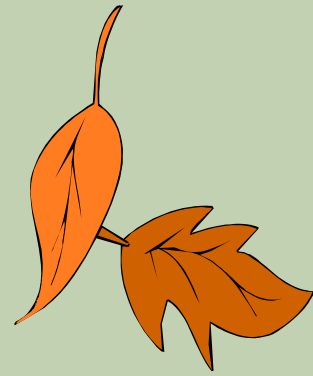


Fall 2010 Newsletter



Welcome All Our New Members Who Joined In August And September!

Shane Alfiero
Andrea Amato
Judy Amato
Yesim Ay
Samantha Baro
Jen & Jeremy Basom
Amy Beetel
John Bilinski
Sandra Black
Sarah Broadbent
Jean Brown
Craig Campeau
Joanne Campoferri
John Cerazzo
Kevin Chambers
Sande Chambers
Shelly Cline
Jeni Conner
Michael Curry
Kelly Diehl
Marc Dilullo
Sabrina Eagle
Celine Field
Colin Flood
Geraldine Glutz
Sylvia Goll

Ann Green
Debbie Griffin
Brooke Gross
Kelley Gross
Phil Hart
Julie Hartman
Amy Impellizzeri
Deborah Karas
Elisa Keeler
Kristin Kelly
Maryann Kempinski
Pat Kerber
Stephen Kowalski
Peter Lawler
Joanne Loeper
Elaine Macey
Mary Mahon
Luisa Mann
Kevin McMonagle
Kerri Mecray
Allison Meyers
Ron Miko
Diane Miller

Earl D. Mitchell
Andrea Much
Evgeny Nemirosky
Sue Reppert
Laura Richard
Conner Rigg
Peter Rogers
Brittany Ross
Amy Rothermel
Paula Schaefer
Donna Schilling
John & Rose Sneeringer
April Sookma
Emily Stockwell
Jeanie & Richard Templin
Chris Tomaszewski
Joanne Watts
Debra Welker
Jeff Williams
Kelly Wrobel

Congratulations To All Our Stars!!



Most Check Ins

***AUGUST Male: Ryan Creal with 48
Female: Katie Hannon with 39***

***Silver Sneakers: Male: David Grebe with 25
Female: Gloria Steckbeck with 25***

***Most Group X Classes Taken: Shannon Kozik
with 32***

***SEPTEMBER Male: Ryan Creal with 48
Female" Joan Eshelman with 38***

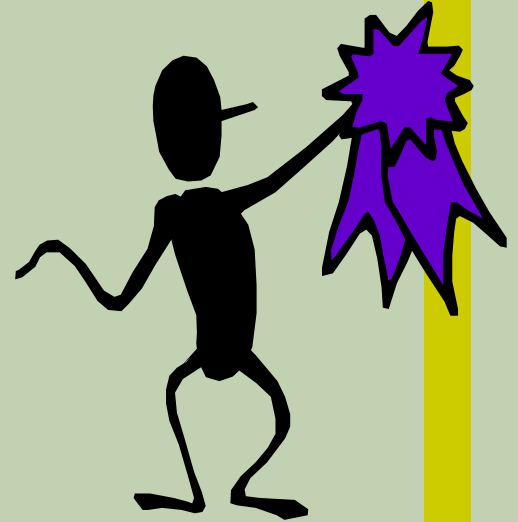
***Silver Sneakers: Male: Ike Matza with 21
Female: Gloria Steckbeck with 24***

***Most Group X Classes Taken: Yvonne Wittels
with 30***

***Stars: Stop By The Front Desk To Pick Up Your
Prize!***

Membership Reward Points

3rd Quarter Points are available and ready to be redeemed onto a Membership Rewards Card. Just remember, you must redeem by October 25th or you will lose them. Just stop by the front desk to see if you have enough points for a card!



Thank You

We do appreciate all of our members' comments and suggestions. Please continue to offer your thoughts and suggestions to us...we read them all and give each one careful consideration. The only thing that we do ask is that you please sign your name so we can contact you if we need to discuss further or have additional questions.

