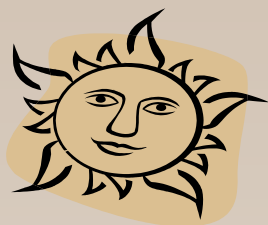


## July-August 2010 Newsletter



### Welcome To All Our New Members Who Joined in June

Francesco Amato  
Jeannine Ambrosi  
Joe Ambrosi  
Rachel Arnold  
Carol Bellercline  
Tabatha Bellercline  
Laura Biancone  
Vincent Biancone  
Jayme Bohn  
Shawn Bohn  
Diedre Bowers  
Geraldine Boyer  
James Boyer  
Jennifer Campbell  
Patricia Care  
Maria Corcoran  
Shawn Cox  
Annemarie Daughtry  
Kathleen Dautrich  
Linda DeBello  
Lauren Diromualdo  
Mike Diromualdo  
Aaron Fantasia-David  
Jessica Fleagle  
Susan Fleagle

Pam Fletcher  
Marie Ganster  
Melania Gavrilovici  
Janet Gift  
Nancy Gongoll  
Mary Gregory  
Elizabeth Hart  
Ryan Headman  
Donna Hedgepeth  
Veronica Hurt  
Peter Kelly  
Laura & Mark Konchan  
Melissa Lebid  
Devin Limper  
Karen Lord  
Dave Maurer  
Jill McDonnell  
Suzy McKeany  
Fern McMillian  
Beth Meals  
Jeffrey Miller  
Connie Mitchell-Bates  
April Moore  
Robin Neyer  
Robert Neyer

Wendy Orzolek  
Derrick Palecek  
Daniel Picciotto  
Rebecca Potts  
Charity Quinn  
Hannah Raff  
Max Raith  
Andrea Sanders  
Susan Schmitz  
Sheila Seed  
Becky Shane  
Karen Shchuka  
Eric Sheaffer  
Amy Sivak  
Rose Marie Sosnowy  
Barbara Sowder  
Kelly Wasielewski  
Patricia Wetherhold  
Terri Zimpleman

# Congratulations

To All Our June Stars!!



## Most Check Ins

Female: Katie Hannon with 48

Male: Ryan Creal with 35

## Silver Sneakers Members

Female: Elaine Kahler & Gloria Steckbeck both at 28

Male: David Grebe with 26

## Most Group X Classes Taken

Janelle Mann at 31

**Stop By The Front Desk For Your Prize!**

# Benefits of Massage



Valhalla Health & Fitness Club has recently expanded our Massage offerings. The benefits of massage are far reaching and are an integral part of one's approach to achieving a healthy lifestyle. Within each category of massage, whether therapeutic, medical, sports or relaxation, there are types of massage available to treat your specific needs and/or symptoms. Stop by the front desk and schedule a massage for yourself today and experience the healing and rejuvenation effects a massage can bring. When you schedule a massage, make sure to pick up a bonus card. Once you have received any 5 massage treatments, you will be eligible to receive a bonus of your choice.

Choose From:

1 Complimentary 30 minute massage

1 Complimentary 30 minute Personal Training Session with Brad, Erick or Leslie

1 Complimentary 30 minute Kettle Bells training with Janet

1 Complimentary 30 minute Intro to Pilates with Janet

# Joint Care Program

## Beginning Monday, August 16th

### Valhalla Knee and Hip Joint Care Program

Cost \$270

Schedule

10wk program

Mondays at 5 pm

Start August 16th

Please inquire about other times if necessary

Description

10 week interactive program focused on all elements of total joint care for the knee and hip.

Each session will be one hour long and include a full workout and educational components.

Directed by Nathan Taylor, a Doctor of Physical Therapy

Who should attend?

Anyone who has had a total knee or total hip replacement and has completed the necessary physical therapy program

Anyone who has been diagnosed with arthritis or a similar condition and would like to delay or avoid surgery.

Why will this program help?

In order to optimize the results of total joint surgery, research has demonstrated a need for continual exercise for at least one year

Repeatedly proven that the proper exercise program can delay the need for surgery in patients with multiple joint issues

Multiple proven benefits of exercising in a small group

Directed by a Doctor of Physical Therapy who will develop a program with utmost care for your joint issues

What educational topics will be covered?

Anatomy and biomechanics of the hip and knee joint

Weight loss and joint health

Nutrition

Supplementation and injections

Effects of exercise on bones and joints

After completion of the program, clients will be better equipped to handle an independent program or will have the option to continue in the group setting long-term

