

# Sonora Sports & Fitness Center

# NEWSLETTER

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## THIS EDITION

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THINK  
TANK



## December 2010



This is the time of year for reflection and goodwill. I along with my team feel very fortunate to have good health and work. I love what I do and I know how lucky I am to live in such a caring community. Our membership is overwhelming and kind. During the past twenty years we have had hundreds of thousands of people walk through our doors. This last year more than any other year we have been in business has tested my team and I. I am so proud of the efforts made to keep our business improving in a very difficult economy. We chose to update our group exercise classes and TV/media system. This was a gamble and our member response tells me it was the right time to make these changes. It has made us a better team. I would be remiss if I didn't mention there were some very tense times with members and staff. However at the end of the day **we did it!**

The challenge of finding the right mixture of people and program changes can be my biggest reward or biggest blunder. I have had more than my share of both and I hate going through it. However when I take time to reflect I know I cannot please everyone. It does sting every time. The humility keeps me grounded. Every day is a test some times I pass and some times I fail. I am glad to say those failures were great experiences looking back.

My Christmas wish for all of you is: May you wake up everyday happy and healthy!

Tim, General Manager/Owner

## Diet Tip of the Month

### Got Chocolate Milk?

*Recent research has shown that nonfat chocolate milk is a great recovery drink that can help your body pre-serve, repair, and replenish muscle. It has also been shown to improve your performance the next time you workout. Chocolate milk has a great combination of carbohydrates and proteins that can replenish your muscle glycogen stores. Your muscles need the protein after a workout and this could be a much better option for you than a carbohydrate only sports drink.*

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

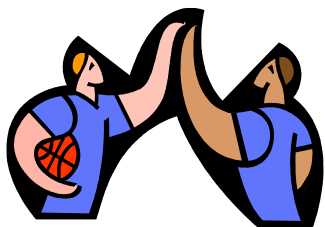


## Cross Fitness Class With Allison Autrey

December 13th through January 26th  
(no class the week between Christmas and New Years)

*Mondays and Wednesdays at 5:00 pm  
Tuesdays and Thursdays at 8:00 am*

*Members and Non-members: \$125*



# Youth Hoops Action Registration Information

*Get out your calendars, it's time to write down our upcoming Youth Basketball league dates. Girls Leagues I & II will be in the winter to avoid conflicting with school sports. We will begin the New Year with Boys League I, followed by Boys League II. Each season will have pre-season practice designated at SSFC or one of our off-site locations, SHS Annex Gym or the Dome. There will also be the opportunity to sign up for practices throughout the season, but this is not required.*

***Registration is now open for all leagues, register at the gym or online!***

Please read below for our dates and times for registration rates.

## ***Boys Basketball League I***

Ages 1st to 5th grade

Late Registration: (\$100) November 20th—Dec. 12th

Practices: December 13th—January 9th

Season: January 10th—February 11th

Tournament: February 12th & 13th

## ***Boys Basketball League II***

Ages 6th grade to 8th grade

Early Registration: (\$45) August 16th - December 31st

Registration: (\$60) January 1st - January 15th

Late Registration: (\$100) January 16th—February 6th

Practices: February 7th - February 20th

Season: February 21st - March 25th

Tournament: March 26th - March 27th



*If you have any questions please feel free to contact me anytime.*

*Nicki Holt: 532 1202 or nicki@sonorafitness.com*



## ***News and Notes***



### ***Holiday Hours***

### ***Training Information***

***Christmas Eve: 5:00 am to 3:00 pm***

***Christmas: Closed***

***New Years Eve: 5:00 am to 6:00 pm***

***New Years Day: Closed***

***\*\*\*Check out the back page for  
Group Exercise Holiday Information\*\*\****

***There will be a lot of things happening on the floor during the month of December so keep your eyes and ears open to catch up on the latest information on nutrition and supplements.***

***Also, anyone that signs up for a training session in the month of December will be entered for a drawing of various prizes at the end of the month.***

# What is a Gel and how can it help me?

Gels have been around for years in the endurance sports world but now are getting more and more popular for use in all workouts. So, exactly what is a gel and how does it help you? A gel is basically a liquid form of simple and complex carbohydrates that can get into your system and be converted into energy rapidly. They provide more energy per ounce than a sports drink and are easier to digest. They are designed to give a quick rise in blood sugar so gels must be taken with care. Most gels generally maintain the rise in blood sugar for about 45 minutes.

