease in net assets of \$5,575,000, representing a favorable variance of \$349,000 from budget. All departments in the division had total operating expenses less than the budget throughout the quarter and it is projected that the division will complete the year with savings in total operating expenses.

The Land Maintenance Department expenses were less than budget in most line items through this quarter. Close-to-normal-weather conditions in the second quarter helped to keep expenses down during this typically busy period. The RV Storage Park is slightly better than budget through the quarter in total operating expenses. This slight variance in income through the second quarter is not likely to continue and the department should end the year on budget related to income.

The current estimate shows that by year's end, a total of \$12,431,000 of annual charge revenue will be required to protect and maintain the environmental assets of Columbia, which include more than 3,500 acres of open space, 93 miles of pathways, 167 tot lots, three lakes and 41 ponds.

Because of the annual charge paid by Columbia residents, Columbia remains a place where residents enjoy the beauty of a natural environment on a daily basis.

Second quarter highlights in **The Sport & Fitness Division** include significant increases in play at both CA golf courses, which created an increase in revenues of \$263,000 and in net-from-operations of \$152,000 relative to last year's year-to-date performance. This increase resulted in large part from the successful conversion to Bermuda grass on the fairways at both golf courses, and the opening of Fairway Hills Golf Club to the public.

Attendance at the **Swansfield Pool** increased significantly last summer, from 8,631 visits in 2006 to 21,430 in 2007 following the installation of the largest outdoor water slide in Howard County. It was also one of the most successful summers ever for the **Columbia Neighborhood Swim League** held at CA's Outdoor Pools, with more than 2,400 children participating. CA's **Sports Park** enjoyed its most successful season ever, with more walk-in activity for the mini-golf and batting cages, and more group rentals than ever before, resulting in record revenues for the 10-year-old park.

In conclusion, based on the financial performance of the Sport & Fitness Facilities through two quarters, we are projecting that at year's end many of the Sport & Fitness Facilities will have improved their performance on the net-from-operations line relative to last year. Those facilities include: **The Athletic Club, The Columbia Gym, Fairway Hills Golf Club, Hobbit's Glen Golf Club, the Horse Center, Tennis, and The SportsPark.** ■



International Day is a cultural celebration of Columbia's diversity. Art, food, crafts and ethnic performances help tell the story of our diverse community.

Resolve to have More Fun in 2008

Columbia residents often hear about how much there is to do in Columbia. Yet many of us don't take advantage of all the interesting, diverse and inexpensive events this city offers every year. The Columbia Association (CA) hosts a year-long schedule of events as part of its Welcome Initiative to help new and current residents learn more about Columbia's history and encourage them to become involved in their community. CA encourages you to check out the 2008 Welcome Events for yourself and be reminded of all there is to do in this unique community we call home.

This year's offerings include:

- **Dog Day Afternoon – Saturday, April 12, 1 to 4pm**
- **BikeAbout – Saturday, April 26, 9am**
- **Lakefront Wednesdays – May 14 to July 2, noon to 2pm**
- **Lakefront Walking Tour – Thursday, June 12, 6 to 7pm**
- **KidsDay – Saturday, June 21, 1 to 4pm**
- **International Day – Saturday, July 26, noon to 11pm**
- **Dia de la Familia – Saturday, September 20, 1 to 4pm**
- **What's In a Name – Tuesday, November 11, 7 to 9pm**

For more information, go to www.columbiaassociation.com/welcomeevents.htm. ■

New Fitness Trend Comes to CA

BY KELLY COOPER

First it was Jazzercise, then it was Tae Bo. Now, the newest trend to hit fitness clubs is Zumba. This new exercise sensation features aerobic interval training and toning moves performed to upbeat Latin and salsa-inspired music. Part fitness training, part dance class, the main principle of Zumba lies within its philosophy of making a workout 'fun and easy to do'.

The program is the brainchild of Creative Director and Co-Founder Beto Perez, an aerobics instructor from South America who started teaching Zumba in the mid-1990s.

Perez brought Zumba to the United States in 1999 and joined forces with two entrepreneurs to form a global company based on the Zumba fitness philosophy. Since then they have sold millions of DVDs and trained over 2,000 Zumba instructors worldwide.

Last July, Zumba-certified Instructor Katy Parker began teaching Zumba classes at the Columbia Association (CA) fitness clubs. Parker became interested in Zumba after gaining weight in college. A friend of hers suggested she take a Zumba class and Parker was impressed from the start, "The music was so different and it gave me so much energy. It just made you want to dance." She continued with the program to lose a total of 45 lbs.

Impressed and motivated by her own success story, Parker

decided to become a Zumba instructor. She was trained and certified by founder Perez in 2005 who introduced Latin dance steps, including the salsa, merengue and samba during training sessions. In addition to those basic steps, Zumba also incorporates steps from over 10 styles of dancing such as the tango, bellydancing and hip-hop. Her certification allows access to new choreography and music each month to help diversify her classes.

The constant change and variety in the routines not only helps to keep the classes fun and new, but change contributes to Zumba's success as an effective exercise program. The routines alternate between quick and

slow-paced moves to increase impact.

