



## May-June 2010 Newsletter

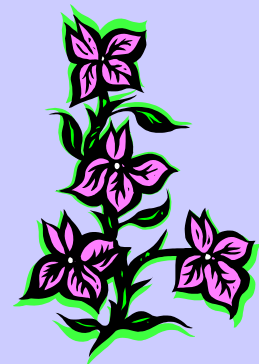


### Welcome To All Our New Members Who Joined In April!

Marvin Adelglass  
Penny Amundson  
Richard Angstadt  
Bob Bardsley  
Thomas Beil  
Nick Bentley  
Eric Bohn  
Victoria Bohn  
Brian Bollinger  
Erin Bollinger  
Julia Brought  
Neal Brown  
Colleen Burrell  
Shannon Collis  
Emily Dengler  
Caitlin Doyle  
Jaime Etzel  
Angie Ficco  
Cindy Garland  
Heather Garland  
Bill Goad  
Cindy Graham

Joseph Griffin  
Ray Hatt  
Nancy Heifer  
Mary Hileman  
Sara Holbrook  
Dolores Horrigan  
Nicole Itle  
Brad Jagielski  
Jenny Kandler  
Anthony Kline  
Valerie Klingelsmith  
Elizabeth Kozlowski  
Kevin Kozo  
Tina Krug  
Rosemary Ludwig  
Marie Madeira  
Thomas Malecki  
Jonathan Montano  
Ann Mooney  
Jeff Nemeroff  
Linda Nye  
Tonia Schluter

Amanda Scott  
Ashley Sedoti  
Donna Sedoti  
Jeff Sedoti  
Tanya Seidel  
Lynn Shugar  
Jeff Skolny  
Katie Spatz  
Robert Traub  
Sophia Tzinis  
Helen Veet  
Andrew Yusyp-  
chuk





# Congratulations

To All Our May Stars

## **Most Check Ins**

Female: Yvonne Wittels with 41

Male: Kevin Graul with 47

## **Most Silver Sneakers Check Ins**

Female: Elaine Kahler with 26

Male: Donald Lynch with 22

## **Most Group Exercise Classes Taken**

Yvonne Wittels with 45

Please stop by the front desk to claim your prize!





# Great Job!

Congratulations to everyone who participated in our 2010 Face Off Fitness Contest! Thank you all for participating and working so hard. A special congratulations goes out to our top 2 teams.

1st place team: One Woman Short with 654 points!

2nd place team: Morning Maniacs with 617 points!

Congratulations to Kelly Dewald who won our New Year, New You 2010 Weight Loss Contest! She was the winner losing 6.7% of her body weight!

## **New Spring/Summer Attire In Our Pro Shop!!**



We have some great spring/summer colors that are available now. Stop by the pro-shop and pick out something to help make you stand out in a crowd!





# Student Summer Special

Attention All Students—Stay in shape over the summer months. Beginning May 1st, join for \$129 for 3 months. You must activate your membership by June 30th.

Valid Student ID required and 1 membership per person.

## A Friendly Reminder

As summer approaches your children may be coming into the gym wearing sandals. Just remember that your kids need to wear socks while in the daycare. Also remember that parents **MUST** remain at Valhalla while your children are in the daycare!





# Help Save A Life



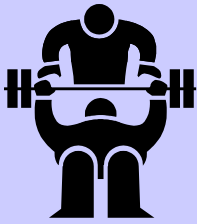
Miller-Keystone Blood Center will be here at Valhalla for a bloodmobile on Monday, June 21st from 5:00 to 8:00 pm. There is a sign up sheet at the front desk

All individuals will be required to present a valid photo ID. Please give the gift of life!

## We Recycle

Valhalla is now recycling plastics and glass. A recycling container has been placed on each floor of the facility. Please make sure to dispose of your recyclables in the appropriate containers.





# Personal Training Corner

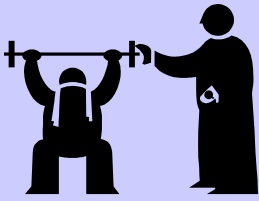
## Trainers of the Month!

### Erick Hardwick

Erick grew up in Long Island, New York. He graduated from Albright College and decided to stay in Pennsylvania after graduation. He works full time as an accountant for Penske Truck Leasing and part-time here at Valhalla as a Personal Trainer, most evenings and weekends. Being fit and in shape has always been a priority to Erick. He has 6 months experience personal training and certified through the National Academy of Sports Medicine. Erick loves to work out, play basketball, ride bike, and listen to jazz, hip/hop and R&B music in his free time

### Dori Nugent

Dori has been a Group Fitness Director for Valhalla for about three and a half years now. She loves working with her group exercise staff and enjoys trying to find new things to offer our members. She also loves the education part of fitness. Dori has two kids, likes sports, and loves teaching group fitness classes. In her free time, she also coaches softball for Daniel Boone Rec League as well as private pitching lessons. She has 6 years experience with personal training and is certified through AAI.



## Training Tip From Sarah

### The Importance of Core Stability by Sarah Vecchio

Why is it important to train our core? The core is where most of the body's power is coming from and provides the foundation for all movements of your arms and legs. The core must be strong, have dynamic flexibility and function together in its movements in order to achieve maximum performance. If our core is weak, we can develop poor posture and enable a weak lower back.

