

# Inside Track Weekly

March 8 - 14 2004

Issue 2

## Did You Know!

- Members must present their membership card each visit, at the Information Desk when first entering the Fitness Centre. Members only have the right to access facilities or equipment that are considered part of their membership privileges.
- All equipment must be thoroughly cleaned by the user immediately after use. Towels and cleaning bottles are available in all areas.
- Full year Fitness Centre *gold members receive 50% off designated fitness classes and full year silver members receive 25% off designated fitness classes.*
- The Fitness Centre has a **Health Centre** (fully staffed with doctors and nurses), and accredited **Exercise Therapy Centre**, **tanning beds** and a **Registered Massage Therapist** right in the building.

## 13th Annual Member's Social

The Confederation College Fitness Centre held another successful Member's Social on Tuesday, March 2nd.

Every year we look forward to celebrating our long term members and individuals or groups associated with the Fitness Centre.

Photo:

1. Jerry Stitt & 25 year member Dan Tennant

2. Staff Cecile Cassan & Doris Quistberg

3. Hannes Maepea and 15 year member Lisa Bearman

4. Client Award Bob Armstrong & Marsha Hansen

5. Jean Lyon and Fitness Instructor Brandy Sedore



## Facility Opening Hours

As of March 1

The official opening and facility access time will be

**5:00 am Monday - Friday**

At this time you will receive full desk service from our staff.

We are pleased to continue providing facility access

Saturday at 7:00 am and Sunday at 8:00 am.

You will now receive full desk service from our staff at official opening time.

## Current Bookings

### Tennis Courts Closed

Wednesday's 5 pm – close

Monday, March 15 2 pm – 5 pm

Court #2 Tuesday, March 23 8 am – 5 pm

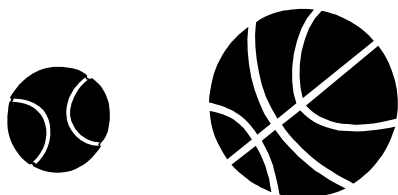
Thursday, March 25 5 pm – 9 pm

Tuesday, March 30 5 pm – 9 pm

### Basketball Closed

Wednesday's 5 pm – close

Monday, March 29 noon – 3 pm



## Court Booking Times

For your convenience, as of Sunday March 14, court bookings will begin at 8:00 am to coincide with Monday through Saturday booking times. Community members may book 1 court 1 day in advance. Non-members may book the day of play. We invite you to register with our staff to book your court online at:  
[www.fitnesscentre.com](http://www.fitnesscentre.com)

## Fitness Programs

Spring Fitness Programs will begin April 26 and run for 7 or 14 weeks.

Registration for the public and community members start at 8 am Wednesday, March 31. Current participants can register 2 days prior on Monday at 8 am.

See your Key magazine or the front desk staff for dates, times and rates.

### To Improve Overall Flexibility:

Brad Walker suggests the following stretches:

- Stretch One: Sit on a chair with your legs slightly apart. Reach down between your knees, cross your hands over and hang on to the edge of the chair. Let your head fall forward, gently lean backward. The target muscle group is your neck, shoulders, upper back.
- Stretch Two: Lie on your back and keep one leg slightly bent. Bring your other knee up to your chest. The target muscle group is the lower back and buttocks.
- Stretch Three: Stand with your feet shoulder-width apart. Look directly ahead and keep your body upright. Slowly bend to the left or right while reaching toward the ground. Don't bend forward. Target muscle group: Sides.
- Stretch Four: Stand upright and raise one leg onto an object. Keep that leg straight and your toes pointing straight up. Lean forward, keep your back straight and reach toward your toes. Target muscle group: hamstrings, buttocks, upper calves.
- Stretch 5: Sit with the soles of your feet together and bring your feet toward your groin. Hold onto your ankles and push your knees toward the ground with your elbows. Keep your back straight and upright. Target muscle group: groin.
- It's important to warm up before you stretch — three to five minutes of aerobic activity should do the trick. Muscles and joints respond to warmer room temperatures; also you're at your most flexible in mid-afternoon.
- Breathe deeply and freely when you stretch; never hold your breath.
- Try to stretch every day or at least 3-5 times a week.
- Expect to work harder if you're older and be patient — you'll get results, but it won't happen overnight.



### **7 km Fun Run/Walk/Wheel**

**for ONLY \$25!**  
(includes brunch & t-shirt)

**March into Spring for Education**  
Date: April 3<sup>rd</sup>

You help raise money for  
Confederation College Student Bursaries

**Early Bird draw - register by March 24**  
**Deadline March 31**

**Registration forms available at**  
**the Fitness Centre and Student Union**  
**for more information call 475-6398**