

September, 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Also offering (by appointment only) SBR Boxing Camps and, RMR and VO2 Max Testing! Strength Training for the Outdoor Athlete is back!! (See a trainer or manager for more information)						
	1	2 Informational mtg. for Phys-Ed's weight loss challenge w/ Jamie at 10am and 5:30pm or w/ Vicki at 5pm	3	4	5 Informational mtg. for Phys-Ed's weight loss challenge w/ Vicki 8am	6
7 Appalachian Trail Day Hike, Kent - Cornwall w/ Chris \$ (see back)	8	9 Informational Mtg. for the NEW Power Walking Program w/ Jamie! 10am (Track) Plyomania 6pm w/ Don	10	11	12	13
14 Rock Star-Workout w/ Don 8:15am (R2)	15	16 <i>Intuitive Movement Demo</i> w/ Lisa - NEW! 11:15am - 12pm (R1)	17 Informational Mtg. for the NEW Power Walking Program w/ Jamie! 5:30pm (Track)	18	19 <i>Intuitive Movement Demo</i> w/ Lisa - NEW! 5:15 - 6pm (R1)	20 Plyomania 9am w/Don Cycling Trip up Mt. Greylock w/ Coach Chris \$ (see back)
21 Rock Star-Workout w/ Don 8:15am (R2)	22	23 <i>Intuitive Movement Demo</i> w/ Lisa - NEW! 11:15am - 12pm (R1)	24	25	26 <i>Intuitive Movement Demo</i> w/ Lisa - NEW! 5:15 - 6pm (R1) <i>New Age Spinning Class w/ Valerie</i> 6:45 - 7:30pm \$	27
28	29	30				

Schedule of Events for Sept.

- **Appalachian Trail Day Hike:** Sunday, September 7th. Join Chris as he takes you on a guided hike along the Appalachian Trail from Kent, CT to the Cornwall Bridge. Approximately a 7 hour moderate to strenuous hike that is 9.9 miles in length. Meeting place TBD, Chris will contact participants to make arrangements. Dogs are allowed on leash. This hike is open to members and non members for \$5 each or \$20 per family.
- **Cycling trip up Mt. Greylock:** Saturday, September 20th. Join Chris as he leads us to the summit of Mt. Greylock, the highest point in Massachusetts. Depart at 7am from Phys-Ed via carpooling (approx. a 2 hr. drive). Climb up the south side of the mountain, approx. 9 miles in length, then descend the north side, only to climb back up to the summit to finish w/ a descent back to your vehicle! Total of approx. 5,000 ft of climbing. Optional distances available if you would like to climb the summit once. Open to members for \$10 and non members for \$15. Must have your own bike. Please pre-register at the Front Desk.
- **Informational Meeting for the NEW Power Walking Program:** Tuesday, September 9th at 10am or Wednesday, September 17th at 5:30pm. Jamie is launching Phys-Ed's first power walking program that will lead you to walk in the Run Santa Run 5k Race/Walk! To find out more information about this exciting 8 week program, please attend one of these meetings or contact Jamie at: jamiophysed@gmail.com.
- **Informational Meeting for Phys-Ed's Weight Loss Challenge:** Tuesday, September 2nd at 10am and 5:30pm with Jamie or at 5pm with Vicki. Also on Friday, September 5th at 8am with Vicki. Attend any of these meetings to learn more about Phys-Ed's 6 week weight loss challenge. This program will include weekly group workouts with your trainer, general exercise and nutritional tips, weigh-ins and accountability. If you cannot attend one of the meetings but would like more information contact Jamie or Vicki. Jamie: jamiophysed@gmail.com. Vicki: Vicki_renda@yahoo.com.
- **Intuitive Movement:** Tuesday, September 16th and 23rd from 11:15am - 12pm. Join Lisa Lent for this FREE Demo! She will guide you through moving your body to music using a less structured atmosphere, this is NOT your traditional dance class. You modify the moves to your own flexibility and comfort level. It's not about what you look like, it's about how you feel. Easy to follow steps, just swaying to the music in this non-competitive atmosphere is effective in improving vitality, and getting your endorphins going! Please pre-register at the Front Desk.
- **New Age Spinning Class:** Friday, September 26th from 6:45 - 7:30pm. Coach Valerie will bring you on an endurance ride set to new age music such as Enigma, Enya and more! This style of music is used to encourage you to experience a mind/body connection and enhance your inner focus. Dig deep and self-motivate in this class! Verbal coaching will be there but will not be as present as in a normal spinning class. Open to members and non members for \$5. Please pre-register at the Front Desk.
- **P90X FIT TEST:** Throughout the month of September, 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:** Tuesday, September 9th at 6pm and Saturday, September 20th 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, September 14th and 21st 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.
- **Strength Training for the Outdoor Athlete:** Starting in September this comprehensive 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.