

November, 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Also offering (by appointment only) SBR Boxing Camps and, RMR and VO2 Max Testing! 6Wk. Weight Loss Challenge Groups also available!						
						1 Cyclo-seismic 7:30am w/ Chris (R1)
2	3	4 Foam Rolling Demo w/ Chris 10am - 10:30am	5	6 Spinning 101 w/ Vicki 8am - 8:45am	7	8 Cyclo-seismic 7:30am w/ Chris (R1)
9	10	11	12	13	14	15 Cyclo-seismic 7:30am w/Chris Plyomania 9am w/ Don Spinning Bike Set-up w/ Chris 10am - 10:30am
16 Rock Star-Workout w/ Don 8:15am (R2)	17	18 Heart Rate Training 101 w/ Valerie & JoAnn 10am Foam Rolling Demo w/ Chris 10am - 10:30am	19	20	21 Heart Rate Training 101 w/ Valerie & JoAnn 6:45pm	22 Cyclo-seismic 7:30am w/ Chris (R1)
23	24	25 Plyomania 6pm w/ Don	26	27	28	29 Cyclo-seismic 7:30am w/ Chris (R1)

Schedule of Events for Nov.

- **Cyclo-seismic:** Every Saturday in November 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.
- **Foam Rolling Demo:** Tuesday, November 4th from 10 - 10:30am. Join Chris on the mat where he will teach you the benefits of the foam roller and how to use it properly. Learn how to effectively and safely roll out tight muscles and trigger points to help minimize scar tissue build up. Please pre-register at the Front Desk.
- **Heart Rate Training 101:** Tuesday, November 18th at 10am and Friday, November 21st at 6:45pm, join Valerie and JoAnn as they break down what Heart Rate Training means. Do you own a Polar HR Monitor but are not sure how to fully use it? Are you confused by Aerobic vs Anaerobic training? Then this is the class for you! You will begin with a HR Training Lecture and Q & A session, followed by a 30 min. Spinning ride to see how to get the most out of your workouts by Heart Rate Training. Open to members and non-members. A Polar HR Monitor is **HIGHLY** recommended for this class. Please pre-register at the Front Desk.
- **P90X FIT TEST:** Throughout the month of November, 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.
- **PlyoMania:** Saturday, November 15th at 9am and Tuesday, November 25th 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, November 16th 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.
- **Spinning 101:** Thursday, November 6th from 8 - 8:45am. Vicki will go over bike set up, hand positions, how to use the computers and take you through a beginner ride. Please pre-register at the Front Desk.
- **Spinning Bike Set-up:** Saturday, November 15th from 10am - 10:30am. Chris will go through how to properly set up your Spinning bike for safety and comfort. Did you know there are 3 adjustments to ensure your safety and comfort? Learn all about them in this demo with Chris. Please pre-register at the Front Desk.
- **Strength Training for the Outdoor Athlete:** Continuing in October is our off-season program is back and both Coach Chis 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.