2 Exercises to help with a strong core are:

Planks- Begin by lying on your stomach, rise up onto your elbows and toes (modified would be elbows and knees). Try to maintain a "flat body" position without arching your back. Try to hold a plank for 30 seconds or more.

Low Back Bridge- Begin lying on your back. Feet underneath knees. Arms resting at your sides. Lift your hips up as high as you can off the floor, while keeping your shoulder blades on the floor. Hold for as long as you can. You can also increase the intensity by doing hip lifts, lowering and lifting 10 times per set.





# Group Fitness Update

*Please Welcome To Our Staff...*  
Jolie Mattia- Cycling Instructor  
Stephanie Kartstien- Cycling Instructor  
Welcome to our Team!



## **Baby News...**

Congratulations to Heather Hofbauer  
(cycle instructor)

As she and her family welcome their newest  
addition to their family...a baby boy!  
"Wyatt Scott Hofbauer"

### **Fast Fact...Don't Like Jogging?**

*Walking at a brisk pace (a 15-min. mile or four miles p/hour) burns just about as many calories as jogging for the same distance. The only benefits of jogging are that it takes less time to cover the same distance and it's more beneficial to your bones.*





# Group Fitness Update

Please be considerate to our instructors and the other participants...silence your cell phone before entering into the fitness studios!



## Family Yoga



**COMING SOON...A NIGHT OF  
FAMILY YOGA!  
AN EXERCISE EXPERIENCE FOR THE WHOLE  
FAMILY.  
LOOK FOR MORE INFORMATION  
TO COME SOON!**

**Fun Fact....**In an average 40-minute indoor cycle class, you'll ride the equivalent of about 15-20 miles on the road.





# SILVER SNEAKERS



**Silver Sneakers Social**  
**Tues., June 15th**  
**12:00p.m.**

Please join us in the Café for coffee and some  
tasty treats.

All Silver Sneakers members are  
invited.

## FUNCTIONAL FITNESS TEST

**Coming Soon...Check your Silver Sneakers  
Bulletin Board for your future  
FFA Retest Date!**

**Has your fitness level improved? Come and see for  
yourself!**

### **Heal Faster With Fitness...**

*According to a study conducted at The Ohio State University in Columbus, Ohio, the study found that older adults who exercise can reduce the time it takes for wounds to heal by up to 25 percent. Those who exercised 3xs a week fully recovered from a wound in 29 days versus the 30 days it took for a wound to heal in the non-exercise group.*





## Small Group Training at Valhalla Health and Fitness Club

Small Group Training is an affordable alternative to one-on-one Personal training. For half the cost of Personal Training you can get the individualized attention of a trainer, while you enjoy working with 2 or 3 other members with similar goals.

Two of our new fitness formats are TRX Suspension Training and Kettlebell Training.

Many have asked, “Why can’t we use this equipment on our own like we use the other weight lifting equipment on the fitness floor.

In answer to your questions.....

Both KettleBell and TRX are specialized functional training modalities. There are a multitude of benefits you will enjoy while training with this equipment. However, the risk of injury is great without proper supervision. Before performing most of the TRX and Kettlebell exercises, a person must be assessed as to having natural proper body mechanics. The participant must have had adequate instruction as to how to utilize their stabilizing muscles, as well as knowledge of what muscle groups should be firing.

While watching someone performing TRX and Kettlebell exercises, the viewer will have the misconception that the movement patterns are simple and easy to execute. That is, until they TRY to actually execute the exercises.... Without proper instruction and supervision, the risk of injury is high and the success rate is low. WITH proper instruction and supervision, the sky is the limit as to where you can take your fitness level. Your posture will improve, your overall strength will increase, your lean muscle tissue will increase, and you will decrease your risk of injury while performing activities of daily living.

So please see a trainer to enjoy a training session! The benefits are great and the variety these modalities add to your existing fitness routine are superior!



## Small Group Training Fees

Fees for SGT are:

2 people- 30 minutes:

\$18 per person/session

\$99 per person for a 6 pack of sessions

\$162 per person for a 10 pack of sessions

2-4 people- 60 minutes

\$30 per person/session

\$165 per person for a 6 pack of sessions

\$270 per person for a 10 pack of sessions

Please note: To participate in these sessions you should have healthy shoulders and core awareness. You should be able to perform at least a partial squat successfully and have the ability to perform triple extension of the ankle, knee and hip simultaneously. If you are not certain if you are ready for TRX or Kettlebell training, speak with a trainer for a quick assessment.





## Cooking Class

# Eating for Energy and Vitality

Boost energy and give your workouts more punch with these easy -delicious recipes made from **energizing foods..**

## Menu #1

Sautéed Sea Scallops w/ Garlic & Lemon  
Quinoa with Chick-Peas and Arugula  
Spinach Salad with Shredded Beets, Walnuts,  
Avocado and home made Mustard Vinaigrette

*Valhalla's 1st class-*

**Day: June 12**

**Time: 3-4:30**

**Fee: \$20/person**

*Instructor: Suzie Carpenter*

*Certified Health Counselor*

Learn more about Suzie by visiting her website:

[www.suziecarpenter.com](http://www.suziecarpenter.com)

BYOB!



Register at Front Desk