



# Inside Track

Confederation College Fitness Centre

August and September 2005

## New this Fall 2005



\*Slightly reduced student/senior membership rates.

\*The fee for installment plan has been eliminated.

\*A section of lockers in the women's main locker room will be open for day use.



\*A new steam generator has been installed in the men's locker room.



\*The basketball court and Fitness Room 201 has been refinished.

\* Annual locker rental has increased by \$6.00

\*A couple of new pieces of equipment will be ordered.

\*A new court booking system will be unveiled in the fall.

\*While supplies last, upon renewal or purchase, all members will receive a complimentary toiletries/cosmetic bag.



\*Daily Gold Upgrade is \$4.

\*Watch for more updates throughout the year.

Return to Fall Hours  
Tuesday, September 6.  
See back of newsletter for times.

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### Discipline and Dining-Out:

- \* Order half-portions - you'll be amazed at how little food you need to feel satisfied.
  - \* Enjoy a baked potato or baked sweet potato rather than French fries.
  - \* Research suggests that an evening out with friends can increase our food consumption by almost half. Be especially vigilant when you're socializing.
  - \* Order grilled, skinless chicken, filet mignon, grilled lean pork or lamb, or fresh fish, poached, grilled or broiled without oil.
- By simply making restraint an integral part of the selection process, dining out regularly can be a pleasurable and healthy experience.

## Pilates and Yoga at the Fitness Centre

The Fitness Centre team has grown with the addition of a certified instructor in both Pilates and Yoga. Beth Backman will begin her 7 week sessions along with our regular program schedule. Ask about our FREE trial classes this September. See inside this issue for class schedule.



### Special Interest:

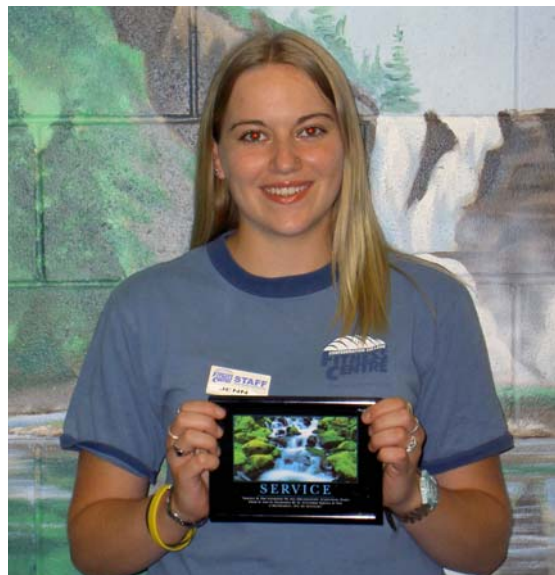
- The Fitness Centre continues to regularly sponsor local charitable events.
- All lights in the bubble and squash courts have been re-lamped.

## Staff Appreciation Award - Jenn Lawson

The Fitness Centre has been fortunate to have Jenn a part of our team since March of this year. You will find her generous smile at the front desk providing exceptional customer service.

Having completed 1 year pre-health Jenn is beginning her first of 2 years in the nursing program at the college and plans to complete her final 4 years at Lakehead University to become an OR nurse. Jenn came to Thunder Bay from her hometown of Fort Frances and will pursue her career in the United States upon graduation.

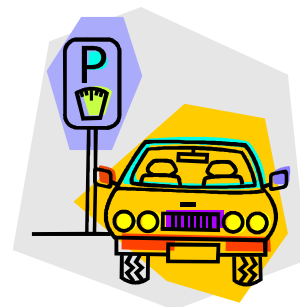
She has been involved in Confederation College campus recreation activities earning her several awards and her interest in badminton, squash and inline skating also keeps her active. As well, she passes her time by socializing with friends and reading medical books in preparation for her medical career. Her positive energy has made her a favourite among the members and staff and we are sure many others will feel the same wherever Jenn leads her life.



