

Inside Track



Info 475-6398
Court Bookings 475-6239
www.fitnesscentre.com

APRIL / MAY 2005

15th Annual Members Social

It has been 30 years since the Confederation College Fitness Centre opened its doors to the public. In 15 years from that time we celebrated our first 15 year members. Many of those charter members are still here as we continue to celebrate our valued 15, 20, 25 year and now 30 year members.

The evening of Thursday, April 14 also recognized individuals and groups who have been a welcome part of the Fitness Centre for several years and we hope several years to come. Those in-

clude fitness instructor Andrea Stach and the Heart and Stroke Foundation.

While celebrating our long term members we also took time to remember charter members who were lost this year and will be sadly missed; Al Turner and Bo Bo Penner.

We look forward to many more years of building relationships and providing our members and group users with unique variety and customer service worth coming back for.



Best Wishes Craig Stanley and Janice Rose!

For those of you who can remember that far back, Craig Stanley has been with the Fitness Centre for 29 years. While we will still see him visiting campus and the Fitness Centre he will be greatly missed by staff and members who have gotten to know him over the many years. We wish him all the best in his retirement.

Saying good-bye to Janice Rose will be difficult after 15 years of valued service. She could be counted on for any task that needed attention and did it exceptionally well. Craig and Janice, who are related as cousins, will now be taking time for themselves to enjoy, family, friends and whatever else their hearts desire.



Tracy Heimbecker

Certified Personal Trainer
Performance Nutritionist
Sport Conditioning Specialist

Be the BEST you can BE!

Call **345-2499** or
251-0254

To book your well deserved
appointment today

Based at the Confederation
College Fitness Centre, Tracy
will design a workout to your
personal needs.

SPECIAL POINTS OF INTEREST:

Plyometric exercise:
type of exercise that
maximizes the myo-
tatic or stretch re-
flex.

Fructose: a mono-
saccharide known as
fruit sugar, found in
all sweet fruits.

Afferent nerves:
nerves that transport
messages to the
brain.

Diastolic blood pres-
sure: the blood pres-
sure in the arteries
when the heart is at
rest between sets.

Summer Special

May 1 - August 31

General

Gold \$159 Silver \$125

Student/Senior

Gold \$139 Silver \$115

Must show current photo student ID

ON SALE

Fitness Centre Member's Tennis Social

Dear Ron Fearon:

I would like to take this moment to say thank you, to you and Confederation College for sponsoring our first tennis social which was a great success. I would like to thank your staff and the Fitness Centre for all of their help and suggestions.

I would also like to thank Jamie Grieve for setting up the team and arranging the games; because of him we were able to have organization on the courts, Thanks.

Big thanks, to all the members that signed up because without you it would not have happened. I hope everyone had a great time. Perhaps next year will bring another social. I would love to see more members attend.

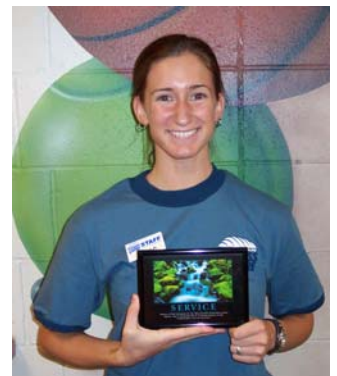
This social was an opportunity for members to meet other members and to play against them in a friendly atmosphere and establishing new friendships. Plus we got to watch some really great tennis happening here in Thunder Bay in the month of March. What a great way to push our long winter to a summer ahead.

Mona Portelance

Employee Awards Tara Lloyd and Jeff Vibert

The Confederation College Fitness Centre staff consists of several full time college students that work various part time shifts to accommodate our operational needs. In appreciation for the outstanding services they provide we have presented two employee awards in 2005 thus far.

Tara Lloyd has been an important part of the Fitness Centre since September of 2004. You will find her at the front desk performing sales and customer service and in the Cardio/Nautilus Centres keeping it organized and doing member orientations. Born and raised in Emo, Tara came to Confederation College right out of highschool. Tara is in her first year of Police Foundations with aspirations of joining a police force in Toronto, Calgary, Edmonton or other such large cities. With this course and an active life style in hockey, varsity soccer, wake boarding and snowboarding, Tara will be better prepared for the challenging day to day activities of a big city police officer. Upon graduating in the spring of 2006 we wish Tara the best as she has proved to be a valuable team member.



Jeff Vibert joined the Fitness Centre in October of 2004 and has continuously proven to be a reliable member of the team. While applying his skills in customer service at the front desk Jeff is also responsible for opening and closing procedures when full time staff are not available. Upon graduating from a three year Business Accounting program in 2007, Jeff then plans to relocate to the University of Calgary to further pursue an accounting or financial career. Aside from school and working at the Fitness Centre Jeff enjoys the outdoors including camping, playing hockey and other sports. You will also find Jeff running in our facility on the indoor track, playing squash and lifting weights. Having lived in Thunder Bay all his life we trust Jeff will do well in Calgary or wherever his plans may take him.

