



Thunder Bay's Premier Adult
Recreation and Fitness Facility

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Inside Track

What's New at the Fitness Centre?

EXTRA EXTRA



Always improving! This is an important aspect of Fitness Centre operations. We look forward to providing you with top of the line equipment designed to keep you on the edge of fitness advancements. Coming soon to the Fitness Centre is another of the popular Elyptical Edges and a new replacement recumbent bike for the

cardio room. The weight training room will have a new incline bench and a better monarch bike for those silver members who want some cardio in their workout.

For anyone who wants to try something different we have four NEW fitness classes coming to the Fitness Centre.

- *Spinning & More
- *Total Body Workout
- *Pilates
- *Boot Camp

See the insert in this newsletter for a complete list of fitness programs scheduled for winter.

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Happy Holidays



The Fitness Centre would like to extend our warmest wishes to students and members this holiday season and in the New Year. We hope those travelling have a safe trip and return to a new year full of possibilities. The first challenge being whether or not those pounds will come off

as easily as they went on. Seriously, it's not Christmas without hordes of turkey, all the sides and that delicious baking that tastes best made by mom.

**We have the facility,
now it's up to your ability.**

Shape your life

"Be adventurous and try out new fitness trends, but realize that every exerciser is different in their abilities, limitations, goals and expectations. An individualist chooses what is right for them."

Mindy Mylrea, 1999 IDEA instructor of the year

Healthy Resolutions for the Whole Year

1. Be specific-Saying you're going to lose 10 pounds is too easy compared to actually setting a plan. Tell yourself you will go to a scheduled class and then weight training on opposite days. This will help you target your goals.
2. Change for the right reasons-Your decision to change a behavior must be perceived as something you are doing to take better care of yourself, not to please someone else. If it's not something you want, than negative feelings can make undesired efforts feel like punishment.
3. Be creative-A behavior you want to change, like increased exercise, can be shared with other goals. Spend more time with the kids by taking them to the park, if you want to meet new people then sign up for a class.
4. Believe in yourself-Before you can change a behavior you must first have a change of heart. Reinforce your belief in what you can accomplish then do it. You may have a role model that can
5. Be realistic-Be sure your action plan is realistic and can fit into your lifestyle. If you just worked a 12 hour shift then maybe you should consider passing on a workout and take a well deserved night to relax.
6. Anticipate roadblocks-Fatigue, a cold, illness, weather, these are situations that you cannot control. You just need to cope with these obstacles but don't let a few days relapse into longer. Get back on track as soon as possible. Life is a compromise.
7. Have fun and get involved-It's easier to stick to a plan when you are having fun. If you plan to eat less fat make sure your meals are still delicious.
8. Build a support system-Get the support of family, friends and co-workers. They can give you that extra push when you need it. They will find reason to get to that fitness class that you are trying to ignore.

Membership 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:		For Students of Confederation College:	
<i>Membership Plan</i>	<i>Prize Package</i>	<i>Membership Plan</i>	<i>Prize Package</i>
6 month silver/gold single	Extended 1 month membership	6 month silver/gold single	1 month gold up-grade
6 month silver/gold couple	Extended 2 month membership	6 month silver/gold couple	2 month gold up-grade
1 year silver single	t-shirt & extended 1 month membership	1 year silver single	3 month gold up-grade
1 year silver couple	sweatshirt & extended 1 month membership	1 year silver couple	3 month gold up-grade & t-shirt
1 year gold single	sweatshirt & extended 2 month membership	1 year gold single	4 month gold up-grade
1 year gold couple	jacket & extended 2 month membership	1 year gold couple	4 month gold up-grade & t-shirt

House Account

The Fitness Centre has a “sign as you go” system for all goods & services.

Just submit your credit card number to Fitness Centre staff to implement the system.

Once your account is set up, you can receive goods & services just by signing for them. The charges will be billed to your credit card monthly.

Take advantage of this “Country-Club” type convenience. Check with the front desk for details.

