

FREE WORKSHOPS

for members and college students

To be sure that our members are working out efficiently we would like to provide you with a variety of workshops geared towards proper safety, basic to advanced options, new ideas and a variety of techniques with qualified, knowledgeable trainers.

October – 1/2 hr, back & stretch

November – 1 hr, Efficiency in the Weight Rm

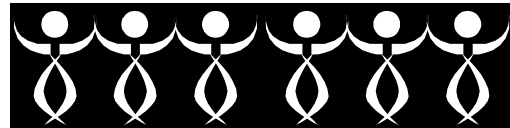
December – 1 hr, De-stress the holidays

January – Ball Training/Abs

February – Nutrition

This is just a sample of what will be happening over the next several months.

Watch for more workshops
coming soon!



Member Reward Program

Want a chance to win prizes and/or extra services for your Fitness Centre Membership. All you have to do is bring in a potential member and once they are signed up and officially a member you can win a corresponding prize depending on the membership plan. Even students can get in on a chance to win if they bring in a potential member. Prizes are determined by the membership plan that the new member signs up for. Check out the charts below to see what kind of prize you may receive. **New members being signed up must never have been a member or have not purchased a membership in the past 5 years. See the front desk for more information.**

For Community Members of the Fitness Centre:

<i>Membership Plan</i>	<i>Prize Package</i>
6 month silver/gold single	Extended 1 month membership
6 month silver/gold couple	Extended 2 month membership
1 year silver single	t-shirt & extended 1 month membership
1 year silver couple	sweatshirt & extended 1 month membership
1 year gold single	sweatshirt & extended 2 month membership
1 year gold couple	jacket & extended 2 month

For Students of Confederation College:

<i>Membership Plan</i>	<i>Prize Package</i>
6 month silver/gold single	1 month gold up-grade
6 month silver/gold couple	2 month gold up-grade
1 year silver single	3 month gold up-grade
1 year silver couple	3 month gold up-grade & t-shirt
1 year gold single	4 month gold up-grade
1 year gold couple	4 month gold up-grade & t-shirt

Keep you finger on the pulse



Although most athletes have a low resting pulse, heart rate – subject to the influence of factors such as age, A heart rate monitor is the best choice for achieving accurate and continuous results, permitting you to train more intelligently. To determine your true heart rate, you can submit to supervised scientific testing; a less formal, less accurate approach is to subtract your age from the number 220. The resulting figure will give you your target heart rate — the heart’s maximum output per minute. If you’re 40, according to the formula, your target heart rate is 180 beats per minute.

If you’re beginning an exercise program, aim for 50 to 60% of your target heart rate. For long-distance sports, 60 to 80% is appropriate. Runners should work to increase their anaerobic threshold — the point at which your muscles produce excessive amounts of lactic acid — and train at 80 to 90% of their maximum heart rate.

By working within your target heart rate range, you’ll derive the most your cardiovascular system has to offer.

“Increasing your efficiency as it pertains to heart rate and aerobic capacity is exercise-specific. If you would like to increase your heart rate performance as a runner then you must do it with running exercises, as a cyclist, with cycling exercises, and so on. Of course, any exercise you do will increase your aerobic capacity in some manner but if you’re an elite athlete, you’re not just looking for ‘some’ increase. You’re looking for the maximum available increase for your body, in your sport,” says John MacLaren, personal trainer and creator and master program designer of Elite Training Systems, based in Los Angeles.

MacLaren, a former Navy SEAL who used to instruct other SEALs and civilians in sports and endurance training, recommends a different approach for the all round fitness enthusiast.

“Do numerous activities — running, walking, cycling, soccer and just about any other exercise you can think of to benefit your cardiac efficiency and cross train you to be more efficient in many different activities. Although there’s no substitute for sport-specific training, adding cross training to your program will give you advantage over other athletes that train only in sport-specific activities.”

