

# VALHALLA GAZETTE

ISSUE #1

JANUARY/FEBRUARY '12

## NEWSLETTER

### FROM THE MANAGER

Happy New year everyone!  
Welcome to our newest members of 2012. Also great to see the resolutions working their magic and seeing our current members in the gym with a renewed sense of "time to get healthy"! We are honored that you all have chosen to do so at Valhalla!

One of the biggest challenges most people face is STICKING TO an exercise program. We are happy to see you in January....and we want to continue to see you through the entire year! Here are some tips you should consider, to help you stick to your exercise journey.

1. Choose to make exercise part of your LIFESTYLE....write yourself a note and put it in a prominent spot to remind yourself that YOU are important and you need to feel healthy. By doing so you will be a better partner, parent, friend, employee...and will over all, enjoy life more!

2. Keep a journal to remind yourself how you feel FOLLOWING an exercise session. So often we put in a grueling work day and think we don't have the energy left to exercise....amazing that if you get to Valhalla, you suddenly begin to feel better just by walking in and seeing your new friends...and wow....the feeling of rejuvenation after a class, training session or massage make all the difference! Everytime you think you CAN'T...do it anyway and hold on to that feeling!

3. Other tips that will help you stick to your goals include getting more involved at Valhalla. People who commonly join a gym in January and give up by early spring never took a class or did sessions with a trainer. Don't be on THAT list! Be on the list of success stories who get in classes. Your instructor will inspire you. You will make friends who will be looking for you to be there every time! That schedule will keep you on track! Prefer the fitness floor workouts? Get with a trainer so they can motivate you as well as educate you. You have to keep the body guessing...what's next? You have to change up your routine...a trainer will help you do that as well as teach you proper form to steer you toward success and away from setbacks due to boredom and injury!

We would love to hear from you! If you have any tips, testimonials, or stories that you'd like to share with fellow members, please write them and email them to me at [jhanger@valhallahc.com](mailto:jhanger@valhallahc.com)! You can be an inspiration to others! We are committed to working hard to make Valhalla the best fitness and wellness center around.

Your energy and passion keep us going and make our jobs here fun! Thanks!

*Janet Hanger*  
General Manager

### LOKI'S LAIR NEWS

The Inside Scoop from Loki's Lair Café  
Now Available !

Our "Weekend Breakfast Menu" is now available Monday thru Friday Stop by and enjoy some great new options, including the new "Berries n' More Granola" served warm and then topped with Vanilla Yogurt, and sprinkled with shaved Coconut !!

#### New Winter Hours:

Mon thru Thurs 7:00am -8:00pm  
with Full Menu  
Friday 7:00am - 3:00pm  
Saturday 9:00am 1:00pm  
with Breakfast Menu Only  
Sunday Closed

#### SHAKE BAR Update

Attention: Weekend "SHAKERS" Don't be Alarmed with the New Winter Hours.. All Shakes and Grab n' Go Items are still available All Day Saturday & Sunday. Just ask your Receptionist on duty, and they'll be happy to make them for you. "Early Risers" Don't forget Shakes are available from the time the doors open in the morning. Just ask one of our wide awake, Multi -Tasking Receptionists to shake one up for you !!

### VALHALLA CONTACTS

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### MEMBER NEWS

Member Happy Hour will now be  
quarterly. Next one will be

March 5th

5-7:30

Spin the Wheel

Samples by Loki's Lair

Bring a friend for Free will remain the first Monday of the month!

## MASSAGE

### **BodyWorks Massage & Corrective Muscle Therapy Center**

#### A Powerful Ally

There's no denying the power of bodywork. Regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic) or the reasons we seek it out (a luxurious treat, stress relief, pain management), massage therapy can be a powerful ally in your healthcare regimen.

The incredible benefits of massage are doubly powerful if taken in regular "doses." Professionals at the Touch Research Institute at the University of Miami explain the more massage you get, the greater benefits you reap.

#### Here's why:

Experts estimate that upwards of ninety percent of disease is stress related. And perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress.

This translates into:

- Decreased anxiety.
- Enhanced sleep quality.
- Greater energy.
- Improved concentration.
- Increased circulation.
- Reduced fatigue.

Furthermore, clients often report a sense of perspective and clarity after receiving a massage. The emotional balance bodywork provides can often be just as vital and valuable as the more tangible physical benefits.

Courtesy ABMP

## GROUP X

### **BodyFlow**

Congratulations to the entire BodyFlow Team for completing and passing their final stage of the LesMills BodyFlow Certification: *Marilyne Lee, Rachel Cogan, Allison Robison, and Janet Hangen*

### Latest LesMills Releases

WOW! Are we enjoying the latest releases from our LesMills programs or what! BodyFlow, BodyCombat, BodyPump and BodyStep are all kick 'in it up a notch with the hottest music and the most amazing choreography! From the plyo lunges in the BodyPump release, to the advanced side kick in BodyCombat, the constant interval training in the BodyStep release, and last but not least the incredible focus on flexibility and

balance that BodyFlow brings to the table. There is no denying that our LesMills programs have something for everyone. If you haven't tried a class we (the instructors) invite you into our classroom and let the magic begin. LesMills' programs will change your body as well as your heart and soul!

