

Sonora Sports & Fitness Center

NEWSLETTER

13760 Mono Way † Sonora, CA 95370 † Ph: (209) 532-1202
email: info@sonorafitness.com † www.sonorafitness.com

THIS EDITION

COVER:

- Think Tank
- Diet Tip of the Month
- Updated Email Information

INSIDE:

- BODYPUMP & RPM Launch Dates
- 2010 Group Exercise Schedule

BACK:

- Signature Salon, Q and A
- What's Up with the Youth
- Masters Swimming Information
- Cross Fitness Class Information

THINK
TANK



JANUARY 2010

The team and I have been working feverishly over the last few months to present our new group exercise programs. Each person on staff has taken the new classes. We will launch our new classes on January 14th. This day will be our VIP red carpet treatment for members interested in experiencing our BODYPUMP "the original barbell class" and RPM a new way to train on a stationary bike lead by certified instructors. I am proud of the effort this team has put forth to insure a positive experience for our members. Starting Monday January 18th BODYPUMP and RPM will be added to our existing group exercise schedule. Our goal is to meet every expectation.

BODYPUMP will make you stronger. I know it will, it has for me. Since starting my body pump training I have experienced greater strength endurance. I turn the big "50" this year and I feel like I am in the best shape I've been in many years, but who is counting. Let me tell you it hasn't been easy teaching this old dog some new tricks.

This program is designed by Kinesiology experts, (the study of human movement), and Exercise physiologists (the study of nutrition and exercise for performance). I am so sure you will improve your overall fitness, I will guarantee it. You must attend at least twice a week for six weeks and make some small changes in your eating habits in order to qualify. If you don't I will pay you for your time!

Tim Gallagher
Owner/Manager

New Years Diet Tip of the Month

This New Years make the resolution for a healthy lifestyle, small changes in every part of your life will make the biggest difference.

DIP IT!

Do you always think that a salad is the healthiest alternative when you are cutting calories? Well, you had better take a look and see what is on top of that salad. When you are eating out or at home, always put that dressing or sauce on the side where you can just dip into it very modestly.



"If it were easy, then everyone would do it"

Updated Email Information

We are updating our current Sonora Sports and Fitness Center email list. If you do not currently receive our Monthly Newsletters and would like to be the first to hear about what's going on at the facility please bring your updated email address to the front desk or email Julie@sonorafintess.com.



**Launches TWO new GROUP FITNESS Classes
and
Raises funds for The Tuolumne County Patient
Support Fund!!**

Thursday January 14th

**Members Only - First chance to try BODYPUMP at 5:30 pm and
RPM at 9:00 am & 4:00 pm**

Saturday January 16th

**Members, Friends and Family - First chance to try
BODYPUMP at 9:00 am & 11:30 am and RPM at 10:00 am -
ENTERTAINMENT AND FAMILY FUN 10am—11:30am in the Athletic
Center**

Don't miss your chance to try these new classes for the first time!! Sign ups will be at the front desk beginning January 11th if you would like to participate in a class on January 14th or January 16th. Bring your friends and family to the Fitness Center on Saturday January 16th for Group fitness classes, healthy snacks, blood pressure checks, entertainment and more, as we raise funds for the Tuolumne County Patient Support Fund! Don't miss this opportunity to promote active, healthy lifestyles for our community.




If you sign up for a class please come ready to workout. Bring comfortable workout clothes, training shoes, water bottle and a towel. We supply everything else!!

BODYPUMP and RPM classes will be added to the group fitness schedule beginning January 18th.

BODYPUMP is included in your Adult Center Membership. RPM will incur an additional \$10 monthly charge after two trial classes.

January 2010 Group Fitness Schedule

Valid through March 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		Spin / RPM		Spin / RPM			
8:00 AM	Water Aerobics		Water Aerobics		Water Aerobics		
8:30 AM							
9:00 AM	Yoga Basics	Straight Up Step	Yoga Basics	Straight Up Step	Yoga Basics		
9:30 AM	BODY PUMP - Starting Jan 18 th !		BODY PUMP - Starting Jan 18 th !		BODY PUMP - Starting Jan 18 th !		
10:00 AM	Fit & Fabulous	Strength for Seniors	Fit & Fabulous	Strength for Seniors		Water Aerobics	
11:00 AM							
	Pilates	Water Aerobics	Pilates	Water Aerobics	Water Aerobics		
5:30 PM	Yoga						
	Yoga	BODYPUMP – Starting Jan 18 th !	Yoga	BODYPUMP – Starting Jan 18 th !			
	Spin / RPM		Spin / RPM				

No Group Exercise on Sundays

Please see the below key for the location of group fitness classes.
 We will be adding additional classes to our GE Schedule beginning January 18th (as noted on the calendar)! Please arrive early to all classes to allow time for set up – There is an additional charge for all indoor cycling classes (see front desk) – TWO free trials available to newcomers.

Classes will take place in the SPIN ROOM

Classes will take place in the GROUP EXERCISE ROOM

Water Aerobics Classes will take place in the ADULT CENTER POOL

WHAT'S UP



With The YOUTH?

ALL LEAGUE REGISTRATION SIGN-UP NOW!

Register and pay online at www.sonorafitness.com

Boys Basketball League II ages 6th grade to 8th grade

Fee Increase

Late Registration: January 1st - January 15th

Last Day to Register: January 15th

Practices: February 9th - February 21st

Season: February 22nd - March 26th

Tournament: March 27th - March 28th

*For more information contact Nicki Holt at
nicki@sonorafitness.com*

Cross Fitness Class With Allison Autrey

**February 1st to March 10th
Monday and Wednesday at 5:00 pm**

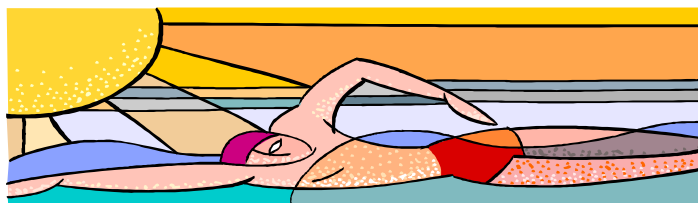
**February 2nd to March 11th
Tuesday and Thursday at 8:00 am**

\$125 Members and Non-members

*"The better you do in these workouts, the better you
will do in life!"*

High intensity workouts for a short period of time. You will learn new techniques for basic squats, pushups, pull ups, Olympic lifts, and more. Everything is geared towards a strong core.

All workouts are scaled to YOUR PERSONAL CAPACITY.



Masters Swimming

Start your New Year's training by joining the "wet set" in the pool. Masters is open to adults of all swimming abilities who are interested in swimming for fitness. No swimming experience is required. Multiple swimming times, all coached practices, great hour workouts, warm water and fantastic people to exercise with in the pool. Check the schedule and plan to swim now!

If you have any questions or need more information, contact Patti.

Email Patti at rrb@goldrush.com



Signature Salon

Q AND A WITH WANDA

Q: My Scalp itches in the winter. What conditioner can I use to relieve the itching?

A: A conditioner that contains peppermint will soothe and cool an itchy scalp.

Tip: A humidifier is a great boost for hair that seems to flatten out as a result on an overheated room; this helps fly away hair too.

YES IT'S TRUE
MS. WANDA IS NOW DOING
PERMANENT MAKEUP.
COME BY AND VIEW HER WORK.

*No need to put on eye liner, eye brows, or
lip stick every day! Save time!*

MISSION STATEMENT

Our mission is to provide an educational, nurturing, safe, and healthy environment for our members.