Members Free Ski Night

Slowly but surely winter is here. That means the Confederation College Fitness Centre and Student Union are planning for another popular free ski night. This years event will take place January 15th at Loch Lomond. For only \$5 you can rent a tube and \$15 for skis and snowboards.

Sign up at the front desk.

Get out and enjoy the crisp, fresh winter air!
Bring the family.



Karate North

Confederation College Fitness Centre members and students have the opportunity to try their hand at an intense kick boxing workout. Instructor Victor “Vic” Cooke has designed a program to make you sweat, get in shape and feel great. The workout involves a series of exercises that are combined to work all muscle groups. Development of hand and foot coordination is key in improvement of your toning and conditioning.

The class is an at your own pace workout that gives out what you put into it.

Basic self-defence situations are covered to increase your self awareness, which is 99% of your protection.



Victor Cooke
Black Belt

Victor Cooke has been involved in martial arts for 20 years and is the head instructor running the Karate North Tae Kwon Do club here at the Fitness Centre. His experiences stem from competitive fighting, fighting in the ring and the demands required to progress through martial art ranks.

2002 classes begin January 8th for 3 months until March 29th. Classes run Tuesday & Thursday from 9:00 to 10:00pm. Cost is \$50.

For more information or to register call Victor at 622-2876 or visit the Fitness Centre front desk.

Manager's Update

As our long term members will attest to, the Fitness Centre is an ever changing and improving environment. Keeping our users informed is one of our biggest challenges. I do not think a day goes by without receiving a request from a client to post a sign about one item or another.

Having hundreds of signs throughout the facility is unattractive and frequently ineffective. If you are not sure of something, have a concern or just want some information, please feel free to ask our staff or contact me directly. We will do our best to be of assistance. Many of the issues that arise at our facility take time to resolve or in some rare cases are irresolvable. We appreciate all those who show patience while we address problems and those who show understanding when the problem is not fixable.

Most of the time, problems that take a long time to resolve or can never be resolved are the result of the suppliers that, in good faith, we contract to address an issue. Unfortunately, we sometimes have no choice in suppliers (as in all the manufacturers of our specialized equipment). Other times we research and proceed with who appears to be the best supplier and we still are disappointed.

Two things I can promise all our clients. Whenever possible, we will not use a supplier a second time that significantly inconveniences our clients through poor performance. Secondly, we will not let a supplier disappoint us without continuous follow up and we make every attempt to rectify the situation.

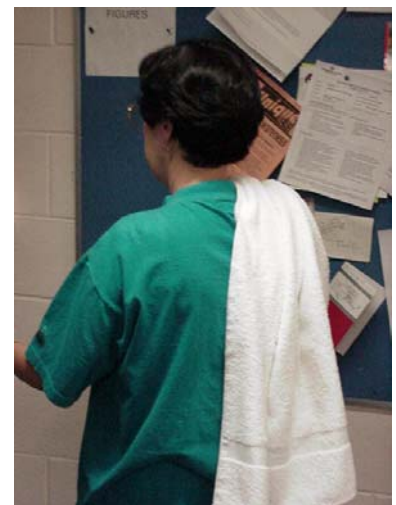
"To catch the reader's attention, place an interesting sentence or quote from the story here."

Towel Service Issues

Towel Service costs our budget at least twice what we charge our members. In addition, some members exchange towels, resulting in an even higher cost for their service. Finally, many towels seem to "disappear and sometimes re-appear", forcing us to carry a much larger inventory of towels than we should based on service purchases. We would like your feedback on what we should do about these issues.

Do you think some members are frequently "forgetting" to return their towels and then they bring them back at a later date? Should we charge more for people who want to exchange their towels or cease the practice? Should we charge a lot more for towel service?

We do need some solutions, as it is costing all members through their membership rates.



Men's Steam Room

After 5 years, 3 different generators, 4 different contractors and well over \$40,000 in expenditures, the steam generation still does not work with any consistency. We are about to take one "last kick at the can". We have hired a new contractor, with a new consultant and purchased a new thermostat system and new wiring.

