

July, 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Also offering (by appointment only) <b>SBR Boxing Camps and, RMR and VO2 Max Testing! HAVE YOU HAD YOUR FREE FIT TEST FOR P90X? (See a trainer or manager for more information)</b>			<b>BOOK YOUR FREE P90X FIT TEST TODAY!!!</b>	<b>BOOK YOUR FREE P90X FIT TEST TODAY!!!</b>	<b>BOOK YOUR FREE P90X FIT TEST TODAY!!!</b>	<b>BOOK YOUR FREE P90X FIT TEST TODAY!!!</b>
		1 Foam Roller Demo w/ Chris on Mat at 10am	2	3	4	5
6	7	8 Rip Trainer Demo w/ Chris 10am on floor  Plyomania 6pm w/ Don	9	10 Rip Trainer Demo w/ Chris 10am on floor  Spinning 101 w/ Vicki 10am - 10:45am	11 Rip Trainer Demo w/ Jamie 6:30am on floor TRX 101 w/Vicki 11 - 11:45am (R1) Sunset Yoga at Harrybrook Park w/ Pam 7-8:30pm \$	12 Sound/healing vibration Yoga Therapy work- shop w/ Larry 4 - 6pm (R1) \$
13 Aim High Hiking Club 9am - You'll have a blast! \$	14	15 Foam Roller Demo w/ Chris on Mat at 10am  Plyomania 6pm w/ Don	16  Rip Trainer Demo w/ Chris 4pm on floor	17	18 Rip Trainer Demo w/ Jamie 6:30am on floor	19 Pilates 101 12:30 - 1:15pm w/ JoAnn (R 1)
20 Rock Star-Workout w/ Don 8:15am (R2)	21	22	23  Rip Trainer Demo w/ Chris 4pm on floor	24	25 <b>Phys-Ed at the NM Fair Days! Stop on by!!!</b>	26 <b>Phys-Ed at the NM Fair Days! Stop on by!!!</b>
27  Rock Star-Workout w/ Don 8:15am (R2)	28	29	30	31		

# Schedule of Events for July

- **Aim High Hiking Club:** Sunday, July 13th at 9:00am. Hike a few miles. Launch a few rockets. Enough said! Register to receive your kit. Build a few days before hike. \$25.00/rocket.
- **Foam Roller Demo:** Tuesday, July 1st and 15th at 10am on floor. Learn how to use the foam roller for massaging out muscle tension, stretching and muscle recovery and how it is important for muscular regeneration.
- **Pilates 101:** Saturday, July 19th from 12:30pm - 1:15pm. JoAnn will instruct you through a beginner level Mat Pilates class where you will learn some of the basic moves and receive individual attention. In this class you can expect to learn how to modify or advance an exercise. Please pre-register at the Front Desk. **One free demo per person please.**
- **P90X FIT TEST:** Throughout the month of July 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](mailto:jamiophysed@gmail.com) or Chris at: [cpapsin@yahoo.com](mailto:cpapsin@yahoo.com) or leave your information at the Front Desk and one of our coaches will contact you.
- **PlyoMania:** Tuesday, July 8th and 15th at 6pm, Don will challenge how high you can jump, pull and power your way through a high-intensity workout! Limited to 12 participants. Please sign up at the Front Desk.
- **Rock Star Experience Workout:** Sunday, July 20th and 27th 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 sign up at the Front Desk. Limited to 10 Rockers.
- **Rip Trainer Demos:** Tuesday, July 8th and Thursday, July 10th at 10am with Chris or Wednesday, July 16th and 23rd at 4pm with Chris. Also offered on Friday, July 11th and 18th at 6:30am with Jamie. Learn the basics of how to use the RIP Trainer in this 45 minute demonstration. All Core, all the time! Train in 3-D, rotational movements to blast the entire body! Please pre-register at the Front Desk. **One free demo per person please.**
- **Sound & Vibration Healing Yoga:** Saturday, July 12th from 4 - 6pm w/ Larry. Join Larry and cleanse your mind and body with a full Vinyasa Yoga practice accompanied with sound and vibration healing. Work to enhance your peaceful and meditative state with an extended period of relaxation at the end. Program for members, \$15, non members, \$20. Please pre-register at the Front Desk or by calling Phys-Ed, 860.355.4354.
- **Spinning 101:** Thursday, July 10th from 10 - 10:45am. Join Vicki and learn how to properly set up the spinning bike as well as basic spinning drills. Please pre-register at the Front Desk. **One free demo per person please.**
- **Sunset Yoga at Harrybrook Park:** Friday, July 11th from 7:00 - 8:30pm at Harrybrook Park. Join Yoga Instructor, Pam, for a relaxing sunset yoga class in the park. Please bring your own mat or towel as only a limited number will be provided. Program for members \$20 and non members, \$25 with a portion of the proceeds going to support Harrybrook Park. Please pre-register at the Front Desk or by calling Phys-Ed, 860.355.4354.
- **Team Phys-Ed Training:** Interested in Obstacle Course Racing with a group of friends this summer? Contact Coach Chris at [cpapsin@yahoo.com](mailto:cpapsin@yahoo.com) or JC at [jeanclaude\\_chacon@msn.com](mailto:jeanclaude_chacon@msn.com) for more information on how to start your 6 week group training for one of the fabulous OCR races in CT this season! Program for members, \$60 or \$12 drop in fee. Program for non members, \$75 or \$15 drop in fee. Please pre-register at the Front Desk.
- **TRX 101:** Friday, July 11th from 11 - 11:45am. Join Vicki and learn the basics of how to use and perform exercises using the TRX Straps. Please pre-register at the Front Desk. **One free demo per person please.**

**Please be sure to stop down to the New Milford Fair Days on Friday, July 25th and Saturday, July 26th and say hello to Phys-Ed at the Fair!!! Our demo will be on Friday - time to be determined, please check fair days calendar for details.**