

SAINT MARY'S FITNESS CENTER

June/July 2016 Newsletter

HEALTH TIP OF THE MONTH

Stress Less with Yoga:

Fight Stress and Find Serenity Through Yoga



Stress: We've all felt it. A demanding job, a chaotic home life, and bills to worry about. Habits such as unhealthy eating, drinking, and smoking form and can lead to a mountain of stress. You cannot change all of these factors in one day, but you can take an hour to slow down and learn to better cope with the demands of life.

Read about why managing stress so important on our blog. Connie Zanatto, Group Exercise Instructor, will tell you more about yoga and how it can help you!

Revive your New Year's Resolutions by reading our blog! www.smfcpowerofexercise.wordpress.com

YOUR FITNESS

HIT CANCER BELOW THE BELT BOX-A-THON!

**Sunday, June 26,
8 a.m. to 4 p.m.**

Attend a body blast boxing class to raise money and awareness.
100% of proceeds go toward **Reno Cancer Foundation.**

There will be a raffle drawing for prizes.

Choose a class time: 8 a.m., 9 a.m., 11 a.m., 12 p.m., 1 p.m., 2 p.m., 3 p.m.
16 spots per class | Sign up by Friday, June 24

\$10 per person, per class or simply donate toward the cause.
Cash or check only please.

SIGN-UP AT THE FRONT DESK!



July 101 SERIES Learn • Grow • Improve

Balance 101:	Monday, 7/11 - 12 p.m.	2nd Floor
Flexibility 101:	Friday, 7/15 - 9 a.m.	2nd Floor
Pilates 101:	Saturday 7/2 - 12:30 p.m. Tuesday 7/12 - 6:30 p.m.	3rd floor

Reserve your spot at the Fitness Desk or Service Desk.

Questions? Contact Janelle at 770.7554.

NUTRITION CORNER

Almond Hummus



Ingredients:

- 150gm blanched almonds
- 2 tbsp tahini paste
- 4 tbsp extra virgin olive oil
- 1/4 cup water
- 1 lemon, juice only
- 1 garlic clove
- 1 tsp Celtic salt
- A pinch of pepper

Instructions

1. Pre-blanch the almonds
2. Process all ingredients in a food processor until smooth. Drizzle with olive oil and some paprika and parsley when serving. Store in the fridge with a thin layer of olive oil on top to prevent drying (almonds love moisture).
3. Serve this dip with radishes, carrot, and celery sticks, or red peppers. It's also yummy on salads and vegetables.

Preparation time: 10 minutes

Number of servings: 4-5

Enjoy!

YOUR FITNESS



You asked for it, so we made it happen...



ONGOING SMALL GROUP BOXING!

Tuesday & Thursday 6:15 - 7 a.m. with Zach
Tuesday & Thursday 12 - 12:45 p.m. with Zach & John

Zach is also available for one-on-ones!

For more information contact Janelle at 770-7554 or jdye@primehealthcare.com



Cycle Saints *Group Ride Series*

Are you ready to take your cycling to the next level?

**BEGINS SATURDAY
JULY 9, AT 9 A.M.
MEET AT ROY GOMM
ELEMENTARY**

- Rides will be on Saturday
- Best for intermediate or advanced cyclist
- Road bikes only
- Must provide your own helmet
- Cycling swag
- Discounts from Peloton Bicycles

**PRICES AND DETAILS
AVAILABLE ON FLYER!**

Saint Mary's Tri Club

Need a new goal? Join the hottest Tri Club in town!

- Mondays:** 6:00-7:00am – Club Swim (pool)
- Tuesdays:** 7:00-8:00am – Brick (cycle studio & 2nd floor)
- Wednesdays:** 7:00-8:00am – Cycle (cycle studio)
- Thursdays:** 7:00-8:00am – Run (outside/2nd floor)
- Fridays:** 6:00-7:00am – Tri Club Swim (pool)
- Saturdays: BONUS DAYS!** Members will be notified when these occur.
(Peloton Group Rides, Transition Clinics, random training meet-ups)



FIND US ON FACEBOOK!

YOUR CENTER

Meet our Newest Team Members and their WHY:

Hanna Rutherford, Fitness Team Representative:

I am interested in health and wellness as a career. Working at Saint Mary's will help me with my goals to obtain a bachelor's degree in Community Health Science and Kinesiology.

Joshua Karpchuk, Fitness Team Representative:

I look forward to learning from the employees at the Fitness Center. I would like to become a Personal Trainer, and working in groups to help better people's lives in this professional environment will help me reach my goals.

Megan Reger, Aqua & Group Exercise Instructor:

I believe that exercise has the power to transform lives. Teaching others brings me joy, and I look forward to sharing the experience of fitness with the members!



**COME AND TRY
SOMETHING NEW!**
*Group Exercise
Showcase*

Saturday, July 23, 9 a.m. to 12 p.m.

Showcase will be in the spin studio
main studio.

Last month's news, but worth mentioning!

Last month we uncovered the complexities of Mental Health. We had brave individuals share their stories on our blog. Thank you.

We launched our ongoing Small Group Boxing and kicked off our Resolutions Revived. Visit our blog and learn ways to revive your goals for 2016. There is still time to get on the bandwagon!

We raised money for a variety of charities and appreciate your support!

Safety Reminder

Thank you so much to everyone who participated in our House Rules Quiz Month. We appreciate your help in the effort to create a place where people love to exercise!



UPCOMING NEXT MONTH

- **June 26:** Box-a-thon (join us in the fight and hit cancer below the belt)
- **July 3:** KIM is **CLOSED**
- **July 4:** Center is **CLOSED**
- **July 9:** Cycle Saints Begins
- **July 23:** Group Exercise Showcase
- **August 1:** Member Mobile App Fitness Challenge