



# JULY 2010



## FITNESS

### Here we go!!!

The Summer 8 Week Fitness Challenge is under way. The Challenge ends on August 16th with another body fat test so remember to weigh in every Monday, eat healthy and exercise often. Those who combine weight training and cardio with a healthy and balanced diet have the best results. So be sure to schedule your free equipment orientation, partake in the free classes offered on the schedule or participate in the boot camps. The Strength classes and Boot Camps incorporate resistance training for a great overall workout. So get involved! The tools are available to be in the best shape of your life this summer.

### BOOT CAMPS

**Mon/Wed 7:00pm** - Join Tony outdoors for this electric series of fat-melting circuits. Meet in the Club for a quick warm up and then head outdoors. Bring water!

**Wed 9:30am** Grahame leads an intense Boot Camp in the Club and Denise leads the Early Bird Boot Camp

**Tues/Thurs 5:30am and Saturdays at 7:15am**

*Any of these Boot Camps are only \$12 per drop in or unlimited for \$239 for 3 classes per week and \$159 for 2 classes per week (+tax)*

### HEALTHY START

Summer is the perfect time to have your little ones certified to use the equipment. The next Youth Certification Program is the week of **July 12th**. Ages 10-13yo and limited to 10 spots. Cost is \$40/child. Contact Sean@ridgefit.com to reserve space.

Trainer Denise has a new **Healthy Lifestyle Solutions** program for those looking for the nutrition component of their workout routine. For \$179 + tax Denise will incorporate 6 weeks of biometric evaluations, individualized food journaling and meal planning. Her easy to follow formula helped 6 of the top 10 people in this past current Fitness Challenge. Contact Denise at dr\_bfit@yahoo.com and get started today.

### BIKE FITTING

Before you take another cycle class or go outside on your bike do yourself a favor and get a proper bike fit. You will improve comfort, efficiency, power and most of all reduce your chance for a long term over use injury. Chris Stott PT, OCS from Peak Sports and Spine will offer a few time spots for members to get a bike fit on our indoor bikes. Each bike fit will be \$29 and take about 20 minutes. Contact Sean@ridgefit.com for more details.

## OPERATIONS

### INJURY SCREENING

Physical Therapist and owner of Peak Sports and Spine, John Zanas will be here on the last Wednesday of each month from 6-7pm to answer your injury screening questions. A perfect time to get a free analysis of those nagging aches and pains.

### FAMILY FUN NIGHTS AT THE PARK

We have had up to 60 kids come out for this free community event. Ridge Fitness and Master Entertainer Mr.Cliff lead fun games and events for those 3 yrs and up. Even some parents got involved in the Tug O War! So grab dinner to go and bring the kids to participate in these free activities every Thursday night at 6:00pm

*Only steady rain will cancel*

## YOUTH PROGRAMS

**KIDS NIGHT OUT** Fri July 23rd 5:30-9:30pm. Ages 3 1/2 to 10yrs. Make your reservations today. \$20/child \$15/sibling. Pizza, Ice cream from Mix It Up and a G Movie.

**SUMMER CHILD WATCH** We now have an extra CW attendant from 8:45-10:30am to take the older ones (4yrs and up) across the street and play games in the park while you work out or take a class.

**Starting July 6th**

**No CW on Tues/Thrs evenings.**

**No CW on Sunday mornings**

**SERIOUS SPEED** If you cant make the Zanas Speed camps on Mon/Wed's we have another option. Serious Speed Training at Ridge Fitness on Tues/Thrs at 9:00am. Agility, speed and power will all be the emphasis. Members and guests 8-14 yrs are welcome. Member: \$10 drop in or \$45 for 6 classes. Non Member: \$12 drop in or \$54 for 6 classes. Contact sean@ridgefit for more details

## GROUP X

We welcome **Luke** back from shoulder surgery and back to teaching the M/W 5:30am Cycle class. We also want to thank **Jen Chowaniec** for teaching these classes over the past six weeks! We enjoyed her leadership and her enthusiasm and wish her well with their move to Amsterdam.

**Yoga for Golfers** Join instructor Beth for a yoga class that emphasizes flexibility, rotational mobility, and core strength. Wednesdays at 6pm 7/14, 7/21, 7/28 and 8/4. \$15 per class or \$48 for the series.

**Classical Stretch** is now offered on Tues at 6:45pm in place of Power Step. **Zumba** is our only Thrs pm class through summer.