

In The Center

CWR @ The Fontana Center
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July / August 2011
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Now Hear This!

New Saturday Classes!

We are changing the way we do Saturday land classes! We will be rotating the type of class we offer on Saturdays on a monthly basis. The new classes will be offered at 10am every Saturday and will give you the chance to experience a variety of workouts. The first rotation will begin on Saturday, July 9th @ 10am.

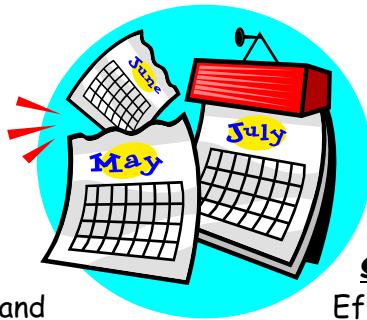
The July rotation will be Basic Yoga. Join Lacey for a workout that will accommodate both novice and more advanced Yogi's.

_____The August rotation will be Belly Dancing. No experience needed for this fun, energy filled workout. Jessica will supply you with the skills needed to shimmy your way to shape.

_____The September rotation will be Pilates. Come in for a low impact, mat class workout sure to target the core areas.

The October rotation will be Strength & Tone. This class will accommodate all fitness levels and will focus on muscular strengthening exercises. Strengthen your muscles as well as your bones!

The November rotation will be Yoga. If you enjoyed the Basic Yoga in July, come back for more in November. Kayla will be here to



remind you of the basics and help to advance you to more advanced postures. Stay tuned for the December line-up.

Schedule Additions & Updates

Effective Monday, July 11th, we will begin offering a 30 minute Strength & Toning Class. The class will be offered on Mondays & Wednesdays @ 10am as well as Tuesdays @ 8:30am. This 30 minutes class will focus on full body strengthening and toning exercises.

We will also be making additions to the water class schedule effective September 1st. The 3:30pm class will be back on the schedule on Monday, Wednesday and Friday. The 4:30pm class will also be changing in format. What to expect...

Monday 3:30pm - 40 minutes deep water, 15 minutes shallow water upper body toning with the ball; Monday 4:30pm - 15 minutes water walking, 40 minutes powerwaves with barbells.

Wednesday 3:30pm - 40 minutes deep water, 15 minutes shallow water lower body toning with the noodle; Wednesday 4:30pm - 15 minutes water walking, 40 minutes powerwaves with noodles.

Friday 3:30pm - 40 minutes deep water, 15 minutes toning on wall; Friday 4:30pm - 15 minutes water walking, 40 minutes powerwaves.

Class Etiquette

The new additions and updates to the schedule will bring in new instructors and hopefully new participants. So this is a great time for a few simple reminders for everyone who participates in a class.

Please be courteous to other participants and instructors. Its important that everyone be able to hear all of the directions the instructor is giving, so please keep talking to a minimum.

We encourage & enjoy that the more seasoned members offer help to new participants by helping with equipment and giving introductions. But please, allow the instructor to decide what is best for the safety of class participants.

Be mindful of class times. Although lots of classes are flexible, it is important to note scheduled start and stop times. This will help to minimize distractions in classes such as Yoga and Stretch & Relaxation.

Bring your water! With hot, summer weather upon us, keeping hydrated is a must. We do have water dispensers available, so if you need to grab a cup or refill your bottle, feel free.

Most importantly, have fun! We are not imposing any new rules or regulations to keep the classes from being entertaining and enjoyable, but rather to keep them safe and effective.

Swim Lessons

Just a reminder, we do still have a few more weeks of group swimming lessons. Groups of children will be in the pool area from 1:00 - 1:45pm and 6:30pm - 7:15pm. Pool use is not restricted during these hours but there will be much more activity.

Comments and Suggestions

With all of the changes and additions coming your way, we will be asking for your comments and suggestions. This will allow us to have a better idea of how the new as well as the old classes are working. We want feedback on class type, times, and abilities of instructors. Also, feel free to add comments/suggestions about the gym area.



Classes (Who/What/When):

Gym Area:



Just a Note

Are you getting a full nights sleep? Dr Louis Aronne, President of the Obesity Society and the University of Chicago researchers, reported that sleep deprivation - less than 7 or 8 hours of sleep per night - upsets our harmone balance, triggering both a decrease in leptin (which helps you feel full) and increase of ghrelin (which triggers hunger). As a result we think we're hungry, so we eat even though we are not!

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