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SPECIAL POINTS OF
INTEREST:

- **COMING SOON
FALL AEROBICS**
- **Tai Chi \ Yoga**
- **Pilates \ Belly
Dancing**
- **Free workshops
for members and
college students**

T.O.P.S—TAKING OFF POUNDS SENSIBLY

The Fitness Centre is delighted to announce the opening of our own T.O.P.S chapter.

T.O.P.S is a non-profit weight loss support group with over 200,000 members, and 10,000 chapters worldwide.

T.O.P.S offers tools and programs for healthy living and weight management, with exceptional group fellowship and recognition.

Weekly meetings in-

clude private weigh-ins and professionally prepared, informational chapter programs, featuring up-to-date information on nutrition, exercise and healthy lifestyles. Programs provide positive reinforcement and motivation to adhere to food and exercise programs.

Membership dues are \$30 annually, plus nominal chapter fees to cover operation costs of \$3 weekly. All sizes

and all ages are welcome.

T.O.P.S members will also be able to participate in our exclusive T.O.P.S instructor led Pace class for free held at 9 am every Sunday before weekly meetings.

Meetings will be held every Sunday at 10 am starting September 17th/06. Ask the front desk for details or call 475-6484.

SQUASH PROGRAMS

This fall, Confederation College Fitness Centre will be holding its first Squash program for children ages 13 & up.

John Garland, a certified squash instructor and a long time member of the

Fitness Centre, will be conducting a beginners class this September.

Classes will be held every Sunday morning from 9:30 am to 10:20 am for 8 weeks.

Ask the front desk for

more details or call 475-6484.



NEW FITNESS CENTRE TEAM MEMBER

Carol Arvonio is the newest addition to the Fitness Centre team, taking the rank of Fitness Coordinator. Carol graduated from Fanshawe College located in London, Ontario, with a diploma in Fitness & Health Promotions. Upon graduation Carol started her career at Goodlife Fitness Centre pursuing a career in Personal Training. A native to Thunder Bay, she decided to make a strategic

career move and relocate back to where her heart belonged-home. Carol continued her fitness success as a Manager of a local health club for the past 4 years. All of Carol's career choices and her reputation as a leader in fitness has guided her to Confederation College Fitness Centre. Carol will be promoting new and innovative fitness programs & workshops to our fellow members,

as well as introducing fresh and exciting aerobics classes programmed for the fall. Carol will also be counseling and personal training for the Fitness Centre. She is enthusiastic and will be an integral part of this facility. We are proud to acknowledge that she is a valuable asset to our facility and we are happy to have her on board. Help us welcome her.

COMING SOON THIS FALL!

Tai Chi

Instructor: **Master Peng Yu**

Increase your balance, mobility, circulation, flexibility & energy through moving meditation. (14 weeks)

Classes will be held

Tues. & Thurs. 7am–8am

Mon. & Wed. 6pm–7pm

Yoga

Instructor: **Shirley Delorme**

Relieve stress, increase flexibility, stamina, and develop physical strength through active poses. (14 weeks)

Classes will be held

Tues. & Thurs. 12:05–12:55

Wed. & Fri. 6pm–7pm

Pilates

Instructor: **Beth Backman**

Benefit from a mind, body, spirit renewal. This mat based, non cardio class will improve your core strength and posture. (8 weeks)

Classes will be held

Mon. & Wed. 7am–8am

CARDIOVASCULAR FITNESS-TARGET HEART RATE ZONE

A safe and effective workout requires regulating the intensity of your activity by pre-determining your heart rate level. Your target heart rate zone is between 70%-85% of your maximal heart rate. Maintaining your heart rate in this range for an extended time will give you optimal results in aerobic fitness and

facilitate prevention of over training which can contribute to injury or muscle depletion. To determine your target heart rate zone simply take 220 minus your age. That number is then multiplied by 70% and 85% respectively to get your low and high zones. You will increase your cardiovascular system and lose

body fat at an optimal level amid these low and high ranges. The days that you have added energy step it up and work in your high zone. The days that you feel a little less vigorous work in your low zone. A combined cardiovascular workout & weight training régime will give you the results your looking for!

