

Welcome our new members to the Club 51 family!

Garrett Slagle

Brandon Vanausdal

James Witsman

Jerry McCormick

Amy Farst

Sue Sobieski

Dietta Oxman

Randy Riesbeck

Ashley Cipiti

Lisa Oxendine

Christina Ent

Evan Roberts

Jacob Olsen

Heather Lane



**March 2011 is National
Nutrition Month**

Eat right with COLOR





MARCH GROUP CLASS SCHEDULE

Group X Exercise Zone & Cycling (limited to 15 bikes)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	Cycling 6a - 7a Karen	Strength & Conditioning 530a- 630a LaDawn	Cycling 6a - 7a Karen	Strength & Conditioning 530a- 630a LaDawn		Cycling 8a - 9a Lorenzo	
		Group PT (Women only area) 830a- 930a Mandy	Step & Sculpt 9a- 10a Kim	Group PT (Women only area) 830a- 930a Mandy	Core Express 9a-10a Dan	The Drill 9a- 10a Misty / LaDawn / Racquel	
	Step & Sculpt 9a- 10a Kim	Cycling 9a - 10a Dee		Cycling 9a - 10a Robyn		Zumba 10a-11a Chris	
PM	Core Express 530-630p Dan	Long, Lean and Bad 530-630p Racquel	Turbo Kick 430-530p				
			Core Express 530-630p				
	Cycling 630-730p Mandy	Zumba 630-730p	Cycling 630-730p Mandy	Zumba 5p-6p 630-730p			

Mind and Body We reserve the right to limit these classes to first 20 participants.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM							
9:00a	Pilates 9a- 10a Susan				Yogalates 9a- 10a Janet	Yogalates 9a- 10a Michelle	
9:30a							
10:00a	Pilates 10a- 11a Susan	Pilates Ball & Band 10a- 11a	Yogalates 830a-930a Bill	Pilates 10a- 11a Lee	Yogalates 10a- 11a Janet	Yogalates 10a- 11a Michelle	
10:30a							
11:00a		Hatha Yoga 11a- 12p		Hatha Yoga 11a- 12p Lee			
11:30a							
PM							
6:00p	Yogalates 6p- 7p Michelle		Beginner/Intermediate Pilates 6p- 7p Michelle				
6:30p							
7:00p	Hatha Yoga 7p- 8p Linda		Hatha Yoga 7p- 8p Michelle				
7:30p							

Gravity limited to 6 people -TRX – Classes limited to 10 people

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM							
	GRAVITY TRAINING 6a-7a Victor		GRAVITY TRAINING 6a-7a Victor		GRAVITY TRAINING 6a-7a Victor		
		GROUP PT/TRX 8a-9a Victor		Centerville boys Lacrosse 3:30-5:00PM	Advanced GROUP PT/TRX 8a-9a		
	GRAVITY TRAINING 9a-10a Victor		GRAVITY TRAINING 9a-10 Victor	GROUP PT/TRX 5a-6p PM	GRAVITY TRAINING 9a-10a Victor	(Private) PT 9a - 10a Victor	Centerville boys Lacrosse 3:30-5:00PM
				TRX Body Blast 6p-7p Victor Free to members			Beginner TRX 11-12am \$7.50

CLASS SPOTLIGHT **Cycling**

Can stationary bike training improve your outdoor cycling performance? Of course! Whether alone on a trainer or with an indoor group cycling class, many skills can be enhanced over the winter months. What makes an efficient cyclist? Endurance, strength, speed, stroke skills, bike handling skills and mental resolve. All of those assets (most have bike handling) can be cultivated indoors.

To help you get the most out of your workouts, here are some benefit-maximizing tips for indoor cycling class:

If you are a beginner, arrive at class a few minutes early to set up your bike. Feel free to ask the instructor to help you!

When setting the height of your seat, here is a good rule of thumb: when seated, feet resting lightly on the pedals, your knee should be slightly bent on the down-stroke. If your knee is bent more than a 10-15 degree angle, you need to raise the seat; if your knee is straight, you need to lower the seat slightly.

