



FEBRUARY 2018 • • •

Club Hours

Monday-Thursday, 5:30AM-10PM

Friday, 5:30AM-9PM

Saturday-Sunday, 7AM-7PM

Give Your Heart Some Love

Cardiovascular disease is the leading cause of premature death for men and women. Luckily, we all have the opportunity to reverse this statistic. By taking a small amount of time each day you can greatly reduce your chances of developing heart disease, lose weight, as well as enhance your overall wellbeing. As Healthy Heart Month is observed throughout February, here are a few ways to get your heart pumping:

:: Try interval training. Are you stuck in a rut with your cardio regime and not seeing the results you desire? We recommend interval training – which is very short, very intense exercise bouts followed by moderate intensity exercise – if you want to shed some extra pounds, prevent heart-related problems, better your time for a particular race, or have little time to squeeze in a workout. Anyone can do interval training, and the mode or type of exercise can be your choice. Properly begin by gently warming up on your favorite piece of cardio equipment for 5-10 minutes. Depending on your fitness level and goals, increase your intensity for a few minutes by raising your heart rate 75-85%. Once your heart rate has spiked for a few minutes, decrease your intensity to 55-65% to rest and recover. Repeat these last two steps until you have performed a full 30-60 minute workout including a warm-up and cool-down. Interval training taps into your lactic threshold, which encourages your body to utilize more oxygen. This, in turn, creates higher caloric expenditures and sets up your body to work more efficiently. Set up a session with a Certified Personal Trainer today to get your interval training specialized for your specific needs.

:: Mix up your cardio training. Interval training should only be performed a few times per week to reduce the risk of overtraining; light to moderate cardio training should be performed on the alternate days. Your heart rate can rise to a consistent 65-75% for 30-60 minutes, depending on your fitness level and goals. An ideal “cardio week” should include 3-4 days of moderate intensity workouts and 2-3 days of interval training.

:: Pick an activity you enjoy. If the thought of spending your time sweating on a machine while you count down the minutes leaves something to be desired, pick an activity you enjoy. The key to sticking with a cardiovascular routine is picking an activity that is fun for you. If you’re a recreational skier, hiker, or swimmer, then do those activities a couple times a week at an increased intensity. Soon enough, it won’t even feel like exercise at all, and that is one of the best ways to maximize your cardio workouts.

There are an **unlimited number of ways** to incorporate cardiovascular.

BODY LAUNCH

2, 60-minute
PERSONAL TRAINING SESSIONS

2, 30-minute
RECOVERY SESSIONS

Just \$149

Ladies’ Night

Friday, February 23, 5-9PM

Discounted services and refreshments.

Parents’ Night Out

Friday, February 16, 5-9PM

Discounted services, packages available, and complimentary refreshments.

3rd Annual Burlesque Zumba

Thursday, February 8, 5:30PM

This class will have the great dance rhythms, party atmosphere and amazing cardio workout that Zumba provides, but with some added burlesque music and moves mixed in! Located in studio D.

Tips for a Heart-Healthy Valentine's Day

Instead of showering your sweetheart with heart-shaped boxes of chocolate this Valentine's Day, why not tend to their actual heart? Here are some easy tips to show your loved one you care.

1. Give the gift of quality time. Plan a fun activity for you and your partner. Go for a moonlit run or bundle up and go ice skating, snowshoeing or skiing. If you aren't a fan of the cold, head indoors for rock climbing or take a partner yoga class. End the day with a couples massage.

2. Give back. Volunteer with a date, friend or family member at a local charity. Giving back helps boost your mood and eliminate stress, not to mention you are making the day special for someone else in need.

3. Set a 'table for two' at home. Most restaurants will be crowded, expensive and unhealthy. Choose a healthy meal you will both enjoy and share the cooking duties, and then enjoy your meal by candlelight in peace and quiet.

4. Do something sweet. Skip the treat that is a "heart attack on a plate" and give your partner a sweet fruit basket and share it over dark chocolate fondue.

5. Just move. Invite your loved one to dance. Choose a slow song to enjoy an intimate moment or choose a fast song to have fun and boost your heart rate. If you aren't up for dancing, go for a stroll.

