

# News @



September 2009

## We're Ready When You Are!

Get out your calendar! Book into any of our 87 group fitness classes a week. Here are some ideas:



- **New to fitness:** Cycle Basics, Zumba, Intro to Pilates, Beginner Yoga
- **Strength & Tone:** Power Pilates, Strength, Core Condition
- **Something new:** Wave Circuit, Cardio Kickboxing, Power Yoga
- **High energy:** Boot Camp, Rev 3, Sweat

Book into classes online by going to [www.clhc.com/memberlogin](http://www.clhc.com/memberlogin) to guarantee your spot.

\*Ask about our new member promotion - get a special gift when you attend 3 group fitness classes.

## Open House: "Exercise and Accessorize"

Join us on Tuesday, Sept. 29th from 4:30pm-7:30pm for our "Exercise and Accessorize" event. Learn about the latest fitness gear, sample some great new healthy food, learn what's new in the cosmetic/spa industry and shop for the latest trends in accessories. **We welcome all guests to our open house for this event.** Bring a friend to try out the newest fitness classes and equipment.



## EVENTS

Sept 8 - New Fall Schedule Begins  
- Learn To Run Program Begins

Sept 12 - The Amazing Race  
- Ride with Lance

Sept 16 - Oct 6 - Open House  
Bring a friend to workout

Sept 23 - Charity BBQ at TechTown

Sept 29 - "Exercise & Accessorize"

## LIFESTYLE LEARNING

5:30pm-6:15pm  
TechTown Boardroom

Thursday Sept 17  
"Teaching your kids the value of money" - presented by Amanda Knapp, RBC DS

Wednesday Sept 30  
"What to eat before and after a workout"

Register online under "workshops"

## We Are Planning For The Flu Season

It's up to all of us to stop the spread of the flu.

We have already installed 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.

## Health Series #11: Women On Weights



Many women think that losing weight strictly involves dieting. By just dieting you will lose muscle mass first. Since each pound of muscle burns 35-50 calories each day, you must reduce your intake of

food even more in order not to gain weight. Therefore, there needs to be a balance between weight training and dieting. Without this balance women get into a cycle of weight loss and weight gain when they diet. The best way to avoid this cycle is to build muscle through strength training, while eating the right foods for your lifestyle. By increasing your muscle mass, you will need more calories to sustain your weight. Gaining muscle also reverses your body's natural tendency towards the middle age bulge. Left to its own devices, your body will slowly lose muscle at the rate of five to ten pounds a decade. This is the main reason why women tend to gain weight as they age. Less lean muscle means a slower metabolism, so that you need fewer calories at age 50 than you did at 40. To reverse this process, get into your club and start lifting!

### **TRY ASHTANGA YOGA:**



We have just added Ashtanga Yoga to our program so that you can enjoy a wide variety of yoga alternatives. Try any of Ashtanga, Power Yoga, Yoga Fever, Intro to Yoga and Intermediate Yoga for greater balance, flexibility, and piece of mind. Ask at the front desk about trying a class.

Preregistration is required. Members can register online under "workshops" or contact the front desk.

## 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
- Results in 6 weeks

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

## Check out the great variety in Group Fitness Classes:



### **CORE CONDITION:**

Get strong and lean .....our classes are now 45 minutes long so that you have a wide variety of exercises that develop back and torso muscles for improved posture and toned core. Traditional pilates moves have been incorporated into this class so that you get a complete core workout.

### **WAVE:**

No coordination required for this amazing cardio workout. Burn calories 3x faster in this high energy, low impact workout designed to work your entire body in only 30 minutes.

### **POWER YOGA:**

Explore the challenging mix of poses from Ashtanga first through fourth series for a balanced workout that will get the kinks out and leave you feeling refreshed.

### **BOOT CAMP:**

10 classes now available! Due to the great success of our boot camp, we have increased the number of classes and added more challenge for increased fat loss.