Example:

Tina is 21 years old

$$220 - 21 = 199$$

$$199 \times 70\% = 139$$

$$199 \times 85\% = 169$$

Tina's Target Heart Rate Zone is between 139–169 beats/min

THE PACE TRAINING CIRCUIT

The arrival of the Fitness Centre's new circuit system is now ready to use for all members.

Pace is a fun, non-threatening group exercise program that quickly and safely changes your body shape. Pace utilizes hydraulic resistance machines that match the effort of the user at any fit-

ness level. Pace is fun, fast and it produces results quickly.

Orientations to the circuit are available. Sign up at the front desk.

Look for instructor led Pace classes this fall. Look and feel better while having fun and meeting new friends.

Instructed Pace Classes

will be running September 11th every Tuesdays and Thursdays.

Morning Session runs between 9:30–10:30 am.

Lunch Session runs between

12:10–12:50 pm. Class program is only \$79 for 14 weeks. Register at the front desk.



HEALTH WORKSHOPS 2006 – 2007

OCTOBER 17TH

Clear the Clutter—Clear your Mind

Presenter:

Carol Ruth Stonehouse
Certified Feng Shui Practitioner

7:30pm–9:00pm

Fitness Centre Room 201

Clearing clutter can ease confusion & depression

NOVEMBER 21ST

Diabetes Awareness Month

What you need to know!

Presenter:

Robert Gaunt
Canadian Diabetes Association

7:30pm–9:00pm

Fitness Centre Room 201

FEBRUARY 20TH

Eat Well for Less

Presenter:

Catherine Schwartz
Mendez

Public Health Nutritionist
Thunder Bay District Health Unit

7:30pm–9:00pm

Fitness Centre Room 201

FREE

WORKSHOPS!

11 GUIDELINES FOR HEALTHIER LIVING

- Eat a nutritious breakfast within an hour of waking up
- Eat at least 3 planned meals spaced regularly throughout the day
- Eat your evening meal as early as possible
- Drink water frequently throughout the day
- If you drink alcoholic beverages, limit your intake
- Limit your between-meal snacks to low-calorie, nonfat, or low-fat foods
- Limit your intake of simple refined sugars
- Limit your intake of sodium and salt
- Limit the amount of fat that you eat each day
- Increase your intake of dietary fiber
- Exercise regularly



Fall Fitness Programs

Monday Drop-In 6–7 pm	Pilates 7 – 8 am	Morning Ener- gizer 9:30-10:30 am	Lunch Express 12:10–12:50 pm	Happy Hour 5–6 pm	Stepping Zone 5–6 pm	Tai Chi 6–7 pm	Belly Dancing 8–9 pm
Tuesday	Tai Chi 7–8 am	Pace 9:30–10:30 am	Power Yoga 12:05–12:55 pm	Pace 12 :10–12:50 pm	Spin & Abs 5–6 pm	Kardio Kick 6–7 pm	
Wednesday	Pilates 7 – 8 am	Morning Ener- gizer 9:30-10:30 am	Lunch Express 12:10–12:50 pm	Happy Hour 5–6 pm	Stepping Zone 5–6 pm	Tai Chi 6–7 pm	Hatha Yoga 6–7 pm
Thursday	Tai Chi 7–8 am	Pace 9:30–10:30	Power Yoga 12:05–12:55	Pace 12 :10–12:50	Spin & Abs 5–6 pm	Kardio Kick 6–7 pm	Belly Dancing 8–9 pm
Friday	Morning Ener- gizer 9:30-10:30	Lunch Express 12:10–12:50 pm	Happy Hour 5–6 pm	Stepping Zone 5–6 pm	Hatha Yoga 6–7 pm		
Saturday	Drop-In 11–Noon						



ADULT FITNESS AND RECREATION
WWW.FITNESSCENTRE.COM

BECOME A CERTIFIED FITNESS INSTRUCTOR!

This course recognizes the leadership, motivation and practical training required for group exercise instructors who train to develop a safe and effective exercise class. The **Fitness Instructor Specialist certification** process involves the evaluation of basic fitness theory and practical skills.

Fall Course Dates

October 2006

Oct. 13th–15th

Register before

Sept. 29/06

Call Anne Parr
at 577.9620
or
Register at The
Confederation
College Fitness
Centre



Can-Fit-Pro