Remember that a stationary cycling for fitness class is not only a physical journey, but a mental one as well. When you use your imagination to visualize different terrains, your will be better able to push your body and challenge yourself.

One of the best tips for indoor cycling class: aim to drink about one ounce of liquid for each minute of cycling.

Take advantage of the group environment to push yourself even harder than you would if you were alone; remember, though, that stationary cycling for fitness class is not a race or a competition: everyone always starts and finishes together!



Check out our new Facebook page!

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

We will be posting club updates, Cardio Theater movie titles, upcoming events and much more!

Trainer Spotlight : EMILY MILLER

How long have you been a personal trainer? What made you decide to start?

I have been a trainer for the better part of 10 years. I started training as an athlete in college and found that I thoroughly enjoyed helping others reach and maintain their fitness goals. Since then I have had the opportunity to work with clients in both the clinical and sports setting. This has provided me solid experience in training a diverse clientele.

Have you always been in such great shape? How do you maintain it?

Exercise has always been an important aspect in my life but there have been times where it has not been a priority. It's essential to incorporate fitness and nutrition into my daily lifestyle.

What are your certifications?

I am certified with the American College of Sports Medicine.

Do you have any great client success stories?

I've assisted numerous individuals with significant weight loss and helped many athletes build skills to achieve their physical potential. But my greatest success involves the post-rehabilitation of a client for injuries he sustained in a serious motor vehicle accident.

Have you done any competing?

While I have not participated in a figure competition, I have competed as a cross-fit athlete.

What are the most common mistakes that newbies make?

The most common mistakes for people new to exercise are lack of motivation and knowledge. Having a personal trainer allows you to improve your skills, overcome a plateau, remain inspired, workout safely, and achieve maximum results in minimum time.

What does the future hold for your personal training?

I hope to continue as a personal trainer. There is always room for learning so I frequently attend conference and seminars to better train my clients.

What do you do outside of training your clients?

In my time outside the gym, I enjoy spending time with family and friends.

Member Spotlight BRIAN RABY

Tell us about yourself! When you're not at Club 51, what are you doing?

I'm either working, studying to become a personal trainer & natural body builder, spending time with my dog and eating.

How long have you been a member of the gym?

About 10 years

What made you decide to start coming to Club 51 Fitness?

It's a local hometown gym with a friendly environment. Plus they have an awesome equipment selection.

You are in really good shape...How do you do it?

I maintain a healthy diet and stay motivated to reach my fitness goals.

What are your health and fitness goals for the future?

To become a natural body-builder, to get into the best shape I can, and become a personal trainer.

If you were stranded on a desert island, what 3 things would you want with you?

My dog, Zeus – a Rottweiler, Plenty of food, and Club 51 Fitness

What is your favorite part about Club 51?

The familiar faces

Tell us something interesting about yourself that most people don't know.

I'm the type of guy who would do anything for a friend. I would give them the shirt of my back.

FaCt Or FiCtIoN?

Are Squats really that important?

There really isn't that much involved in squatting. All you're doing is going down into a sitting position and then standing up again – with a little resistance thrown in. Yet this simple movement is the most productive thing you can possibly do if you want to pack muscle onto your frame. Why? Because it works your entire body while giving you a good cardio workout. Unlike most upper body functional strength movements, the squat involves more than one prime mover and many synergists. The result, if you apply consistency and progressive resistance, is more muscle and less fat.

Healthy Recipe of the Week:

Tuna & Chickpea Salad

Prep: 10 minutes

Ingredients

- 1 (5 ounce) can Italian tuna packed in olive oil, undrained**
- 1 (16 ounce) can chickpeas (garbanzo beans), drained**
- 1 (2.25 ounce) can black olives, chopped**
- 1/4 cup chopped Italian (flat-leaf) parsley**
- 1/2 red onion, chopped**
- 1 lemon, juiced**
- 1/4 cup crumbled reduced-fat feta cheese, or more to taste**

Directions

Stir the tuna, chickpeas, olives, parsley, red onion, lemon juice, and feta cheese together in a bowl. Season with salt and pepper.



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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