Fitness Floor Etiquette & Safety

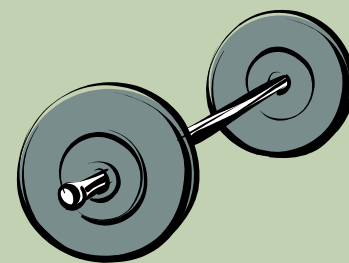
Some Friendly Reminders:



- Appropriate footwear/sneakers must be worn while working out in our facility...no bare feet (except in appropriate class situations), no sandals, no work boots
- When coming from work to the gym, please change out of dirty work clothes and put on clean gym attire
- Shirts must be worn not just while in the facility, but while entering and exiting as well
- Remove plates from weight machines and restack in designated areas
- Wipe down equipment after use
- Limit cell phone usage on fitness floor—please do not hold cell phone conversations while on the equipment as a safety precaution and as a courtesy to other members. If you must make or take a call, please move to an area of the gym that will not be distracting to other members
- Please remember that staff is NOT permitted to open the doors and allow members to enter before the official opening times...please be understanding and do not ask staff to bend the rules and allow entry before opening times

Personal Training News

If you want to change your body, you've got to change your program! Makes sense right?! In order to experience transformational results, you must overload your body a little bit more than what it is used to. This will stimulate your muscles, heart and entire body to respond in a positive fashion. So mix it up people! Fortunately, we've got lots of great new programs to help you accomplish that!



Valhalla has added "Drop In" Small Group Training. A schedule has been created effective October 18th. This schedule will be in effect through November 20th. You can still arrange small group training by appointment with a trainer, however the "drop in" schedule allows you to experience the benefits of small group training on a "whim". This is a fee based program that is well worth the price! The current schedule has 7 formats to choose from and can be done in either 30 minute or 60 minute sessions. (See current schedule on next page)

Effective: October 18th—November 20th

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	9:30-10 AM Med Ball Leslie <i>Kinesis Studio</i>		10:00- 10:30 AM KettleBells Janet H. Fitness Floor <i>SGT area</i>	10:45-11:45 AM Pilates Challenge (On Kinesis Equip) Janet H. <i>Kinesis Studio</i>		
5:30-6PM Pilates Wunda Chair Tom Petro <i>Kinesis Studio</i>	10:30 – 11 AM Kinesis Leslie <i>Kinesis Studio</i>			2:00-3:00 Pilates 101 Tom Petro <i>Kinesis Studio</i>	11:30 - 12 TRX Erick Fitness Floor <i>SGT area</i>	
7 – 7:30 PM TRX Erick <i>Fitness Floor SGT area</i>		7 – 7:30 PM TRX Erick <i>Fitness Floor SGT area</i>				

30 min session

Single Session- \$18 per person/ session

Package of 6- \$99 per person/ package

Package of 10- \$162 per person / package

60 min session

Single Session- \$30 per person/ session

Package of 6- \$165 per person / package

Package of 10- \$270 per person / package

- **Small Group Training Schedule will change** frequently as needed. Watch for a new schedule approx. every 4-6 weeks

- **Reserve your spot** at the desk
- Please **call ahead to cancel** if you must
- You **can still arrange** SGT with trainers by appointment

These are **drop in sessions** so you can experience the fun and efficiency of SGT! **Enjoy!**

Formats:

Kinesis- 4 station circuit training designed to optimize functional training. Your body is not meant to move 1 muscle at a time.....stabilize, fire your core and train in YOUR Range of Motion! Improves, strength, balance, flexibility and your passion for moving!

TRX-Suspension training at it's best. Use your own body weight to optimize your workout as you work functionally and develop stronger stabilizing muscles. Easy to adapt to different fitness levels

Kettle Bells- Not your typical weight training workout. Work you body as it was designed to move...all together! You will gain muscle tone, total body and core strength, flexibility, cardio endurance,...and that's just performing one of the exercises!

Med Ball – You will work your whole body utilizing the fun and functional medicine balls. Stability balls will also be used. Develop your body in a whole new way while you have a "ball".

Pilates 101- Effective daily movement as well as dynamic sports related movement must initiate with your core and with proper breathing. Come to Pilates 101 to learn the Basic Principals that will help you be a success in any Pilates class and get stronger from the inside out.

Pilates-Challenge on Kinesis Equipment- Pilates was first developed on equipment called "the Reformer". Most all reformer exercises can be adapted on our fabulous Kinesis equipment. This will take your Mat Class to the next level. **Limited to 2 participants**

Pilates- Wunda Chair- The Wunda Chair is a piece of Pilates equipment designed and developed by Joseph Pilates. Such a simple looking tool can do so much for your body. Tom brings his authentic Wunda Chair to Valhalla for you to enjoy and to enhance your Pilates class practice. **Limited to 2 participants.**

College Financial Aid Planning Night

Presented at

Valhalla Health & Fitness Club

There will be a valuable College Financial Aid Planning Workshop that will focus on high school Freshmen, Sophomores, Juniors & Seniors (All grade levels are welcome.) We will cover information you need to understand in order to maximize the amount of financial aid you are eligible for. Learn important details about college planning at this FREE community

In this workshop, you will learn:

About tax deductions in addition to the Hope Scholarship and the lifetime Learning Credit.

