

# News @



October/November 2009

## We're Ready When You Are!

Get out your calendar! We have 87 group fitness classes for you to choose from. You'll love the variety and challenge and the spaciousness of our 3 fitness studios. Try our feature classes:



**Boot Camp** - Ready to sweat? This is the best fat blasting workout ever! Cardio and weight training shock your system, keep your heart rate up and your muscles stimulated for maximum calorie burn. It is the ultimate total body workout! Boot Camp classes are all **FREE** with membership.

**Core Condition** - Develop the muscles around your hips, lower back, torso, abs, and shoulder blades to help reduce lower back pain, improve posture, and develop a leaner physique!

**Cycle Basics** - Start out with this cycling program that teaches beginners the pace and exuberance of cycling - It's way easier than you'd think and the music will get you moving.

## 2nd Annual Club Awards Night Tuesday November 24 5:00pm - 7:00pm



Join us to celebrate the season with our 2nd Annual Awards Night. You can both nominate and be nominated for our club awards!

Submit your nominations at the Front Desk beginning November 1st. We are celebrating our great members who:

- Have the most energy
- Make the fitness class fun
- Have the biggest smile
- Are a fashion diva
- Run like they have never run before
- Wave it more than most
- .....and so much more!

Nominate our staff and instructors for their courtesy and enthusiasm. Bar opens at 5pm, awards at 6pm, festivities until 7pm. For more information visit [www.clhc.com](http://www.clhc.com).

## Events

**October - Breast Cancer Fundraiser**  
- Hallowe'en Fun

**October 21-22 Join us at The Boutique Bridal Show St. Georges Banquet Hall 665 King St North Waterloo**



**November - Food for Fitness**  
Bring non perishable items for the food bank & workout for FREE!

## Lifestyle Learning

**Wednesdays 5:30pm-6:15pm**  
**TechTown Boardroom**

**October 14** - "Pandemic and You" - Presented by Danuta Seasons

**October 21** - "Lose weight with Isagenix" - Presented by Alan Patte

**October 28** - "How to read a food label"

**November 4** - "Cardio training for weight loss"

**November 18** - "How to survive the holidays without gaining a pound"

## We're The #1 Fitness Club Because:

- More equipment means no waiting
- Online group fitness registration
- Clean, spacious facility is comfortable and bright
- 15 personal trainers educate & motivate you to get results
- Weight loss program that works!
- More parking

## Health Series #12

If you can keep your metabolism revving all day long, you will lose weight! This is what you need:

### Eat Your Breakfast!

In the AM, your energy stores are depleted by as much as 80% from the night before. Without food, your body shifts into starvation mode, which means it begins to conserve energy and burn fewer calories. Eat protein – try a protein shake with some fresh fruit. Avoid sugary cereals.

### Take your multivitamin.

Antioxidant nutrients help protect mitochondria, tiny structures found in every cell, from damage; they're the microscopic fat-burning furnaces that convert food into fuel.

### Eat your Protein!

The hormone glucagon is released in response to dietary protein, such as egg whites, low-fat cheese, lean meats, chicken and fish. Glucagon signals fat cells to release fat into the blood, thereby promoting its use. In other words, more fat is burned and more weight is lost when you eat protein!

### Water, Water, Water!

You've heard it before, but drink those 8 8-ounce glasses of water every day. The energy burning process of metabolism needs water to work effectively.

### Don't Starve

Dropping your calorie intake below 1,000 calories a day will signal to your body that you are in starvation mode, and will slow down your metabolism.

## BURN THOSE CALORIES WITH CARDIO!



Take the stress out of your cardio workout by using our **personal e-trainer technology**. Your cardio workout is programmed to bring you a proper warm up and cool down, calorie burn and challenge. Our easy to use technology holds your personalized cardio program for the treadmill, elliptical, bike, and the wave. Using your personal e-trainer program means you don't have to remember or write down one cardio workout to the next. FREE cardio programming with your membership\* Contact [jeff@clhc.com](mailto:jeff@clhc.com)

\*Certain conditions apply



## It's time for Ski and SnowBoard Conditioning!

Register now for our group ski and snowboard conditioning program beginning Thursday November 5th at 7-8 pm. This program will:

- Strengthen your core for better balance
- Create cardio endurance for longer runs
- Build lower body strength to minimize the burn

Or work with our sports specialists for one on one conditioning so you can perform at your peak. Contact [Tania@clhc.com](mailto:Tania@clhc.com) for more information.

