



GROUP FITNESS NEWSLETTER

JANUARY 2012

WHAT'S INSIDE...

**How to get your best workout • Want to boost your Metabolism • New Schedule
FREE Workshop • Farewell to Jim & Carol Munsie • Stretching After Exercising • CrossFit**

HOW TO GET YOUR BEST WORKOUT

Researchers say multi tasking is killing our work productivity & it's doing the same thing to our workouts. the way to maximize your workout is to focus on the here & now. If your goal is to improve your health & fitness, pay attention! When you don't pay attention to your workout you lose steam & results.

Things that sabotage your workout focus

READING • TEXTING • TALKING ON THE PHONE
WATCHING TV • A WONDERING MIND

All can lead to an exercise plateau.

WHAT CAN YOU DO?

DITCH THE DISTRACTIONS & commit to a focus workout! If you notice your mind wander, focus on your breath. Give it your all every minute of your workout.



WANT TO BOOST YOUR METABOLISM?

Improve your posture, cardiovascular fitness & burn more calories 24-7?

TIME FOR YOU TO "KRANK IT UP"!!!

Krank is upperbody cycling, if you have reached a plateau kranking will get you to the next level by providing cardiovascular training for previously untrained upper body muscles. Kranking classes are a great way to go!

POWER KRANKING - Monday, Wednesday & Friday's 7:55-8:20am

KRANKING FLATS & HILLS - Tuesday & Thursday's 7:45-8:15am

Both classes are open to beginners. The time to try is now!



NEW SCHEDULE

Starts January 23, 2012



**NEW Monday 5:30pm
Spinning Intervals Class with Molly Lauridsen**

Farewell to Monday 5:45pm - Jump Rope



FREE YOGA WORKSHOP

**YOGA FOR TIGHT HIPS WORKSHOP
THURSDAY, FEBRUARY 9 • 10:00-11:00AM**

Free for Group Fitness Members • Sign up at front desk

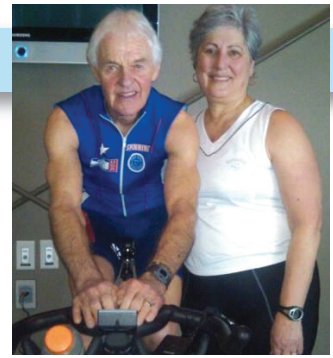


FAREWELL JIM & CAROL MUNSIE

Who are heading south. We look forward to Jim's return in June, until then watch for Molly Lauridsen to keep you on task on Thursday mornings during Jim's absence.

JIM'S FAREWELL CLASS THURSDAY JAN. 19

BE SURE TO WISH HIM BONVOYAGE!



STRETCHING AFTER EXERCISING

Class is over & you're ready to hit the showers... NOT SO FAST!

Experts recommend Static Stretching after exercising, it is an essential part of an exercise program. Here are just a few of the benefits.

Decrease risk of injury

Help prevent soreness

Improve performance

Maintain an appropriate joint range of motion



TRUE STRETCH

LOCATED IN THE FITNESS ROOM

The true stretch offers a visual demonstration of over 30 Flexibility options, check it out.



CROSSFIT BY NOEL FORD

Have you ever noticed a profusely sweating, purple-faced and wide-eyed group of Swimming Hole fanatics performing the following fun tasks in the parking lot and adjacent fields: pulling or pushing a truck; completing myriad push ups, squats, and burpees; running relays by balancing a nine foot PVC pole [4 or 6 inch diameter] half-filled with water on their shoulders and/or tires held over their heads; carrying a fifty pound sack of hops on their shoulders or large slosh balls partially filled with water [73, 60 or 40 pounds]; running forwards and backwards; and performing other dastardly events? All conducted outside, regardless of weather conditions. If you have observed this happening, you are watching the activities that bring closure to each CrossFit session. Are you thinking that the participants have driveways that don't go all the way to the street? You may be right, but CrossFit is an exciting and effective fitness program. It combines a wide variety of strength and conditioning movements into an intense timed or scored workout, generally twenty-five minutes in length. Inside, in the program room, each session is uniquely designed with different combinations of activities including: the travel trainer; "green" medicine balls of 50, 40, or 30 pounds; squats; push-ups; weightlifting; platform exercises; pull-ups; rope surfing; rowing [CR2]; jump roping [double unders]; swinging kettlebells; the movement of odd shaped objects; and a host of other activities. Always varied, always changing, always producing results. CrossFit teaches that a healthy, fit person requires proficiency in each of ten general physical skills: cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, agility, and accuracy. Over time, the results speak for themselves.

What are the benefits of CrossFit? In addition to a terrific workout, Ron McConnell, the Fitness Director / Head Trainer at the Swimming Hole, is the instructor. Ron is a CrossFit Certified Trainer along with ten other national certifications. To get to know and work with Ron is a special experience. He motivates through modeling, positive reinforcement, and gently letting you know that you can do more. You want to do better, to please Ron. He is a stickler on proper form and always available to answer questions and help you with fitness strategies and movements. He is humble to a fault. Another benefit to Crossfit is the special bonding among the class members. It is hard to describe, but readily experienced. We compete with ourselves, but the energy and encouragement of everyone are powerful motivators. Mutual respect, admiration and empathy exist among members of the latest class [Jeff, Anne, Adam, Teresa, Josh, Trina, David, Rachel and Noel] and all previous classes.

We all have unique levels of fitness. Some of us are built for comfort rather than speed, some are so skinny that we have to run around in the shower just to get wet, some of us move at the pace of a turtle running in a vat filled with molasses, and some of us have the zero per cent body fat. Everyone wants to either build muscle, tone up, lose body fat, and/or get more fit. You know your body. If CrossFit appears to be a good match for you, give it a go. But, if this is your first time, talk to Ron and have him check the movements that you will need to repeatedly demonstrate under intense pressure.

The next six sessions begin on Thursday, January 19th at 4:30 pm. Hope to see you there.... the turtle.