How parent and student financial earnings will count against them when applying for financial aid.

How to get ahead by developing a financial plan for all the college costs you will incur.

Learn what assets are taken into consideration when the U.S. Dept. of Education calculates your Expected Family Contribution!

Reservations are appreciated!

Important: Parent(s), if your child is heading to college don't miss this workshop.

Students are also welcome!

To Register Call 610-779-6006

Thursday, December 1st

Valhalla Health & Fitness Club

4970 DeMoss Road

Reading, PA 19606

Registration at 7:15 PM

Start Time: 7:30 PM



Loki's Lair Cafe

It is here... Pumpkin Lattes and Cappuccinos! Other yummy fall flavors to try..... Brown sugar and spice, Carmel apple, Granny smith apple, and white chocolate! New at Loki's Lair Café.....Organic Espresso Locally Roasted! Also serving Organic milk and soy milk!

Buy any size espresso, cappuccino or latte and get a free bagel.

Expires November 15th, 2010





YEHHHH!

Heather Hofbauer is back!

Back from maternity leave...Heather is returning to the cycle studio on Monday nights.

Join her for a “kick butt” workout

@ 5:30 and 6:10 p.m.

Bootcamp Class For Kids!

Turn off the TV. and video games and bring your child along with you for some exercise! Lindsey is hosting a KidzFITT Boot Camp class on Monday nights from 7:30 - 8:15p.m.. KidzFITT Boot Camp is a challenging, heart pumping exercise class designed just for kids ages 8 and up. Lindsey will be incorporating drills that include muscle strength, cardio endurance, and agility!

Don't miss this great opportunity to introduce your child to fitness.





Halloween Cycle

Join Jen for a Haunting Ride on
Sunday, October 31st
9:30a.m.

CYCLIST ...Please be kind to our wooden steps
and **DO NOT** wear your bike cleats when entering
or exiting the gym...thank you!



Fitness Trivia

Test Your Knowledge....

- 1.) What % of your body is water?
- 2.) What is the bodies largest joint?
- 3.) What is the bodies largest muscle?
- 4.) How long does it take for blood to circulate through the body?

Answers: 1.) 60% 2.) Knee 3.) gluteus maximus 4.) 23 sec.

Coming to Valhalla...

ZUMBATOMIC



The Latest in KIDS FITNESS...

In Zumbatomic® licensed instructors take the Zumba® formula and apply it to kids, all while making it fun! This 45 minute class is specifically for children ages 7-13. The class starts with a good warm up and then a break down of the moves. We put together the moves in a fun and active routine and then end the class with a few games.

Zumba Instructor JOLENE WERT is ready to move and groove! Join her on...

WEDNESDAY NIGHTS

@

7:30P.M.

No Membership Necessary...just purchase one of our KIDZFITT punch cards.

Talk with a Front Desk Associate for Details!



LAUNCH IS HERE!

Back To School...

Back To Fitness with LesMills

Join us in October for the latest releases from **BODYSTEP, BODYPUMP, AND BODYCOMBAT!**

Launch Schedule...

Sat., Oct. 16th BodyStep@ 8:00a.m.

Sat. Oct. 23rd BodyPump @ 9:05a.m.

Sat. Oct. 30th BodyCombat @ 10:10a.m.



Boys Rule @ Valhalla!

**It's A Boy... for Pilates Instructor Rachel Cogan
"Grayson Cogan"**

**It's A Boy...for Pump and Step Instructor
Melissa Murphy
"Callen Murphy"**



Halloween Party!

Get Your Costume Ready!

We are going to have a
SPOOKTACULAR time!

*Prizes for "Best Costume"

SilverSneakers Halloween Social

Tuesday, October 19th
12:00p.m.

Tricks and Treats are gladly welcome for our
party! The more the merrier!
Valhalla will supply the coffee!



Attention SS Members...

FUNCTIONAL FITNESS ASSESSMENT

The FFA Test is open to any SilverSneakers Member. The assessment is designed to measure your physical skills and abilities relative to other older adults, measure improvement while participating in the SilverSneakers Fitness Program and offer a fun and motivating activity. Flyers will be posted with more details.

If you participated in our FFA in February then your retest is scheduled for :

**Wednesday, Nov. 10th
@
11:00p.m**



IF this is your 1st time participating then your test date is scheduled for:

**Wednesday, Nov. 17th
@
11:00p.m.**





ZUMBA GOLD



The lower impact, easy-to-follow, Latin-inspired dance fitness-party that keeps you in the groove of life.

Join Us...

Tues. Nov. 9th
Zumba Gold Dance Party
10:00a.m.
Mind and Body Studio