

In The Center

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Now Hear This!

Happy New Year

The year is new and so are our thoughts and attitudes for a healthy, happy 2012. We always like to start the year with a heart-felt Thank You to each and every one of you for your continued patronage and support of the Fontana Center. We feel truly blessed to have loyal customers dedicated to a life-time of good health and good cheer.

Our staff is here to help keep you on track towards new goals or the ones that have been with you for a lifetime. We look forward to a year full of health, happiness and prosperity.

New Year = New Classes

With the start of the new year, we are happy to say we will be offering a few new classes to add to your workouts.

On the land, we will be adding a Wednesday 6:30pm Yin Yoga Series. We will also be adding in a new 10am Saturday class to the rotation...Group Training.

In the water, we will be adding a Tuesday / Thursday 4:30pm 30-30 Cardio Toning Mix. We will also be continuing the 1st Saturday 9am Aqua Zumba.



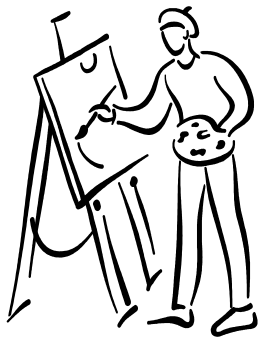
Yin Yoga...Group Training??

Yin Yoga is a more passive form of traditional Yoga. Postures of Yin Yoga are held for a longer period of time and typically target the tissues of the hips, pelvis, and lower spine. While passive, the longer holds can be challenging and intense and also help to strengthen the connective tissues. Yin Yoga is a great compliment to any cardio or strength training workout and is a great way to keep joints strong and flexible. We hope you can join Kayla at 6:30pm every Wednesday night in January to experience the Yin Yoga Series.

Group Training will give you the benefits of personal training but in a group setting. The class will focus on strength and toning exercise using a combination of machines, free weights and resistance tubing. This will not be your typical aerobic toning class with moves set to music, but rather a more intense focus on form, technique and individual strength. Join Marcus on Saturdays in January at 10am for this new method of training.

Calling All Artists

We are looking for members who are arts and crafts enthusiasts that want to add to our Hallway of Highlights Art Exhibit. Paintings, photos, sculptures or any other form of art are welcome. If you would like to display your work, or that of a friend or family member, please bring it to the facility at your convenience. Attach a business card/contact information for those who may want more detail on the artist.



We will display the work in the hallway leading to the pool area, so please, limit to smaller pieces. Also, if you do not want your art to be touched, please have it contained properly. If you have questions, please contact Monica @ 234-7018 or fitness2@fontanacenter.com

Share Your Photos

It's time for a change! We would like to update our gym display board to show off your cute and cuddly baby photos. Show us, and everyone else, how sweet and loveable you were in your earliest years.

You can drop your photo off with Monica or Christina. We can make copies so you don't have to leave your originals. And, if you are up for it, include your date of birth when you bring the picture. Cheese!!

Staying Healthy

Do you feel like you are always the person in the household or office getting sick at this time of the year? Following a few guidelines set forth by doctors and researchers could help you stay more virus and ache free than ever.

The number one recommendation is getting the flu vaccine ASAP! But beyond the flu shot are these tips:

- * head outdoors...staying trapped indoors keeps you in close contact with people and their germs
- * take time to relax...being overly stressed can cause increased susceptibility to catching a cold
- * keep your hands clean...cold and flu germs spread easily through touch; keep fingers away from eyes, nose and mouth - the easiest places for germs to enter
- * get to bed...sleep requirements vary, but most research suggests that seven hours of consecutive sleep is what most of us need to promote best health
- * move more...regular exercise and activity help to increase immune function
- * enjoy life...remember to "accept the things you cannot change, have the courage to change the things you can, and the wisdom to know the difference" (Serenity Prayer)