### Did you know?

Anthony, our Thursday and Friday Yoga Instructor, is publishing a book! Awesome, right? Stop by his class and ask him all about his work in progress. The entire Group Fitness Staff is so proud of his accomplishments (as I am sure he is proud of himself as well). Way To Go Anthony!

### Winter Schedule

The Winter Group Fitness Schedule will be arriving shortly. Please look for signs around the gym as to when it will make its debut.

### **Silver Sneakers**

#### **Valentine's Social**

Tuesday, February 21st  
12:05p.m.  
Group Fitness Studio

Open to all Silver Sneakers members. Please bring along a yummy treat to share. Valhalla will provide the coffee and tea.  
\*\*Don't forget to wear your red



YOGA WITH A HEART



Join Susan and Jacinda on February 11th (10:30 to Noon) for a very special yoga event!!! The class will start with a Vinyasa Yoga flow with a focus on heart opening postures (perfect for Valentine's Day) and finish with a soothing restorative sequence, using blankets and props to support the body and allow for total relaxation. This is the perfect class to rejuvenate from the hectic holiday season and de-stress.

Free to members and non-members (bring a friend or better yet, bring your Valentine).



Jacinda and Susan will be accepting donations for the Humane Society of Berks County, for an extra dose of heart! :) Even the animals need some love this Valentine's Day!



VALHALLA'S EMPLOYEE "STAR" OF THE MONTH



Heidi Fisher is this month's "Star" employee voted on by YOU our members! The votes were counted and Heidi had the most nominations; which is no surprise to anyone that takes Heidi's classes. Heidi is a kind, caring and very personable fitness instructor. She cares about the people in her class and wants them to be successful at their fitness goals. Heidi is creative, as well as, entertaining when she is in front of her eager participants. If you have ever taken one of her classes you know that it's never the same class twice and she takes great pride in "mixing" things up in her class. As written on one of her nomination ballots this was stated about Heidi: Heidi is very motivating and fun during spin class...we actually feel as if we are "on the road!"

Heidi has been teaching Group Fitness since 2005 and is certified through a variety of fitness organizations, which include: AAI, Schwinn, Sara City and Turbo Kick. Heidi lives in Douglassville with her two children, Jack and Natalie, and her husband of 14 years. We are so grateful to have Heidi as part of our Group Fitness staff and we all try to live by her favorite motto: Don't take yourself too seriously!

Heidi's Classes:  
Tuesday- 9:15a.m. CYCLING  
Wednesday- 9:35a.m. TOTAL FIT

*Congratulations Heidi...  
Keep Up The Great Work!*

Honorable Mention for Valhalla's Star Employee

Melissa Murphy  
Jaret Crass  
Lisa Dugal

# SAST

## SPEED, AGILITY, & STRENGTH TRAINING PROGRAM

Designed for athletes to improve or maintain athletic performance.

### CLASSES AVAILABLE AT VALHALLA:

- Mondays 8:00pm - 9:00pm
- Wednesdays 8:30pm - 9:30pm
- Fridays 7:00pm - 8:00pm
- Fridays 8:00pm - 9:00pm



\$10.00 per participant, per class (non-Valhalla member)  
\$8.00 per participant, per class (Valhalla member)

## How to Make an Effective Fitness New Year's Resolution

Whether your New Year's resolution is to lose a few pounds or inches, increase muscle tone, or pack on some muscle, reaching these objects are often times difficult. The question is, why people end up flaking out on their goals, goals that they seemed SO hyped about at the beginning of the year? There are a few reasons actually, and in this article I want to explain what they are and how you can move away from these unproductive habits and instead learn to make goals that you will stick with and ultimately achieve.

Below you will find five factors that, when abbreviated, spell out the mnemonic S.M.A.R.T. This concept originated in the project management industry, but applies to goal-setting equally well in all areas of life. It stands for:

**Specific:** your goals need to be defined... instead of saying, "I want to be toned," you should say, "I want to lose 15 lbs of body fat and go from a size 12 to a size 6." This makes it easier to create a vision of success as well as to break your goal down into sub goals.

**Measurable:** in line with being specific, your goal needs to be measurable so that you can break it into mini goals and track progress over time. "I want to be toned" obviously can't be broken into sub goals, while a specific amount of weight/inches lost can be. Achieving this string of smaller goals on the path to the larger goal is incredibly motivational and will keep you at it a lot longer than aimlessly wondering if you're anywhere near your lofty goal.

