

Personal Training

We wanted to let everyone know that our trainers are no longer employees of the club, but now are independent contractors. If you have any questions in regard to your routines, you can pick up one of their business cards at the front desk or go to our newly enhanced website for their bio and video of them in action!

Here are a few words from our trainers to help you get the most out of your workouts.

Angela Henderson: Positive mental thoughts can help get you through any workouts. Find your own “mantra”!

Devon Watt: Always remember to warm up prior to resistance training with stretching and a light cardio warm up.

Heather Muysken: Remember how your muscles feel during each rep. Listen to your body.

Kim Roberts: Always incorporate core exercises into your workouts to maximize your calorie burn.

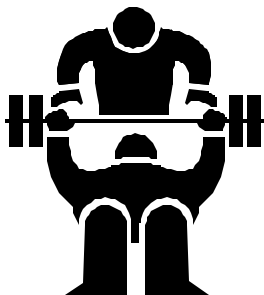
Leesa Pavlos: The key to a good work out is learning to pay attention to what muscles you are using while.

Mark Curreri: Prepare for glory by putting your body through the test of total body fitness& functional strength.

Nancy Pilato: I will not only help motivate you to achieve your personal goals, but I will constantly provide new ways to keep your workouts fun!

Sabrina Heintz: Proper nutrition will help fuel your body for not only your workouts but also your recovery days.

Complete the survey to the right and turn it in to our staff for a **free one-hour session** with one of our trainers!



“Change your workouts” A few words from the GM

Welcome to the New Year! Every New Year brings new determination on accomplishing ones goals. My humble suggestion would be to try different workouts to keep you on your path to achieving your goals.

In all my years in the health industry, I’ve noticed a pattern of members joining gyms; using it consistently, then sparingly and then not at all resulting in cancellations. Trying any of our group x classes that you have always wanted to try, but just haven’t would be a start. Rich Anderson teaches one of the most dynamic classes in the county, Super Cross. Lisa Alban’s power yoga is not only challenging, but will help improve flexibility in areas you didn’t even know you had! My point is a quick glance at our schedule will lead you to a “different workout” then maybe you have been doing.

Also trying a **free session** with any of our experienced trainers would be a way to guarantee a “different workout”. All of our trainers can be reached by grabbing a business card at the front desk. If you have any questions on who might be the best to help you, please don’t hesitate to ask my staff or me. What do you have to lose but some weight!

Yours in Good Health, Orhan Sarabi

Survey

1. Do you know you target heart rate?
2. How many times a day do you eat? How often should you?
3. What muscle group should you strengthen to improve your core?
4. How many times a day should you do resistance training?
5. When should you do foam rolling in your workout?
6. How long should you hold a stretch?