

March, 2015

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 Operation Wear Red! Rock Star Workout 8:15am w/ Don	2 Operation Wear Red!	3 Operation Wear Red!	4 Operation Wear Red!	5 Operation Wear Red!	6 Operation Wear Red!	7 Cyclo-seismic 7:30am w/ Chris (R1)\$ Plyomania 9amw/ Don Golf Cond. Prog. w/ Eric 10:30 - 11:30am
8 Rock Star Workout 8:15am w/ Don	9	10	11	12	13	14 Cyclo-seismic 7:30am w/ Chris (R1)\$ Golf Cond. Prog. w/ Eric 10:30 - 11:30am
15 90 Min. Spinning Class 8:30am w/ Vicki	16	17 Plyomania 6pm w/ Don	18	19	20	21 Cyclo-seismic 7:30am w/Chris (R1) \$ Golf Cond. Prog. w/ Eric 10:30 - 11:30am
22	23	24	25	26	27	28 Cyclo-seismic 7:30am w/ Chris (R1) \$ Golf Cond. Prog. w/ Eric 10:30 - 11:30am

Schedule of Events for March

- **Cyclo-seismic:** Every Saturday in March 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.
- **Golf Conditioning Program:** Every Saturday in March from 10:30am-11:30am with Eric. Join Eric, TPI Certified Golf Conditioning Specialist, as he leads you through exercises to help correct your swing faults. Each class will consist of one particular swing characteristic and what movements can help correct them. Handouts given for each class. Use of the Golf Simulator included in price. \$119 members - \$149 non-members
- **Iron Maidens:** Join Jamie or Vicki for this 6 week women's weight training program in which the main objective is to build your comfort level using the free weight area, improve your overall health and well-being as well as boost your metabolism! Contact Jamie at: jamiophysed@gmail.com or Vicki at: vicki_renda@yahoo.com to book your program or for more information.
- **Operation Wear Red: March 1st - 7th.** Phys-Ed has teamed up with The Julia's Wings Foundation to help raise awareness for Aplastic Anemia. Aplastic Anemia is a rare and serious bone marrow disease which affects 600 - 900 Americans each year. Because it is so rare, federal funding is low. It's non-profit organizations like JWF that are paving the way with research funds targeted at finding a cure. The first step is awareness! You can help by joining us during this week by making a donation of \$1 (box located in lobby) and select a day (s) to wear anything **RED!**
- **PlyoMania:** Saturday, March 7th at 9am and Tuesday the 17th 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 pre-register at the Front Desk.
- **Rock Star Experience Workout:** Sunday, March 1st and 8th 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.