**Attainable:** setting an ambitious goal is great, but only if it's realistic. You want to shoot high, but still be able to succeed, or you're just setting yourself up for failure and disappointment. I get a lot of new clients who come to me and say they want to perform years' worth of progress in a couple months unfortunately, it doesn't work this way!

**Relevant:** your smaller goals need to relate to your "big picture" goal that is, how you ideally view yourself in the long term. By maintaining a continuity to your goals, you prevent yourself from hopping back and forth from opposing goal to opposing goal and consequently never achieving anything.

**Time-bound:** your goal needs to have deadlines! If you don't have a due date for success, you will never feel the urgency to get with it... this is one of the main reasons that New Year's resolutions hardly ever workpeople say, "I'm going to lose weight and get healthy this year," with no actual date in mind (in addition to no defined goal) and thus they have no ability to break the goal into a scheduled strategy. Additionally, no due date makes it that much easier to procrastinate something that is already incredibly easy to do in this case!

Beyond this, you need two things you need to truly WANT to achieve your goals and you need someone to hold you accountable. Nobody but you can make you truly desire success... this has to come from within. As for accountability, there are a few ways to achieve this. You can find a workout buddy to accompany you each day to the gym and to trade nutritional tips with, or you can hire a personal trainer or join a bootcamp class if you want to combine the accountability with someone guiding you along your path. We at Valhalla want to challenge all readers to sit down and carefully make a S.M.A.R.T. fitness goal for 2012. If you combine this with the desire for success and the accountability needed to keep you on track, you WILL see success We guarantee it!

## Complimentary 25 minute sessions with a trainer!

NOW BY APPOINTMENT

### FEATURING:

**Cybox Weight Training Equipment:**  
Equipment set up and Exercise mechanics review

**Free Weights (Dumb-bells):**  
Basic Exercise and body mechanics review

- 25 minute time slots available
- 1 - 4 people per time slot
- Sign up at the front desk

## Valhalla Health and Fitness Club Members

We have recently partnered with **Baja Beach Tanning Club** and are pleased to present you with an offer for great savings!

Just show your Valhalla Membership Tag when you join Baja Beach Tanning Club and pay no start up fees.

Do you know any current Baja Beach members that are not Valhalla Club Members?

### REFER THEM!

When they join and show us their Baja Membership card, we'll waive their start-up fees here; ALSO if they mention your name, you'll receive a \$25 referral cash bonus when they join us for an annual membership.



## membership special

# Come in Out of the COLD

Join us with our Membership Special  
Join as an annual member

## NO PAYMENTS UNTIL MARCH 2012

Offer expires 2/15/2012

Membership includes:

- All regularly scheduled group exercise classes
- 1 Complimentary evaluation visit with a personal trainer
- Member Rewards Program
- And so much more...

## WEATHER INFORMATION

# WINTER WEATHER POLICY

We will post any class cancellations or gym closings on:

WFMZ-69 NEWS AND THEIR STORM CENTER WEBSITE

ALSO CHECK FOR UPDATES ON OUR WEBSITE:  
[www.valhallahc.com](http://www.valhallahc.com)

## GROUP EXERCISE CLASS AND CHILD CARE

*Monday -Friday we will follow the lead of Exeter School District:  
Saturday and Sunday watch our website, follow channel wfmz 69, or call us!*

### EXETER TWO HOUR DELAY

All **Group Ex** classes scheduled before 12pm are cancelled  
**CHILD CARE** will open at 10am

### EXETER CLOSED FOR DAY

All **Group Ex** Classes for entire day are CANCELLED  
**CHILD CARE** is closed AM and PM

### EXETER OPEN IN AM AND DISMISSES EARLY

All **Group Ex** classes scheduled for 4pm and later are cancelled  
**CHILD CARE** will not open at 4pm and will remain closed for the entire evening

## REFERRAL INCENTIVE

# Want easy money? Referral Program

1. Pick up a stack of 1 day passes at the front desk.
2. Hand them out to **EVERYONE** you know.

## Why? ... Perks!

For each referral who joins, you will receive:

\$25.00 for an annual contract

\$15.00 for a short term option

(some restrictions apply - ask Sales Representative for details)

**MONTHLY** - Referring member and new members will be entered into a drawing for a:

**Sneaker Villa Gift Certificate**

If five or more of your referrals join as annual members, you will also get:

15% OFF YOUR MEMBERSHIP DUES FOR 12 MONTHS

### Refer a Co-Worker

Don't forget your coworkers - healthy coworkers are a plus! If enough join you may all qualify for a Corporate Discount!

*Make sure your referral mentions your name when signing up in order for you to receive your "Thank you"!!*

Contact a Membership Sales Director  
610-779-6006