

January, 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Also offering (by appointment only) SBR Boxing Camps and, RMR and VO2 Max Testing! 6Wk. Weight Training Program available! "Iron Maidens!" See Front Desk for more information.						
				1	2	3 Cyclo-seismic 7:30am w/ Chris (R1) \$
4 Rock Star-Workout w/ Don 8:15am (R2)	5	6 Yoga 101 w/ Jennifer 10am (R1)	7 SpinFlex w/ JoAnn 4:30pm	8	9	10 Cyclo-seismic 7:30am w/ Chris (R1) \$ Plyomania 9am w/ Don
11 Rock Star-Workout w/ Don 8:15am (R2)	12 Pilates 101 w/ JoAnn 7pm (R2)	13	14 SpinFlex w/ JoAnn 4:30pm	15	16	17 Cyclo-seismic 7:30am w/Chris (R1) \$
18	19	20 Pilates 101 w/ JoAnn 7pm (R2)	21 SpinFlex w/ JoAnn 4:30pm	22	23	24 Cyclo-seismic 7:30am w/ Chris (R1) \$
25	26	27	28 Whole Food 28-Day Cleanse w/ Maggie 7pm (R1) \$	29	30	31 Plyomania 9am w/ Don

Schedule of Events for Jan.

- **Cyclo-seismic:** Every Saturday in January from 7:30am - 8:30am with Chris. Time to prepare for the cycling season! Using your bike on your own indoor trainer, Chris will work you to train you in both the aerobic and anaerobic energy zones. Heart Rate Monitor Strongly encouraged for this class. Open to members for a \$5 fee and non-members for \$10. Please pre-register at the Front Desk.
- **P90X FIT TEST:** Throughout the month of January, our P90X Coaches, Jamie and Chris, will be offering FREE P90X FIT TESTS to interested individuals. These tests are to qualify those who are interested in learning more about the next 90 Day Program. The P90X Fitness Test is the starting point to see if you are physically ready to do the P90X Program. At the end of the 90 Day Program you will re-take the exact same test which will show you how much you've improved as a result of the program. To book your FREE P90X FIT TEST, please contact Jamie at: jamiophysed@gmail.com or Chris at: cpapsin@yahoo.com or leave your information at the Front Desk and one of our coaches will contact you.
- **Pilates 101:** Monday, January 12th at 7pm and Tuesday, January 20th at 7pm. Are you new to Pilates? Would you like an introduction to the basic moves so you can enter a class with confidence? Join JoAnn for this 101 class to show you how! Please pre-register at the Front Desk.
- **PlyoMania:** Saturday, January 10th & 31st at 9am. Don will challenge how high you can jump, pull and power your way through a high-intensity workout! Limited to 12 participants. Please pre-register at the Front Desk.
- **Rock Star Experience Workout:** Sunday, January 4th & 11th at 8:15am. Don will lead you through a class to bring out your inner Rock Star while having a great workout using drumsticks, stability balls and BOSU Trainers. You don't need to have rhythm, easy to follow along. The Rock Star Experience also has a really cool light show!!! Please pre-register at the Front Desk. Limited to 10 Rockers.
- **SpinFlex:** Wednesday, January 7th, 14th and 21st at 4:30pm. SpinFlex is a combo class that uses flex bands or weights to train major muscles groups, paying special attention to the upper body. In this class you will ride first and follow up with strength training, making for a complete workout! Join JoAnn for this terrific combination. Please pre-register at the Front Desk.
- **Strength Training for the Outdoor Athlete:** Continuing in January is our off-season program is back and both Coach Chris Papsin and Coach JC are ready to keep you motivated throughout the Fall/Winter Season. Maintaining a strong foundation for your favorite sport, hobby and activities is essential and this is the program that will help you do just that! 8 week program for members is \$95 (\$15 drop in) 8 week program for non-members is \$115 (\$20 drop in). Please pre-register at the Front Desk.
- **Whole Food 28-Day Cleanse:** Maggie Meriwether holds a Master's Degree in Nutrition. She will teach you how to eat clean, whole food for 28 days. In this program you will experience the benefits of eliminating certain foods from your diet and include others. Learn how to identify personal trigger foods that should be eliminated or rotated. Each person will receive food lists, grocery lists, recipes and LOTS of support and accountability throughout the program. 28 Day Program meets every Wednesday evening at 7pm to re-group. If interested, but unable to commit to Wednesday's, other options may be available. Program open to members for \$120 and non-members for \$150. Please pre-register at the Front Desk.
- **Yoga 101:** Tuesday, January 6th at 10am. Are you new to Yoga? Would you like an introduction to the basic moves and poses of Yoga so you can enter a class with confidence? Join Jennifer for this 101 class and learn the form for the basic building blocks of Yoga. Please pre-register at the Front Desk.