SAC NEWSLETTER
SEPTEMBER 2026

NEW!

ADVENTURE CLUB
with Trainer Nick

Train for the adventures you love.
Build the strength, stability, mobility, and endurance to feel more capable and confident, whether your adventures take you hiking, skiing, biking, running, hunting, or exploring Central Oregon.

1 Day/Week - $100/Month
WEDNESDAYS: 6:30am, 10:00am or 5:00pm
***Begins the first week in October**
Space is limited
Small groups mean more personalized coaching and attention.

- ✓ Strength for the Outdoors
- ✓ Stability & Mobility
- ✓ Balance & Resilience
- ✓ Injury Prevention
- ✓ Small-Group Training

TRAIN - EXPLORE - ADVENTURE

TALK WITH TRAINER NICK FOR MORE INFO!
nicke@sistersathleticclub.com

Everyone's IRONMAN 2026
2.4 mile swim-112 mile bike-26.2 mile run

October 1st-October 21st

Participants have 21 days to complete this Ironman Challenge. Do the challenge solo or put together a team to share the events. Sign up at the front desk.

Fee: $20
(includes a t-shirt and raffle entry)

Back to School Staff Photo Contest

This fun contest just started and will end on 9/23. Come check it out.

Staff Corner

Meet SAC employee: Sam May

Sam has been working at the club off and on for the past 6 years, during high school and college.
Sam ran track with Sisters High School and went on to run for the Bruins at George Fox.
Sam is back in Sisters full time and in a new role. He is now the head coach of the Sisters High School Cross Country team.
In his free time, Sam enjoys going for rides around Oregon on his gravel bike. He is also very avid Seattle Mariners fan.
Great job Sam and Go Outlaws!

HAPPY BIRTHDAY

STAFF:

Brandi: September 8th
Amy M: September 11th
Vincent: September 22nd
Nick C: September 28th
Jill F: September 28th
Danny K: September 29th
MEMBERS: 127

***Make sure you have an updated address with SAC so you can receive your birthday card.**

Evening Yoga will now be on Tuesdays at 5:30pm

Ashley, front right
helping recover centers get strong

Ashley grew up in the land of football in Valdosta, GA. She attended university of GA and her blood bleeds black and red. Although she lives in Duck nation, she is a Dawg fan through and through.
Go Dawgs!

Member Spotlight
Ashley Smith

Ashley is the executive director for an organization called "M Perfectly". This organization brings healing, hope and transformation to individulas fleeing crisis situations through education, opportunities and resources.
Ashley has been a member of SAC since 2023.
"What I love most about the club isn't actually the equipment or the workouts, it's the people and the sense of belonging they create. The Athletic Club is more than just a gym, it's a place of connection, community, reliance and belonging."
"My journey with the club began after a skiing injury landed me in knee rehab. Matt and the incredible crew at Therapeutic Associates invited me to use the gym equipment, so there I was crutches in tow, doing whatever my body would allow. Those crutches became unexpected conversation starters, and before I knew it the club became a place filled with familiar faces and new friendships."
"I have a huge heart for serving and helping those who need hope, encouragement and a hand up. My love for the lord is at the center of who I am and the joy HE gives me radiates through everything I do. Currently, my company is trying to acquire property in Sisters to create a Ranch of Refuge. A safe, restorative home for women and children fleeing crisis situations."
"If this mission speaks to your heart, I'd love to invite you to be a part of it."
"I love this beautiful ride called life. whether I am dancing, playing pickleball, exercising, reading, working, spending time with my family, or trying something new, I'm probably finding joy in it. Life is short and my outlook is simple, don't take a single moment for granted."
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Ashley, we love your outlook on life. It shows in your smile everyday!