## Overflow Parking Adjustments

In the past Fitness Centre members were permitted to park in Lot C upon Lot A, beside the bubble, being full. The new school year will allow only Dorion Building students to park in Lot C prior to 4:30pm. If Lot A is full the Fitness Centre overflow parking has been relocated to Lot D, closer to the Thunder Bay Art Gallery.

You will still require a red parking permit to park in Lot A 24/7. Lot D and other lots do not require a permit after 4:30 pm.



## Fitness Centre Online Magazine-August Issue

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

### Body Section

All Set—The time you take between sets—it's an incredibly crucial part of your workout that's too often neglected. Defining your fitness goals with a little downtime in mind.

### Health Section

Focus Group—ADHD is not just for kids. It may be seriously under-diagnosed in adults, 85 per cent of whom have no idea what's wrong. Recognizing the symptoms of a disorder that, untreated, can affect the quality of your life.

### Diet Section

Emotional Fare—The Serotonin Diet, developed from years of research, demonstrates how choosing foods

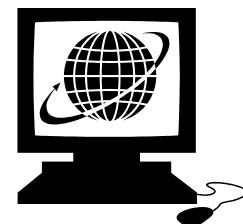
that boost serotonin levels can help you lose weight.

### Family Section

Are We There Yet—Traveling with kids can be a trial for everyone. Peak holiday season imposes its own set of difficulties. Tips to make travel time easier if not downright pleasurable.

### Time Section

Cheating Death Valley—A look at the Badwater Ultramarathon, the world's toughest and most notorious running race—135 miles in deadly summer heat through Death Valley. Have you got the right stuff?



# FALL Fitness Programs 2005

14 week session begins Mon. Sept. 12 to Dec. 17

Gold Members register NOW!

General registration begins Thurs., Aug. 25 at 8am

in person or register online at: [www.fitnesscentre.com](http://www.fitnesscentre.com)

**Gold Member Discounts: 50% on most classes & 25% on Spinning, Yoga and Pilates**

## MORNING

prices subject to GST

**Pilates** **NEW!** It's time to rejuvenate mid week with this mat based, non cardio class. Designed to improve core strength and posture. Stott certified.  
Wed 7:30-8:30  
7 weeks Sept 14-Oct 26 \$59 7 weeks Nov 2-Dec 14 \$59 14 weeks \$108 (saving on full 14 week purchase only)

**Morning Energizer** Wake-up your body with this versatile energy building aerobics class.  
\$129 M,W,F 9:30-10:30 Enjoy muscle training, strength and flexibility work. All levels invited.

## AFTERNOON

**Lunch Express** 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.  
\$109 M,W,F 12:10-12:50

**Fun Aerobics** Increase flexibility, body composition, tone and balance with a variety of cardio and strength combos. Utilize calories and fats more efficiently with hi/lo, step and Bosu.  
\$129 M,W,F 1:30-2:30

## EVENING

**Happy Hour** This versatile aerobics class is designed to rejuvenate. Enjoy strength training, ab work, stretching, yoga and moves better than Tae Bo. Experience required.  
\$129 M,W,F 5-6

**Stepping Zone** If you enjoy a challenge then you are ready for this movement mix!!! Enjoy creative step choreography & strength combinations on the step. Step experience required.  
\$129 M,W,F 5-6

**Kardio Kick** Give your workout a new kick!! Learn a fun mix of moves from a blend of disciplines -boxing, karate, kickboxing and martial arts. Get ready to sweat.  
\$105 T,Th 6-7  
Kayla has her black stripe in Tae Kwon Do.

