



# ***"Optimist OPTICS"***

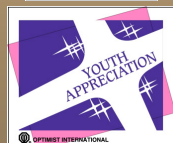
*"Everything We Do is for the Kids"*

## **This Week's Program**

Feb 22nd, 2012  
Ingle Trust - Distributions

## **Next Week's Program**

Mar 14th, 2012  
TBA



Ed Harrison  
Memorial  
Golf Scramble

Financial Support for:

YMCA  
Camp Carson



Circle of Leaders Ron Eberhart opened the meeting just shortly after noon. John Campbell led us in the prayer, the Pledge and the creed.

Several returnees were present today.....welcome back everybody. Don Julian, Sunshine Chairman, didn't have anything new to report.

### **Announcements:**

- Board Meeting at RiRa on Tuesday, February 21, at noon
- USI College club will meet tonight (Wed) in Rice Library Room 8 at 7:30

Conscious money was collected from Gary Burk, Karen Morris, Cheryl Graves, Todd Wahl, Ann Pendley, Ron Eberhart, Mark Hackert, and Sally Olsen

Our Sarge, John Campbell, scored a 50% on his trivia questions collecting a dollar from one of the two questions! Half pot was won by Sally who graciously donated it back with a little bit of pressure from the room.

Mark Hackert introduced our guest speaker, Shaun Angel, co-owner of Flex151 and a Certified Personal Trainer. Flex151 is located at 300 W Jennings Street in Newburgh. The phone number is 855-843-3539. Shaun has a martial arts background and works in the sales field. He began feeling the pressures of everyday life consisting of a job, being out of town often, a wife, and two kids leaving little time for him self and a workout. It was the guilt of leaving his family for a workout that he became co-owner of Flex151. He strongly feels that a fitness program should never compromise your health and you should work smarter not harder. Flex151 takes a lifestyle approach to fitness that is time efficient, safe and results focused. The five fundamentals of Flex151 (slow motion protocol) are safety, slow speed of lift, time under tension, momentary muscle failure, and adequate recovery. Using these fundamentals the average person will require only a 15 minute workout once a week. Personal training begins at \$90 for the first month and then \$65 a month after that with no long term contracts. They are open 70 hours a week Monday thru Saturday.

Next meeting February 22.

## **Optimist Club of Evansville - Downtown, Inc.**

**Meetings: 11:45 am Wednesday,**

**"New" Old National Bank Building, Downtown, Blue and Gold Room**

**Mail Club at: P.O. Box 15905, Evansville, Indiana 47716 - 0905**

**[www.evansvilledowntownoptimist.org](http://www.evansvilledowntownoptimist.org)**

**Evansville Downtown Charitable Foundation, Inc.**