**Available for Members  
And Non-Members  
Must Sign Up at Front  
Desk. 610-779-6006**

# Silver Sneakers

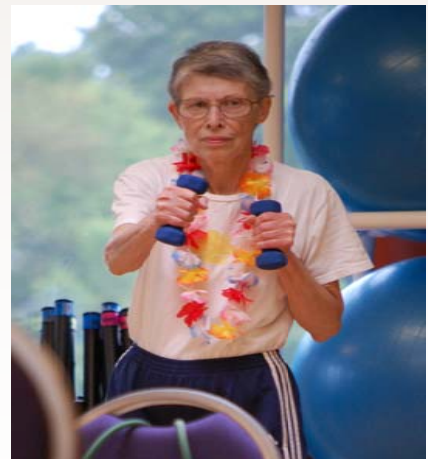


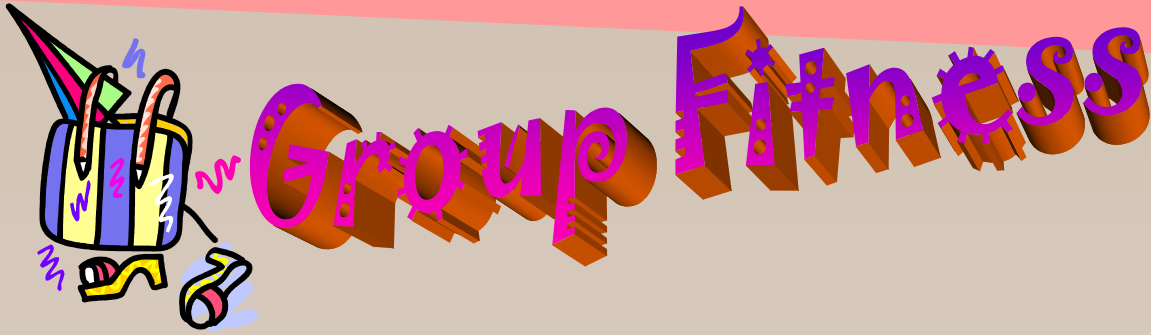
*Thank you to all of our Silver Sneakers members that participated in our Hawaiian Luau. Everyone that participated helped make our Luau a complete success!*

*Our contest winners for "Best Luau" outfit were Nancy Fies and David Grebe!*



**MARK YOUR  
CALENDAR...  
Our next  
Silver Sneaker Social  
August 17th  
12:00p.m.**





# Group Fitness

The **Summer** Group Fitness schedule is in full effect...make sure you stop by the group fitness bulletin board (located on the 3rd floor) or stop by the front desk to pick up your copy!



Are you enjoying the new releases?  
All three LesMills programs are jammed packed with new moves, new combos and a whole lot of new music! If you haven't tried a LesMills class yet now is your chance! Check out our fitness schedule for times and studio locations.

## Fun Fitness Fact...

**The human body has 45 miles of nerves!**

Group Fitness cont....

# Family Yoga



**Saturday, Sept. 18th**

**11:00– 12:00p.m.**

**\$5.00 p/person**

*Enjoy a yoga class for the whole family!*

*Everyone is welcome, so bring along your spouse, your children or even your grandchildren. Share your love of fitness with the whole family.*

*~Sign up at the front desk*



## Labor Day Cycle



**Monday, Sept. 6th**

**8: 30– 9: 45a. m.**

Come join Kathy for a "Labor Intensive" indoor cycle class.

**~~Sign-Ups are a must!**

**Reserve your bike for this class.**

**The sign-up sheet will be located in the cycle studio.**

## Did you know...

- It takes 70 muscles to speak a single word!
- Bodies are creatures of habit-the more you exercise the more your body learns to burn fat rather than store it.

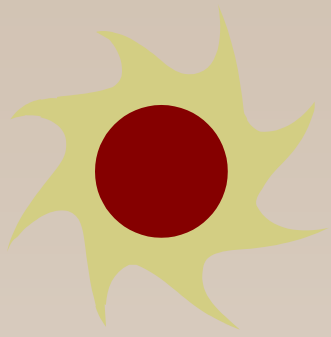


Odell Chiropractic is proud to announce that we have teamed up with the staff at Valhalla Health & Fitness Club

We will soon be offering free lectures on a variety of great topics! We would like to know if you'd be interested in attending free, informative lectures on the following topics:

Core stabilization, Sports injuries,  
Training injuries, Overtraining,  
Low back pain, Neck pain,  
or how chiropractic can help your pain.

If interested....simply email Janet at [jhan-gen@valhallahc.com](mailto:jhan-gen@valhallahc.com),  
with your name and topic(s) of interest...  
or stop by the gym bulletin board to complete the survey!



## **Don't Let The Heat Be An Excuse To Stop Working Out—The Temperature Is Cool In Valhalla!!**

Catch a Wave this summer that will continue to keep you in shape season after season. The fitness BUZZ is all about SMALL GROUP TRAINING! Few people really have the body awareness, exercise knowledge, and self-motivation, to succeed at reaching fitness goals on their own. Personal training sessions may be out of your budget. What's the perfect alternative? SMALL GROUP TRAINING! For half the cost of private training and along with 1-3 other old or new friends, you can have the best of both world's- attention from a trainer and the fun of a group! TRX Training and Kettle Bell training are great Small Group modalities as are traditional forms of training . Stop by the front desk to inquire about our Small Group Training program or chat with a trainer!

**Gym Etiquette: Just a friendly reminder to share equipment while you are resting between sets. Equipment may not be "reserved" with water bottles, t-shirts, etc. Thank you.**