

Welcome our new members to the Club 51 family!

Ryan Preston	Mike Henryne
Joel Bowers	Wes Anders
Carolyn Bradfield	Brennen Oakes
Leah James	Wendy Mount
Brian Clark	Marketa Watkins
Andrew Bockelman	Jamie Feilen
Sue Coblentz	Tricia Drylie
Jeff Hoskins	Gina Atchison
Molly Smith	Lauren Vari
Olivia Zuba	Tammy Murphy
Caleb Hamilton	Kelly Hamilton
Dave Reed	Hal Rodenburg
Tracy King	Lillian Korbrin
Ken Nelson	Ben Parkhurst
Hannah Parkhurst	Joan King
Joe Gridley	Jack Gridley
Megan Mercuri	Colleen Johnson
Lauren Schnieder	William Chrisovergis
Amy Walters	Meikin Clark
Vivian Inya	Scott Walters
Brook Pauley	Nada Albarqawi
Karen Thompson	Mike Collins
Karen Knight	Amy Watson
Laura Lester	Emily Nelson
Russ Johnson	Audrey Beach
Sharon Williams	Tony Greene
Dora Benavides	Nathan Croumer
Lauren Baumgarten	Michael Wilemaitis
Sean Quinlan	Deanna Zikias
Chris Collins	Shaun Rhoden
Cindy Kurtz	Brenda Kohlhorst
Danny Kraker	Diane Kraker
Jack Kraker	Sandra Clark
Mark Moser	Michelle Ellis
Gina Coates	Kathy Kahn
Rebecca McGrane	Paul McGrane
Joely Hastings	Jennifer Phelps
Linda Manns	Brian Rao
Gary Gardner	Rachel Hickson
Lisa Hickson	Jeffrey Lightcap
Ashley Brittany	Ryan Bales
Dawn Fleming	Cathy Wade
Bryan Smallwood	Betina Criger



Club 51 now offers special rates for Corporate Accounts

If interested, call 937-291-7990 and ask to
speak with Ron Byrd.

*Rates based on the number of employees enrolled and payroll deduction of dues.

Class Spotlight **ZUMBA®**

Did you know?

- Zumba was created in Columbia by dancer/choreographer Alberto Perez in the late 1990's.
- Zumba combines Latin and international music to make exercise fun.
- Zumba classes are offered in over 100,000 fitness facilities in over 100 countries with 10 million participants.
- The Zumba workout program uses salsa, merengue, samba, cha-cha-cha, bellydance, and hip-hop dance moves just to name a few.
- Zumba is so popular that there is now a video game published by Majesco Entertainment for the Wii, Xbox360 Kinect, and the Playstation 3 Move.



Drink of the Month: Liquid Speed

Details

Explosive energy. Fat burner. Mental focus. Awesome taste. Dietary Supplement. Liquid Speed from Dymatize combines a powerful energy producing, fat burning formula with turbocharged taste for the ultimate pedal-to-the-metal power drink. Look sharp, stay sharp with Liquid Speed. Best when served chilled!

Directions

Recommended Use: As an adult dietary supplement, initially drink one-half bottle [4.75 oz] of Liquid Speed to determine tolerance. Do not exceed more than one bottle in a four-hour period or more than 1 bottle daily. For best results use as part of a reduced fat, diet, and exercise program. Do not consume on an empty stomach. Shake well before use.

Warnings

Not intended for persons under 18 years of age. Do not use if pregnant or nursing. Do not exceed recommended dose. Do not consume synephrine or caffeine from other sources, including but not limited to, coffee, tea, soda and other dietary supplements or medications containing phenylephrine or caffeine. Contains caffeine. Do not use for more than 8 weeks. Consult a physician prior to use if you are taking medication, including but not limited to MAOI inhibitors, antidepressants, aspirin, non-steroidal anti-inflammatory drugs or products containing phenylephrine, ephedrine, pseudoephedrine, or other stimulants. Consult a physician prior to use if you have medical condition including but not limited to: heart, liver, kidney, or thyroid disease, psychiatric or epileptic disorders, difficulty urinating, diabetes, high blood pressure, cardiac arrhythmia, recurrent headaches, enlarged prostate or glaucoma. Discontinue 2 weeks prior to surgery or if you experience rapid heart-beat, dizziness, severe headache or shortness of breath. For healthy adult use only. Keep out of the reach of children.

Training Zone

4750 sq ft Indoor Astro-Turf Training Facility.

Perfect for parties, auctions, church functions, team training & conditioning

25 ft. projection screen with projector & 50 yd Sprint Lane available

\$50/hr, minimum of 4 hours



Healthy Recipe of the Month: Homemade Power Bars

Ingredients

- 1 cup quick-cooking rolled oats
- 1/2 cup whole wheat flour
- 1/2 cup wheat and barley nugget cereal (e.g. Grape-Nuts™)
- 1/2 teaspoon ground cinnamon
- 1 beaten egg
- 1/4 cup applesauce
- 1/4 cup honey
- 3 tablespoons brown sugar
- 2 tablespoons vegetable oil
- 1/4 cup unsalted sunflower seeds
- 1/4 cup chopped walnuts
- 1 (7 ounce) bag chopped dried mixed fruit

Directions

- Preheat oven to 325 degrees F (165 degrees C). Line a 9 inch square baking pan with aluminum foil. Spray the foil with cooking spray.
- In a large bowl, stir together the oats, flour, cereal, and cinnamon. Add the egg, applesauce, honey, brown sugar, and oil. Mix well. Stir in the sunflower seeds, walnuts, and dried fruit. Spread mixture evenly in the prepared pan.
- Bake 30 minutes, or until firm and lightly browned around the edges. Let cool. Use the foil to lift from the pan. Cut into bars or squares, and store in the refrigerator.

Follow us on

facebook

for movie updates, special events, and more!

<http://www.facebook.com/#!/pages/Club-51-Fitness/149410875118696>

If you or someone you know would be interested in receiving our bi-weekly e-newsletter, please have them send their e-mail address to Beth at beth@club51fitness.com.



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