



AUGUST 2017 • • •

Club Hours

Monday-Thursday, 5:30AM-10PM

Friday, 5:30AM-9PM

Saturday-Sunday, 7AM-7PM

The Miracle of Small Group Training

By Matt Schifferle, Elite Personal Trainer

Think about all of the benefits of small group training (SGT) and the word miracle springs to mind. The number of benefits it can provide is massive! People who attend end up working out smarter, harder, more frequently and much longer.

#1- Brings social support and community

It's like belonging to a special club. Groups are made up of like-minded folks looking for the same results. Now you have a complete entourage to help guide and support you.

#2- Get personalized instruction

Since classes top out at 5-6 people you won't get generic instructions shouted out. With SGT you'll be able to directly ask the instructor questions about your specific needs and receive specific feedback for your personal challenges.

#3- Learn both new exercises and workout styles

You should be making progress towards your goal every week without exception. It's a high expectation, and can be met as long as you keep learning something new every few days. You learn new exercises and workout styles each week and better ways to progress the basic exercises. Nothing produces results like learning how to do classic exercises better and better.

#4- Keep your workouts consistent

Lack of consistency is the #1 reason for failing to reach a weight loss or fitness goal. Knowing that you have a workout scheduled and people counting on you will keep you on track when life gets hectic.

#5- Fraction of the cost

Nothing beats the effectiveness of 1-on-1 training, but SGT can offer very similar benefits at a fraction of the cost. This makes it the ideal supplemental program for your training plan and personal workout.

At the end of the day, you get massive benefits you simply cannot gain by working out solo, while saving time, money and effort. It will help you grow and develop as an athlete and a fitness enthusiast much faster than just going through the same old routine.

After all, nothing feels more miraculous than looking back and realizing how far you've come in such a short period of time.

HOTTER than EVER

August 1-31

**5 Small Group
Training Sessions
for \$99***

(20% Savings!)

*First time clients only

Back 2 School Challenge

August 7-August 26

Are you ready for a Challenge? Come join the personal training team for weekly workout challenges to teach your body something new!

Kickboxing Class

Monday, August 21, 6:30PM

Join the fun for a special back-to-school celebratory kickboxing class with Dan!

Parents' Night Out

Friday, August 25, 4-8PM

Drop the kiddos off for a pajamas, pizza and movie night and enjoy a spa night all to yourself! Tickets go on sale August 1. Reserve early to ensure a spot in spa/child care. Special discounts on 50-minute massages, Facials, Manicures and Pedicures! With purchase of a ticket you will be entered into a raffle for prizes to give you a fun date night out in West County.

OPPORTUNITIES TO ENGAGE

Strong Kidz

Mondays, 9:30AM

Wednesdays, 10:30AM

A fun class for kids ages 6-12 to learn proper workout techniques and form. 50% strength, 50% conditioning, 100% fun! Early bird registration is \$10/class and Drop-In rate is \$15/class.

Yoga Kids

Saturdays, 10AM

A fun class for kids ages 3-8 to get a great start to a healthy lifestyle. Increases flexibility, balance and even improves focus and memory. Early bird registration is \$10/class and Drop-In rate is \$15/class.

The Fruits (and Veggies) of Summer

by Amy Revell, Certified Personal Trainer

The days are long and warm, and the evenings invite simple yet delicious meals during the summertime season. One of the greatest things about summer is the huge variety of farm-fresh fruits and vegetables you can add to your usual rotation of meals. Current guidelines suggest that eating 5-9 servings of fruits and vegetables a day can help you maintain a healthy weight and fight off heart disease and certain cancers.

Following are some tips to take advantage of summer's produce bounty you can find at local farmers' markets and farm stands:

- Use fresh tomatoes for simple salads; supermarket tomatoes are a faint shadow of what tomatoes from the farm stand can be! Drizzle slices with a little olive oil and sprinkle with sea salt and fresh basil.
- Toss freshly-picked sliced eggplants and zucchini with olive oil and balsamic vinegar, and grill alongside chicken or fish for an easy outside supper.
- Pick a vegetable you've never tried before (or maybe even never heard of before... kohlrabi, anyone?) – the quality of produce you get from

a farm stand is usually excellent and you may find a new favorite!

- If you like fruit smoothies, there's no better time for them. Sweet strawberries, plump blueberries, juicy peaches – all are at their peak in the summer and add fiber, antioxidants and amazing flavor to a fast breakfast.
- Add lightly steamed broccoli, cauliflower or asparagus to pasta and potato salads to add fiber and nutrition and help cut the calorie count per serving down to more reasonable levels.

Adding beautiful produce at its peak into your summer diet will help you stay hydrated, satisfied and healthier than ever. Check out summer cooking tips at www.cookinglight.com, www.eatingwell.com, and www.prevention.com for more recipe ideas.

Summer offers a wealth of deliciously ripe fruit and vegetables. Try these tips to take advantage of summertime's produce bounty.

