

Hackberry Creek Country Club Fitness Handbook 2019



1901 W. Royal Lane
Irving, TX 75063

972-869-2631 x 255

Dear Members & Future Members,

The Fitness Center at Hackberry Creek C.C. offers Technogym brand weight training equipment and Matrix brand cardio in a bright and inviting environment. Personal training both individually and in groups is available, as well as periodic workshops and seminars, all taught personally by Fitness team.

If you're a new member or someone just getting back into exercise, please call for a complimentary fitness orientation and we'll get you started in the right direction!

Sincerely,
Hackberry Creek Fitness team

Michelle Kurz

Michelle Kurz is the Director of Fitness and Fitness Trainer at Hackberry Creek. She was born and raised in Texas, and graduated from The University of Texas at Austin with a Bachelors of Science in Kinesiology/ Biology.

Michelle is certified through the National Academy of Sport Medicine (NASM) as a certified trainer and is CPR/ AED certified. She has specialized training through BOSU Bender and TPI. Her expertise is helping clients focus on toning, weight loss, women's health, special populations, physical therapy background, body sculpting, golf/ tennis specific exercises.

Michelle is married to her husband, Brandon of 8 years and enjoys outings with their two kids. She has been with Hackberry Creek Country Club since 2008, and with ClubCorp since 2005.

Mike Majek

Mike was born and raised in San Antonio, Texas, where his love of sports began. After playing most every sport growing up, he found his calling in swimming. He went on to swim at Boerne High School, earning All-American honors in the 50 free.

Mike went on to compete for Texas Christian University. He helped the team to a Mountain West Conference Championship during his junior year, while being nominated a team captain senior year. He earned his B.S. in Kinesiology from TCU and continued his education at the University of Texas at Arlington to receive his M.S. in Exercise Physiology.

During his time at UTA, he worked as a personal trainer while completing his Masters. From sport specific performance, to helping clients learn to lead a healthier lifestyle, Mike enjoys all aspects of the fitness industry.

In his spare time, Mike enjoys cheering for the Dallas Cowboys and golfing.

Contact information:

Fitness Center: 972-869-2631 x 255

Michelle's email: Michelle.kurz@clubcorp.com

Mike's email: Mike.majek@clubcorp.com

Fitness Center Hours of Operation:

Monday: 6am- noon

Tuesday- Friday: 6am- 9pm

Saturday- Sunday: 7am- 8pm

Group Fitness Classes:

Body Blast: Mondays and Wednesdays at 6pm
Fitness Center

Pilates: Wednesdays at 6:30 am
Mesquite Room

Women on Weights: Tuesday and Fridays at 10:30am
Fitness Center

Karate: Tuesday and Thursdays at 6pm
Oak/ Elm room

Complimentary Fitness events:

January - Core Clinic

Tuesday, 1/8 – 6pm

Saturday, 1/12- 9am

February – Core Clinic

Tuesday, 2/5- 12pm

Friday, 2/22- 12pm

March - Intro to Foam Rolling

Tuesday, 3/5- 6pm

Tuesday, 3/19- 6pm

April- Intro to Foam Rolling

Friday, 4/12- 12pm

Tuesday, 4/23- 12pm

May- TBA

Tuesday, May 7th at 6pm

Tuesday, May 21st at 6pm

June- TBA

Friday, June 7th at 12pm

Tuesday, June 18th at 12pm

July- TBA

Saturday, July 6th at 6pm

Saturday, July 13th at 9am

August- TBA

Friday, August 9th at 12pm

Tuesday, August 20th at 12pm

September- TBA

Tuesday, September 10th at 6pm

Tuesday, September 17 at 6pm

October- TBA

Friday, October 11th at 12pm

Tuesday, Oct 22nd at 12pm

November- TBA

Tuesday, November 5th at 6pm

Tuesday, November 19th at 6pm

December- TBA

Friday, December 6th at 12pm

Tuesday, December 17th at 12pm

Fitness Seminars-

30 minute hands-on educational events, \$15/ member

TRX Seminar-
Tuesday, 1/22- 6pm

Kettlebell Seminar-
Saturday, 3/2 -9am

TBA-
Saturday, 5/11- 9am

TBA-
Saturday, 7/27- 9am

TBA-
Saturday, 9/14- 9am

TBA-
Tuesday, 11/9- 9am

Fitness Policies:

1. All persons using the fitness center must sign at the front desk. Use of the fitness room at the club at any time is at the user's own risk.
2. Members must register their guests at the front desk and must pay the appropriate guest fee.
3. Use of the fitness center is permitted only during open hours as established by the club.
4. Only suitable attire, as may be determined by the athletic director, may be worn inside the fitness center:

Men: T-shirts, gym shorts, warm-up pants, socks, and sneakers.
Women: Leotards, tights, warm-up suits, T-shirts, appropriate shorts, socks and sneakers.
Not Permitted: Flip flops, bare feet, skirts, jeans, and clothing containing metal of any kind.
5. Children 13-16 years must be under direct supervision of an adult. Children under thirteen years of age are not permitted in the fitness room.
6. Please be considerate of your fellow members and wipe down the equipment after each use.
7. Please do not drop weights on the athletic floor. Please ask the athletic staff if you need assistance or spotting.
8. No Food or drink (except water in a closed container) is permitted in the athletic area.
9. Please re-rack your weights after use of a machine.
10. Out of courtesy for your fellow members, please set your cell phone on vibrate and excuse yourself from the athletic area to talk on your cell phone.
11. No outside trainers permitted.

Personal Training Pricing:

One Hour session: \$65

One Hour Session for 2 people: \$105

Half Hour session: \$50

Session Cancellation Policy:

A 24-Hour cancellation policy is requested for the session, if not given, the charge will be added to the member account.

Overall Exercise Benefits:.

1. Stronger bones and muscles:

Will allow you to exert more force with more ease whether you're lifting a book or your kids.

2. More Energy:

Will help you run farther, dance longer, and play harder.

3. Flexibility:

Will keep you agile, youthful, and play harder.

4. Instant therapy:

Is what a great workout feels like, you'll feel calm and peaceful, yet energized.

5. Better sleep:

Is especially important for teens, when your body's circadian rhythm (an internal biological clock) are reset, telling you to fall asleep and wake up later. Exercise will help you fall asleep more easily and wake up refreshed.

6. A more active social life:

Will come naturally when you exercise and play sports. You'll meet new people, gain a sense of an accomplishment and boost self esteem along the way.