If this attempt fails to permanently resolve the problem, we will ask the membership if they wish us to keep the steam room as it functions or instead, install a dry sauna. Spending any more money on steam generation will not be an option.

Women's Sauna

At the request of our members, we purchased a much more powerful, high quality sauna for the women's showers. When we installed the most recent steam generator in the men's steam room, we were informed that the electrical safety code had changed and that we were required to use a short term timer (max. 60 minutes). The same code applies to the women's sauna. Please let us know if the sauna is too hot or too cold. It will take a while to find a temperature that is acceptable to the majority of users. A prevalent misconception with electric saunas is that you can throw water on them. All electric saunas are dry saunas and the water can fall on the elements, damaging them and shortening the life of the sauna.

We tended to overlook the members who threw large quantities of water on the previous saunas, as they were underpowered (some water helped with the heat) and inexpensive. The new sauna is quite powerful and very expensive. Since some people need a small amount of water to cool off the bench and wall, we have placed a litre container in the sauna. If you choose put a little water only on the rocks, that should not damage the sauna. We have removed the very large bucket, as some people were pouring large amounts directly on the sauna and all over the walls.



Cluster Flies

Those who use our squash courts are well aware of the cluster fly problem in the whole college (not just the Fitness Centre) and many areas of Thunder Bay. The added difficulty with the squash courts is the need to use a skyjack for cleaning out the light fixtures.

We have spoken with pest control companies and apparently it is impossible to rid ourselves of the problem. The best we can do is try to attract them to a trap and empty the trap every few days. Unfortunately, this is not a good option for the squash courts, as we would still need to use a sky

-jack and surface mounting the trap or surface mounting the power lines is not an option.

It is clear there is not a health hazard, only an unattractive look to the 20 foot high recessed lights. As a result, the most practical approach is to clean them up in the summer when usage is slower and once in the winter. Unfortunately, we know from experience that they will quickly return. It will only be a couple of weeks before the high squash court recessed lights will have collected quite a few newcomers. In all other areas of the facility, we will do our best to try and keep pace with their influx.

Freerunner in the Cardio Centre

Since it was out of service 80% or more of the time, we have traded in the Freerunner and purchased another Star Trac Elliptical Edge and a Stairmaster Recumbent Bike (both request of our members). It was very evident that the Freerunner was poorly designed and the maintenance issues could not be remedied.

Shower Dividers in Women's Main Locker Room

These dividers have been completely re-done and re-installed.

Removing the ball marks on the side walls of our Squash Courts

The sidewalls of our squash courts are made of a different material than our front wall (front walls were covered over with the sanction of the World Squash Association). We could not replace the sidewalls without gutting each court (an enormous cost). Although the material used in the sidewalls is excellent, the so-called "non marking" balls mark them on every stroke.

We have attempted to clean the sidewalls on many occasions, with many different cleaners. The end result is that it requires shutting down each court for a week, extensive use of very expensive cleaners and heavy scrubbing. The only practical solution is to, at the most, do them once a year in the summer. If it becomes too difficult or impossible to thoroughly remove the marks, we will do only what is practical.

Old lights and ballasts in the Air Dome

Some of the light standards have been removed and the remaining ones will be removed upon installation of new aluminum support poles from the netting. Our hope is that will be done in the next 1-2

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Free Weight Area Concerns

When we have staff in this area, we receive fairly good co-operation with following the posted policies and rules. When there is no staff, we have far less co-operation.

These posted policies and rules are critical (for safety, for proper treatment of expensive equipment, for courtesy to your fellow user). We have expelled and suspended at least 3 abusers in the last couple of years. The majority of free weight users are not happy with the conduct of the minority. Some

have even left us for other facilities, citing the ongoing problems with abusers.

Our difficulty is it is impractical to extensively staff this area. In addition, we rarely find staff who are willing to work in the free weight area, as some know they may be treated poorly and others are intimidated by some of the conduct.

We are asking your co-operation in following policies when the area is not staffed. We are also asking the majority of users, who

do follow the policies, to help us identify the abusers. We will suspend or expel the frequent abusers if we can corroborate the abuse.

