



NOVEMBER 2017 • • •

Club Hours

Monday-Friday, 5AM-10PM
Saturday-Sunday, 8AM-8PM

Squash the Myths on Your Fall Favorites!

By Rachael Mallory, Certified Dietician

Fall is the perfect time of year to enjoy the varieties of squash, as it supports healthy blood pressure, immune function and vision, while protecting against harmful free radicals. Squash also contains adequate fiber, which helps control blood sugar levels and lower cholesterol.

Tip #1- A squash that is darker in color has more nutrients.

Tip #2- Classified as a vegetable, various forms of squash are considered a starchy vegetable, and should be substituted as a carbohydrate source or grain. An added benefit is they can be lower in calories than other carbohydrate and grains such as pastas, bread and rice, with little to no processing (think acorn squash and butternut squash)!

Tip #3- Zucchini squash, spaghetti squash and yellow squash are considered non-starchy vegetables. These provide ~ 5 calories per serving and should be included on a plate filled with half fruits and vegetables.

Cooking squash. My personal favorite is roasting! Add a drizzle of olive oil and place flesh side down on a baking sheet. Roast in the oven at 400° for 45 minutes. In a hurry? Cover in plastic wrap and cook in the microwave for approximately 8 minutes, or until fork tender. Sprinkle with various herbs and spices including cinnamon, cayenne pepper, rosemary or cumin.

How can I "squash" my daily routine?

- Add to smoothies
- Put 'em in salads to add a nutty taste
- Sautee and add to a burrito or your morning omelet
- Use as a fun new side dish with your evening meal

Try pumpkin – a great source of antioxidants and nutrients like its other squash equivalents. Roast in the oven and bake the seeds separately for a good source of plant-based omega 3 fatty acids.

WEEKEND WARRIORS

Bring a friend to any weekend session for free!

Valid November 1-30

FIT 'N TRIM

2 complimentary, 30 min nutrition consultations with a personal trainer

Valid November 1-30

Fight the Gobble

November 1-22

Monday-Friday 5:30-7:30PM

Saturday 8:30-10:30AM

Metabolic resistance training designed to spike your metabolism so your body burns through those irresistible sides and desserts. 21 Days of Unlimited Small Group Training for only \$360.

Holiday Marketplace

November 27-28, 8:30-10:30AM, 5:30-7:30PM

Come do your holiday shopping with our local artisans!

Foodie Fun Parents' Night Out

Friday, November 3, 5-9PM

Cost is \$25 per child and \$15 each additional child in the same family for members and non-members. Also, offering after school activities.

Fencing

Thursdays, 4-5PM

Cost is \$30 per session for members and non-members. No experience needed. No equipment needed.

Home Work Hour

Monday- Friday, 3-5PM

Drop your children off at our club to get their homework done. Cost \$10/day for members and non-members.

The Movie Making Mission

Blast! Off Days - Buy 5, get one FREE

Cost for members is \$25 per child and \$15 each additional child within the same family. Cost for non-members is \$40 per child and \$20 each additional child within the same family.

November Group Fitness at a Glance

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MAIN STUDIO

6:00AM	Bootcamp Myrna	BODYPUMP™ Danielle	TurboKick Jennifer	Fusion Lynn	Bootcamp Katie		
8:30AM	TurboKick Hillary	Barre Kristin	PUMP/ATTACK Tina	Strength Miguel	Power Salsa Miguel	Barre Staff	Bootcamp Tina
9:30AM	BODYPUMP™ Susan	Stretch Miguel	BODYPUMP™ Tobie	Fit Mix Miguel	BODYPUMP™ Tina	BODYPUMP™ Angela	TurboKick Hillary
10:30AM	Strength Malita	TurboKick Lloyd	Strength Hillary			TurboKick Emily	Barre Gloriella
11:30AM	Barre Margaret					Zumba® Ariela	
12:30PM						Pilates Sculpt Jackie/Miguel	
4:30PM							BODYPUMP™ Tina
5:30PM	Power Salsa Miguel	BODYPUMP™ Susan	Bootcamp Katie	Barre Margaret			
6:30PM	PUMP/ATTACK Myrna	Zumba® Ariela	TurboKick Lloyd	BODYPUMP™ Lloyd			

MIND - BODY STUDIO

7:30AM		BODYFLOW™ Vonetta		Basic Yoga Pam			
8:30AM	Basic Yoga Kristin		Basic Yoga Pam				
9:30AM	Pilates Kristin	Forever Fit Malita	Stretch Ling	Forever Fit Malita	Pilates Shirmel		
10:30AM		Basic Yoga Nicole	Basic Yoga Melissa		BODYFLOW™ Vonetta	Power Yoga Melissa	BODYFLOW™ Holly
11:30AM				Gentle Yoga Tra		Stretch Jackie/Miguel	
12:30PM					Power Yoga Sarah		
5:30PM	BODYFLOW™ Tina	Pilates Miquel		BODYFLOW™ Jay			Yoga Stretch Irene
6:30PM	Gentle Yoga Georgia	Power Yoga Susan	LIVE WELL Tina	Power Yoga Ling			

CYCLE

6:00AM	Cycle Kirstie	Cycle Liz	Cycle Alison		Cycle Lauren		
9:30AM	Cycle Tobie		Cycle Hazel		Cycle Hazel	Cycle Karen	
10:30AM						Cycle Tobie	Cycle Traci
4:30PM							Cycle Chris
5:30PM		Cycle Stephanie					
6:30PM	Cycle Stephanie		Cycle Chris				

WATER

9:30AM	H2O Annika		H2O Annika		H2O Ling	H2O Marlene	
6:30PM		H2O Luz		H2O Luz			