*Here is a look at some of the Gels that are available at the fitness center:*

**Clif GU:** This gel can pack the biggest punch with up to 25 grams of carbohydrates, depending on the flavor, with 100 calories per pack. However, this gel does not contain any protein but does have some great flavors.

**Clif Shots:** A wide variety of flavors ranging from 100 to 110 calories per pack, and has 22 grams to 24 grams of carbohydrates. The biggest difference with these gels is the amount of caffeine in each pack. Look at the package carefully for the amount of caffeine shots in the gel. It is usually listed at the top of the package.

**Accel Gel:** This gel has 100 calories with 20 grams of carbohydrates. The biggest difference with this gel is the amount of protein it contains with 5 grams versus 0 to 2 grams in a lot of other gels which can aid in muscle repair.

It is important to find a gel that works for you since everyone reacts differently to various flavors and brands. So you may want to spend a few weeks experimenting with your various options and see what will give you that extra punch next time you work out.



**Introducing...Jodi Sigala**

**Certified Massage Therapist**

**Available on Thursdays at  
Sonora Sports and Fitness Center**

**Call to make your appointment:  
533-0308**

**Gift Certificates available...  
\$65 for Sixty Minutes  
\$95 for Ninety Minutes**

## **RUNNING CLUB**

**Every Monday and  
Thursday @ 8:30 am**

What: Running Club

Who: Runners of all abilities and levels. Runs will be individualized and distances will vary for everyone.

When: Every Monday and Thursday morning from 8:30 am to 9:30 am.

Where: Check in and meet in the Athletic Center.





SAVE the DATE  
**Saturday, JANUARY 22<sup>nd</sup>, 2011 – 9am**

## LES MILLS RELAUNCH!!!

Bring your friends, Bring your family. Try one, Try them ALL!!!

**BODYPUMP 76 - BODYATTACK 71 - RPM 49.**

**Look for more info in the JANUARY Newsletter!**

Group Exercise is taking a break...For 1 week!

There will be no GROUP EXERCISE CLASSES from Friday, DECEMBER 24<sup>th</sup> – Sunday, JANUARY 2<sup>nd</sup>

Classes resume as normal on MONDAY, January 3<sup>rd</sup>.

Friday DECEMBER 24<sup>th</sup> (CHRISTMAS EVE)

Gym Hours 5am – 3pm

\*\*\*NO Group Exercise Classes on the 24th\*\*\*



## How to Stay Slim with the Holiday Social Scene

1. Survey the food and mentally make a note of the foods you must have. Prepare to have them within reason and leave the rest for another time.
2. Begin the meal with a salad or fresh fruit to help fill you up with fewer calories.
3. If you get to serve yourself, grab the small dessert plate instead of the dinner plate. That way you won't be able to load up your plate and will be less likely to overindulge.
4. Don't start your holiday meal starving. If you are eating a holiday dinner, make sure you eat a sensible breakfast and lunch.
5. Watch yourself with the desserts and sauces. If you absolutely have to have a certain dessert, then eat it, just select a small portion. Keep an eye out for the dishes covered with sauces, enjoy the must haves and avoid the rest.
6. Most people don't gain as much weight as they might think during the holiday season. Enjoy the certain foods that you only get during this season but just remember to keep up the workouts or add a couple to burn off the extra calories.

### MISSION STATEMENT

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