**Spin & Abs** **NEW!** Want a great, intense workout? The answer is spinning and abs. 45 mins. cycling and 15 of abdominal conditioning. Hop on a bike and take this exciting challenge.  
\$139 T,Th 5-6

**Pilates** **NEW!** Benefit from a mid week renewal. This mat based, non cardio class will improve your core strength and posture. Stott certified.  
Wed 6-7  
7 weeks Sept 14-Oct 26 \$59 7 weeks Nov 2-Dec 14 \$59 14 weeks \$108 (saving on full 14 week purchase only)

**BLT** Butt/Legs/Tummy - target your trouble spots and get results. Firm up your curves during this light aerobic class and increase flexibility. For all levels. Feel the burn.  
\$105 M,W 7-8

**Power Yoga** **NEW!** Take a deep, cleansing breath and experience an energetic flow based on the primary series from Astanga.  
T,Th 7-8  
7 weeks Sept 13-Oct 27 \$118 7 weeks Nov 1-Dec 15 \$118 14 weeks \$218 (saving on full 14 week purchase only)

**Total Fitness** **NEW!** This program keeps you up to date with total body workouts that are effective, safe and lots of FUN! Beginner and advanced options. 24 year experience.  
M,W 7:30-8:30  
Contact Anne Parr at 577-9620 or [anneparr@tbaytel.net](mailto:anneparr@tbaytel.net) to register for Total Fitness. Limited space.

*Call for Drop-in schedule*

*Try one of our NEW classes/instructors!*

*FREE TRIAL classes held Sept. 5,6,7. Call for times.*

*Space limited, sign in on day of class. (Free trial classes available are Pilates, Power Yoga, Spin and Abs)*

Our certified instructors will take you through a safe, fun and challenging workout to get you heart pumping and energy flowing.

Info: **475-6398**

Program details: Bethanie Foster **475-6484**



## Adult Fitness

Phone: 475.6398  
Court Booking 475.6239  
www.fitnesscentre.com

### Can Fit Pro - Fitness Instructor Specialist 2005 - 2006

#### **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  
March and May Sessions available

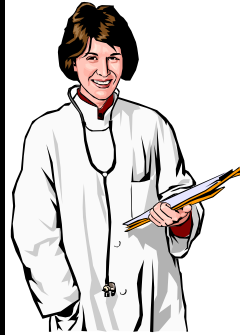
**\*\*NOTE: Register 2 weeks prior to course start date and exam date to avoid a \$25.00 late fee.\*\***

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

## Fall Hours

### Beginning September 6, 2005

Monday - Thursday 5:00am - 11:00pm  
Friday 5:00am - 10:00pm  
Saturday & Sunday 7:00am - 8:00pm  
Holidays 5:00am - 5:00pm



We recommend that before you become involved in an exercise activity or program, you consult with your personal physician.

The Fitness Centre staff recommend that all gold level members book an orientation for the Nautilus/Trotter Galileo and Cardio Centres. \*Reminder that Nautilus equipment is designed for a complete circuit workout. You may use Nautilus equipment out of sequence but DO NOT cut off anyone doing a circuit.\*

## Make Every Breath Count:

- Practice - take three deep, deliberate abdominal breaths several times a day.
- Only inhale through the nose; preferably exhale through the nose as well.
- Concentrate. Watch and listen to yourself breathe; make it a meditative experience.
- Slow down. Incorporate mindless chores into your day, repetition regulates respiration.
- Sighing helps to reduce tension.

Nancy Zi suggests the following imagery drills: Stand erect, relax. Imagine that you are an upside-down eyedropper. Squeeze the bulb and air is released. Release the bulb, let it expand and air is drawn into the body. Imagine the opening tip of the glass tube ends where the back of the nose and the throat meet. Let air flow through this central

opening, not simply through the mouth and nose. Apply this image to encourage abdominal breathing.

Imagine a large lotus blossom within your lower abdomen. As you inhale, the blossom gently opens, blossoming fully. Exhale and the blossom steadily closes. The core center of the lotus energizes and controls the opening and the closing.

“Take a deep breath,’ is good advice provided you know how to take a useful deep breath,” says Zi. “Being in control of our breath is a prerequisite for being in control of other activities. There’s an old Chinese saying, ‘Partial breathing is partial living.’” Find the rest of this article and many more on our online magazine at [www.fitnesscentre.com](http://www.fitnesscentre.com)