# SUPPORT BREAST CANCER MONTH



Join in any of our group fitness classes with a donation of \$2 and your name will be entered to win GROUP PERSONAL TRAINING, valued at \$250!

Join in any of our PINK classes and anyone who wears pink to the class will have a chance to win great CLUB stuff. Check the website for our PINK classes and register online to guarantee your spot.

## Tuesday October 6th

Intro to Cycle at 5:30pm with Paul

## Wednesday October 14th

Boot Camp at 7:00pm with Lee

## Saturday October 17th

Core Condition at 10:15am with Lisa

## Monday October 19th

Zumba at 6:30pm with Michelle

## Friday October 23rd

Power Pilates at 9:00am with Kim F

## Monday October 26th

Rev 2 at 12:10pm with Danielle

## Thursday October 29th

Power Yoga at 9:00am with Serenity

## Lose Weight NOW!!

Try our Weight Loss Program to get results in 6 weeks. You'll receive:

- Fitness plan that sets achievable goals
- Individualized cardio program on the Personal e-Trainer
- Nutrition counseling to help with lifestyle changes
- Personal training that burns more calories, strengthens and tones
- Weekly monitoring to keep you on track

Contact [Jeff@clhc.com](mailto:Jeff@clhc.com) for more info.



Our members have achieved great results on their weight loss program by incorporating cardio workouts, muscle training, & nutrition advice into their daily lives. **In the last 6 weeks, our members have lost 13 lbs & 11 inches on average. WAY TO GO!**

## "Protecting You From The Flu"

It's up to all of us to stop the spread of the flu. We have 18 new hand sanitizer stations located around the club. Please use these before and after your workout. We have a day and night crew constantly cleaning our facility to ensure the highest standards. Be mindful of others and we will all stay healthy.

## MEET OUR PERSONAL TRAINERS



### Todd Wing

I'm here to get you hooked on enjoying an active lifestyle. This means that I will work hard to make your workout challenging but entertaining. You will not get bored with me. I have broad experience in working with different groups of people, be it as an instructor in the military or cycling instructor for all levels of fitness. I enjoy teaching group fitness classes because of the energy that develops with the group. I bring this energy back to the fitness floor with my clients one on one. My B.A. (recreation and leisure) has given me the academic training to teach you the important of form and pace and emphasize the need for regular training on a weekly basis. You will see the results when you train with me and you'll enjoy the experience.



### Candie Bower

I have been involved in the fitness industry for over 10 years. Being a wife, mother of two and having a career has made me fully realize the importance of healthy living and leading by example, especially for my children. I continuously pursue my professional development to further hone my knowledge in fitness and nutrition. It is through my strong commitment, integrity and professional excellence that I will help "YOU" achieve your goals, challenging "YOU" through change and doing my very best to help "YOU" enrich your life.

## DON'T FORGET ABOUT OUR OTHER SERVICES.....

- **Dr. Greg Lusk & Dr. Jaclyn Witt provide chiropractic care to members and non members.**
- **Donna Smith RMT, provides a variety of massage techniques and can be booked by calling 519-746-7416.**
- **Bring your dry cleaning to our front desk for your convenience, service provided by MacIntosh Cleaners.**
- **Try the "Grab N Go" for foods & beverages provided by TechTown Cafe and can be billed to your membership account. Sign up at the front desk.**

## Our Members Say....

I am doing it! With the help of my trainer and the club's weight loss program, I'm well on my way to reaching my 25 pound weight loss goal. With my personal training program and cardio workouts guided by the Personal e-trainer, I know that I'll stay toned and healthy. I learned that at 46 years old, I didn't have to accept being dumpy and that my training is an investment in my long term health. Thanks to Columbia Lake Health Club for making it easy."

**Jenn**

### Regular Hours

Mon - Fri 5am - 10pm  
Sat - Sun 8am - 6pm

### Holiday Hours

8am - 6pm