Spring Fitness Programs

7 week session begins Mon. April 25 to June 10

Registration begins FRIDAY, April 1 at 8am in person or
register online at: www.fitnesscentre.com

AFTERNOON

Lunch Express
M,W,F 12:10-12:50
\$64

Enjoy our menu including cardio, strength training, yoga, flexibility. We'll be serving up a variety of energy enhanced combinations during this time efficient workout.

EVENING

Happy Hour
M,W,F 5-6
\$72

This versatile aerobics class is designed to rejuvenate. Enjoy strength training, ab work, stretching, yoga and more.
Experience required.

Stepping Zone
T,Th,F 5-6
\$72

If you enjoy a challenge then you are ready for this movement mix!!! Enjoy creative step cheorogaphy and strength combinations on the step.
Experience required.

YOGA \$65-7 weeks Intermediate Thurs. 7-8:30pm, register with Christina Rogoza at 768-7509
prices do not include GST

Summer Fitness Programs

10 week session begins June 20 to August 26

Registration begins Friday May 20 at 8:00 am in person or online

Lunch Express	M,W,F	12:10-12:50pm	\$91
Happy Hour	T, Th	5:00-6:00pm	\$68

prices do not include GST

Front desk info: **475-6398** Program details: Bethanie Foster **475-6484**

Our certified instructors will share with you a fun, energetic workout to maximize your time and potential!

Drop-in Aerobics Schedule April 25 - June 11 2005

* Mon & Wed 6:00pm - 7:00pm

* Sat 11:00am - 12:00pm



Phone: 475.6398

Court Booking 475.6239

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Steam Room

A New Steam Generator has been purchased for the Men's Shower Room.

It will be installed in late May or early June.

We will continue to repair and maintain the current system until the new system arrives.

Can Fit Pro - Fitness Instructor Specialist 2005 - 2006

Become a Certified Fitness Instructor

Session #1 OCTOBER 2005

Fri, Oct. 14 6:30pm - 10:30pm
Sat, Oct. 16 8:00am - 5:00pm & 7:00pm - 10:00pm
Sun, Oct. 16 8:00am - 4:00pm

Register before Oct 1/05

Course \$159 * Manual \$45 * Study Guide \$15 +GST

Exam date Sat. Nov. 19/05 1:00 - 3:00pm \$119 +GST



Session #2 JANUARY 2006

Sat, Jan. 28 9:00am - 3:00pm
Sun, Jan. 29 9:00am - 3:00pm
Sat, Feb. 4 9:00am - 3:00pm
Sun, Feb. 5 9:00am - 3:00pm

Register before Jan 14/06 Course \$159 * Manual \$45 * Study Guide \$15 +GST

Exam date Sat. March 4/06 1:00 - 3:00pm \$119 +GST

Session #3 MARCH 2006

Tues, Mar. 28 6:30pm - 10:30pm
Thurs, Mar. 30 6:30pm - 10:30pm
Sat, Apr. 1 8:00am - 4:00pm
Sun, Apr. 2 9:00am - 3:30pm

Register before March 15/06 Course \$159 * Manual \$45 * Study Guide \$15 +GST

Exam date Thurs. May 4/06 7:00pm - 9:00pm \$119 +GST

Session #4 MAY 2006

Fri, May 26 6:30pm - 10:30pm
Sat, May 27 8:00am - 5:00pm & 7:00pm - 10:00pm
Sun, May 28 8:00am - 4:00pm

Register before May 13/06 Course \$159 * Manual \$45 * Study Guide \$15 +GST

Exam date Tues. June 27/06 7:00pm - 9:00pm \$119 +GST

****NOTE: Register 2 weeks prior to course start date and exam date to avoid a \$25.00 late fee.****

Call Anne Parr at 577-9620 and/or register at

Tennis - Getting Back in the Game Following Elbow Injuries

Stretching and strengthening work can help rehabilitate tennis elbow. The Nicholas Institute of Sports Medicine and Athletic Trauma recommends the following exercises:

Wrist Extension. Place a one-pound weight in hand with palm facing downward (pronated); support forearm at the edge of a table or on your knee so that only your hand can move. Raise wrist/hand up slowly (concentric contraction), and lower slowly (eccentric contraction).

Wrist Flexion. Place one-pound weight in hand with palm facing upward (supinated); support forearm at the edge of a table or on your knee so that only your hand can move. Bend wrist up slowly (concentric), and then lower slowly (eccentric).

Combined Flexion/Extension. Attach one end of a string to a cut broomstick or similar device; attach the other end to a weight. In standing, extend your arms and elbows straight out in front of you. Roll the weight up from the ground by turning the wrists. Flexors are worked with the palms facing upward. Extensors are worked with the palms facing downward.

In all cases make sure the elbow is bent and the wrist supported. For all except combined flexion/extension, perform 10 repetitions three to five times a day. For the combined flexion/extension, perform until you feel fatigue. Use pain as your guide for all exercises – all should be pain free.