### **ENDURO RIDE:**

The ultra- cycling class for those who want an intense 90 minute workout. Join our premium instructors who will push you into a zone reserved for the road warrior.

## Fun and Effective Personal Training

Want great results in less time and at a great price? Try out our Group Personal Training, that you can purchase and use whenever you want. Book your appointment up to 12 hours in advance so that it works into your schedule. Each session is 45 minutes but you get a workout that would normally take 90 minutes. Contact [Jeff@clhc.com](mailto:Jeff@clhc.com) for more information.



## TENNIS ANYONE?

Are you interested in playing indoor tennis this winter as part of your regular fitness routine? **Our members pay only \$250** at the Waterloo Tennis Club for an annual tennis membership, saving over 50%, with this exclusive group offer. Take advantage of the offer today by contacting John, [waterlootennismanager@rogers.com](mailto:waterlootennismanager@rogers.com) for more info.

## Introducing Our Newest Personal Trainers:



### Cynthia Jansen

Cynthia joins us as a 20 year veteran in fitness having worked most recently at a private personal training studio and a Kitchener club. She excels at achieving fat loss and helping members with lifestyle and body transformation. She has a strong background in nutrition, is totally results oriented and enjoys the specialized attention she brings to our member experience.



### Dave Martin

I have joined Columbia Lake Health Club because fitness and sports is a huge part of my life. I am currently on the UofW men's varsity rugby team and am certified level 1 tennis instructor. I bring my passion for sports into our club and as a personal trainer, I look forward to working with members who want to improve their level of fitness so that they can enjoy life more fully. Find me at the trainer desk or join me in the Learn to Run program.

## Our Members Say...

"I have taken pilates for about three years and one of the best teachers I have met has been Kim Frumau. Not only is Kim extremely knowledgeable about the fundamentals of pilates, she offers you an intensive array of upper and lower body exercises to help you achieve optimal strength along with a challenging routine to develop balance and flexibility. She brings laughter to the class thus making the workout fun so you don't realize how hard you're working. Columbia Lake is lucky to have such a talented instructor." **Peggy**

"Paul's Rev 2 class was awesome! He was super encouraging & motivating & the music was amazing." **Kristin**

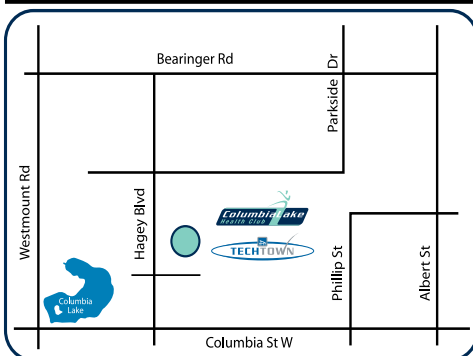
"What a difference a personal trainer makes. Not only have I lost 26 pounds, but I have gained strength and flexibility. I feel so much better - my outlook has definitely improved. And the best part of it is that I look so much better. Those extra pounds crept up on me and now I keep them off with the guidance and motivation that comes with personal training. Thanks to my club for helping me make this lifestyle change" **J. W.**

### Meet our newest instructors:

**Christine Darragh** is teaching a variety of cycling classes for us this fall to help with our expanded program.

**Stef Edwards** will be teaching both pilates and cycling classes and we are sure you will just love her enthusiasm, technique and energy.

**Rasha Salem** is our newest yoga instructor and will bring tremendous energy and warmth to both new and experienced yoga members.



### Thanksgiving Hours

Saturday Oct 10: 8am - 6pm  
 Sunday Oct 11: 8am - 6pm  
 Monday Oct 12: 8am - 4pm



## Free One Week Pass

340 Hagey Blvd. Waterloo, ON

Club Hours: Weekdays from 5am-10pm

Weekends from 8am-6pm

Contact us at 519-746-7416 or visit [www.clhc.com](http://www.clhc.com)

One pass per adult. Vaild for September 2009.

