



The Club Connection

This week in "The Club Connection"

- [Holiday Open House](#)
- [Open House Prize List](#)
- [Operation Christmas Wish](#)
- [Healthy Recipe of the Week](#)

Welcome our new members to the Club 51 family!

Amy Andrews	Colette Carr
Lori Gardner	Kathryn Norman
Joe Nelson	Matthew Sato
David Hesp	Ajay Dhaul
Rich Croskey	Matt Overton
Paul Rhee	Keith Stamper
Nicole Bohn	Kenna Weis
John Wood	Julie Gregory
Angie Hale	Nikou Parand
Tyler Mcdainal	Tony Yahle
Rukhsana Siddiqui	Steve Milano

See page 3 and learn how you can help make a less fortunate child's Christmas special this season!



HOLIDAY MEMBER APPRECIATION PARTY!



December 11
10am-3pm

The 99.9 LITE FM, Dayton's Christmas Music Station Van will be stopping by at 12:00 noon to give away 50 holiday CD's, \$250.00 in James Free Jewelers Gift Certificates, and Papa Johns Gift cards!

On December 11, 2010 from 10am-3pm, Club 51 Fitness will be hosting an open house party to honor our members.

The event is free and open to the public, so bring your friends, family, and children.

The party will feature an assortment of food and beverages, and will play host to a D.J., face painters, balloon twisters, and local vendors giving out free samples. A highlight of the event will be the raffling off of an array of amazing gifts including, a 47" LCD TV, a grill, 2 sport bicycles, 10 movie tickets, restaurant gift cards, prizes from Neotan, Alocs Day Spa and much, much more!

At the Holiday Appreciation Party on December 11, Club 51 Fitness will be giving away \$5,000 dollars worth of raffle prizes ALL DAY. EVERYONE is a winner! Everyone that walks in the door receives \$5.00 worth of tokens for the Chaos Room. If you wear your Club 51 Fitness t-shirt you will receive an additional \$5.00 in tokens!



10am	*1 Cannondale Sport Bicycle (\$500 Value)
10:15	1 Club 51 t-shirt, 1 hour private lesson at Mile High Karate
10:30	1 Club 51 T-shirt and a 1 hour cleansing facial from Alec's Day Spa
10:45	1 Pair of movie tickets, 2 free Neo Tan mystic tans & a tanning gift bag
11 am	*1 Char-Broil Dual Fuel Grill (\$250 Value)
11:15	1 De-stress and polish package (2.5 hours) Hour massage or facial, pedicure & a manicure (\$110 Value)
11:30	Club 51 t-shirt, \$25 Buffalo Wings & Rings Gift Card
11:45	Pair of movie tickets and a 1 hour relaxing massage from Alec's Day Spa
12 pm-1pm	LITE 99.9 FM Holiday Van Stop, 50 Holiday CD's, \$250.00 in James free Jewelers Gift Certificates, \$25.00 Papa John's gift cards
1pm	*1 Sport Bicycle (\$500.00 Value)
1:15pm	\$25.00 Buffalo Wings & Rings Gift Card
1:30pm	1 Club 51 Fitness T-shirt and a pair of movie tickets
1:45pm	1 Pair of movie tickets and a Club 51 Fitness t-shirt
2pm	*47" LCD LG TV (\$1000 Value)
2:15 pm	\$25.00 Buffalo Wings & Rings Gift Card
2:30 PM	Club 51 Fitness t-shirt, 60 Min of free tanning at Neo tan
2:45 pm	Pair of movie tickets and a free one-hour private lesson at Mile High Karate

(*) denotes that you need not be present to win these 4 specific prizes.
Raffle tickets for the (*) prizes are available at the front desk for members of Club 51.

PIZZA, GAMES, DJ, BALLOON TYING, FACE PAINTING



OPERATION CHRISTMAS WISH

So many families are hurting in our community during these tough economic times. As the holidays approach, please think about those who are less fortunate. Join with Good Neighbor House and Club 51 Fitness in recognizing the children that need an extra reason to smile.

Now through Friday, December 17th, Club 51 Fitness is accepting new, unwrapped toys for children ages 1-12 and gift cards for children ages 13 and 14. Any monetary donations are also welcome.

Bring your gift to the front lobby and place it under the Christmas tree to help less fortunate families receive the gift of Christmas.



MEMBER DISCOUNTS

AT&T-

- 50% off of accessory purchases (excluding Bluetooth and Otterbox)
- Waived activation fees with purchase of new service, or upgrade to a new phone

Redeemable at the Washington Square AT&T (by DLM)

6101 Far Hills Ave
Centerville, Ohio 45459



Holiday Member Appreciation Party & Open House

Sat. Dec. 11, 10a-3p

On December 11, 2010 we will be hosting a holiday member appreciation party in which we will be raffling off an array of amazing prizes!



Raffle prizes will include a grill, a 47" LCD flat screen TV, 2 bicycles, 10 movie tickets, restaurant gift cards, prizes from Neo Tan, Alocs day spa and much more!
(Must be present to win grill, TV, and bicycles)

How to get raffle tickets for the BIG prizes

- Every Club 51 member receives 1 free ticket. Please inquire at the front desk.
- Each time a member brings in a guest for a club tour or workout, the club member receives 1 additional ticket.
- If your guest and any other referral joins the club, you will get additional raffle tickets.

EVERYBODY'S A WINNER!

Everyone who comes to the open house on December 11, 2010 will receive \$5 worth of arcade tokens at the Chaos Room.

***Wear your Club 51 Fitness t-shirt and receive an additional \$5.00 worth of arcade tokens!**

Healthy Recipe of the Week...yeah right.

Let's face it... It's thanksgiving and you are more than likely going off your diet. I'm not going to try to talk you out of that, because that would make me a hypocrite. I will, however, offer some advice on how to do a little less damage.

Don't go to the Thanksgiving dinner hungry: we often eat faster and more when we are hungry - therefore eat a wholesome breakfast and lunch on the day to avoid overeating at dinner time.

Turkey - go skinless: choose your 4-oz turkey portion skinless to slash away some fat and cholesterol. Save your appetite for the side dishes and desserts.

Side Dishes - watch your portion size: go for smaller portions. This way you can sample all the different foods. Moderation is always the key.

Make a conscious choice to limit high fat items: high fat food items can be found in fried and creamy dishes as well as cheese-filled casseroles in a traditional Thanksgiving meal. For instance, mashed potatoes are usually made with butter and milk; green bean casseroles are often prepared with cream of mushroom soup, cheese and milk and topped with fried onions; candied yams are loaded with cream, sugar and marshmallows. If you cannot control the ingredients that go in to a dish, simply limit yourself to a smaller helping size. Moderation is the key.

Drink plenty of water: alcohol and coffee can dehydrate your body. Drink calorie-free water to help fill up your stomach and keep you hydrated.

Healthy Thanksgiving Recipe Substitution Tips

Recipe calls for...	Substitution
1 whole egg	2 egg whites
sour cream	low fat plain yogurt or low fat sour cream
milk	skim or 1% milk
ice cream	frozen yogurt
heavy cream (not for whipping)	1:1 ratio of flour whisked into non fat milk (e.g. 1 cup of flour + 1 cup of non fat milk)
whipped cream	chilled evaporated skim milk or other low fat whipped products such as Nutriwhip
cheese	low-fat cheese (please note: non-fat cheese does not melt well if use in cooking or baking)
butter	light butter
cream of mushroom	fat-free cream of mushroom

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 Allie at alliej@club51fitness.com



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