"Zumba is based on the aerobic interval concept. You actually burn more calories by bringing your heart rate up and down during class" says Parker.

The popularity of Zumba at CA fitness clubs is growing steadily. Five classes are offered weekly,

with a sixth added through March. Parker notes that her classes are filled with men and women, from teenagers to seniors. It all comes back to Zumba's philosophy of making a workout 'fun and easy to do' instead of making a workout something you have to do. Parker reiterates this in her own philosophy on teaching Zumba, "People can adjust the steps to their comfort level. This class is meant to be fun and carefree, not serious".

Please call the Athletic Club (410-730-6744), Columbia Gym (410-531-0800) or Supreme Sports Club (410-381-5355) for more information, or go to www.columbiaassociation.com/classchedules.htm. ■

"Zumba is based on the aerobic interval concept. You actually burn more calories by bringing your heart rate up and down during class."

— Katy Parker, CA Instructor

bulletin

board

Columbia Association Board/Committee Schedules

CA Board of Directors meetings and committee meetings are an excellent way to learn about the Columbia Association and its programs. Unless otherwise noted, regular meetings are held at the Columbia Association headquarters building, 10221 Wincopin Circle. For more information call 410-715-3000.

CA Board. Jan 24 7:30pm
External Relations Jan 3 7pm
Performance Oversight . Jan 15 7pm
Planning & Strategy Jan 10 & Jan 17 .7:30pm
Board Operations. Jan 14 7pm

TEA IN TOWN CENTER

Enjoy a leisurely afternoon tea in the ballroom at Historic Oakland complete with live Celtic music performed by the trio "Painted Trillium".

Tickets are \$20 each. Reservations are required. For more information or to register, please call 410-730-4801.



Oakland Nights

Local musicians entertain while guests enjoy coffee, tea and snacks in Historic Oakland's ballroom. Admission is free but donations for the musicians are encouraged. Please call 410-730-4744 for more information.

**Friday, January 4
8-9:30pm, Joseph Issacs,
Songwriter & Guitarist**

**Sunday, January 13
3-4:30pm, Nonesuch Trio,
Mandolin ensemble**

HARPER'S CHOICE EVENTS

Free Gardening Lectures

The Master Gardeners of Maryland will present two free lectures at Kahler Hall:
"B.O.L.D. — Basics of Landscape Design" — **January 17**
"Waking Up the Garden" — **January 31**

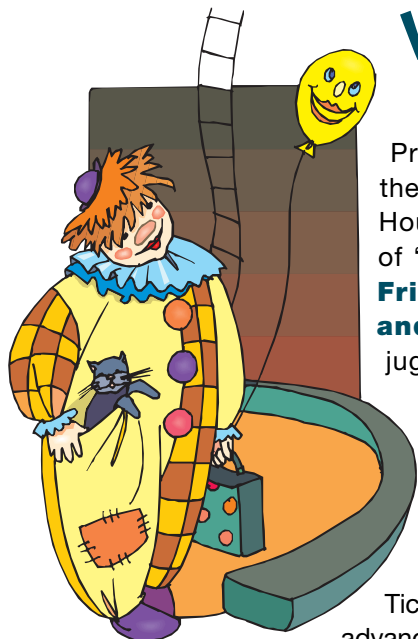
Slayton House Gallery Exhibits

Maryland Art League presents a mixed media exhibit from **January 10 thru February 2**. A reception will be held on **Sunday, January 13 from 3 to 5pm**.

WILDE LAKE THEATRE

Presented by Carousel Puppets, the Rainbow Theatre at Slayton House will host a performance of "Circus on Strings" on **Friday, January 18 at 10am and 1pm**. The show involves juggling clowns, a ballerina, a cat on a trapeze and other entertaining circus acts. It is an interactive show, encouraging active audience participation.

Tickets may be purchased in advance for \$5 or \$6 at the door. For more information, call 410-730-3987.



Savvy Self Defense at Slayton House Adult Class

Tuesdays & Thursdays, Starting Jan. 8 at 12:15pm

Children's Class (Ages 6 to 14)

Mondays, Starting Jan. 7 at 4:30pm

Six-week class offered to adults and children, emphasizing highly effective self-defense techniques and techniques that work under stress and panic. The course is designed to help students gain more self-control and increased confidence. It helps with flexibility, strength and cardiovascular health. Adult classes are \$100 for six weeks (12 classes) or \$15 per class on a drop-in basis. Kids classes are \$72 for six weeks (six classes) or \$15 per class on a drop-in basis. Advanced registration is recommended. Please call 410-730-3987.

TELL IT TO THE CA BOARD

The Columbia Association's Board of Directors wants to hear from residents about what is on their minds. Send your ideas, issues or concerns. Attach additional pages if necessary.

Please get back to me on this issue.

Name _____

Address _____

Phone Number, Email _____

Please send your concerns, issues or questions to:

CA Board, The Columbia Association, 10221 Wincopin Circle, Columbia, MD 21044
Phone • 410-715-3000 Fax • 410-715-3042