Increase Your Aerobic Efficiency:

- Do continuous aerobic exercise using John MacLaren’s method: 20 seconds of exercise done at 90% maximum output, followed by 10 seconds of recovery exercise. On a spinning bike, for example, pedal at a fair degree of resistance at approximately 90% of your output for 20 seconds, then lower the resistance and pedal fast enough so that you keep moving for 10 seconds. Turn it up and do it again. This method can apply to indoor sprints, swimming, running, cycling, elliptical training and just about any other exercise where it’s possible to create the change from 90% output to active recovery.
- Spend 15 minutes each on up to four different machines. Begin with the treadmill for a 15-minute run, move immediately to an elliptical trainer, then cycle and finally work out on a Stairmaster or running machine. “Cross training during your aerobic work can break up the monotony of cardio work and train your system for better performance in almost any direction with any combination of muscles used,” says MacLaren.

“For beginners, walking or run-walking, a one-minute run followed by one-minute walking is an excellent way to begin creating the fitness level you desire,” says MacLaren. “Don’t be fooled into thinking that cardio must be difficult to be useful. Some of the greatest benefits come from the lower heart ranges.”



**Adult Fitness
& Recreation**

Info: 475-6398

Court Bookings: 475-6239

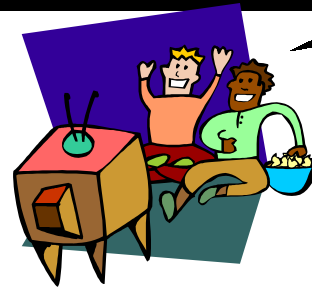
www.fitnesscentre.com

Drop-in Fitness Program Schedule

Hi/Lo	Mon & Wed	6:00pm - 7:00pm
BLT	Saturday	11:00am - 12:00pm
Variety	Sunday	10:00am - 11:00am

Reminder: Class style may change without notice due to instructor availability. Call for holiday changes to schedule.

Watch for NEW Fitness Centre commercials to start airing in late September.



Rationale for tennis being a part of the Gold membership

As you may know, over 2 years ago we held a meeting of tennis users in the Shuniah building on our campus. At that time we explained the need for change and we received some good feedback from the attendees.

In comparison to other activities and to tennis venues elsewhere, from the very beginning, tennis has been a remarkable deal at Confederation College. Other activities, i.e. strength training, cardio training, fitness classes, etc., on a daily basis, can have several hundred people use a space 1/3 the size of a tennis court. A tennis court, at 3 times the size, can service a maximum of 56 people, averaging closer to 26 people daily.

The cubic air space required above the tennis court, dramatically increase the costs of operating that large space. It actually increases the amount of space to heat, air condition and illuminate, by threefold. You can see the cost to provide indoor tennis is far more expensive than any other activity and the revenues, based on even maximum usage, were inadequate.

Most other facilities, with indoor tennis, charge substantial court fees and many charge initiation fees. These fees can range as high as \$18+ per hour per person and a \$2500 initiation. We believe it is important to keep tennis available to the widest market possible, without losing substantial amounts of money to the cost of providing it. That is why we have refrained from court fees or initiation fees and charged a very reasonable membership rate.

Over 2 years ago, we began moving the revenue for

tennis a little closer to the cost of providing it. We started charging the non members playing tennis the gold rate for a daily fee. The group at the meeting was advised that we would hold tennis at the silver level for one more year and then, as people renewed, they would require a gold membership to play tennis. We recognize the impact of other activities on access to the tennis courts (we still maintain an 80% availability). That is another reason why we did not increase the rates sooner or more than we have to date.

The decision to buy a membership or pay as you go is an individual choice. If you are a regular player, the membership is a better situation. As a member, you can book a day in advance, book online, receive your own parking permit, rent a permanent locker, have many other options available (if desired), discounts on programs, free guest passes, free workshops, some free fitness classes, free social activities, monthly draws, etc.

The Fitness Centre has been an ancillary operation of Confederation College for most of its 30 years. As ancillary, we have had to cover the costs of operating the facility and all major renovations/repairs/upgrades. Our students have contributed substantially for their access to the facility (currently about \$230,000 annually) and students are subject to the same policies. No tax supported funds have been used to operate the Fitness Centre. Memberships/day fees, both student and community, are the majority of our income.