

Inside Track Weekly

March 1 – March 7
2004

Get more up to date
Fitness Centre news
with our new weekly
newsletter!

Did you Know!

Special points of interest:

- The next Fitness Program session begins April 26 and runs for 7 weeks.

Registration for current class participants begins Monday, March 29 at 8:00am and is then open to the community Wednesday, March 31 at 8:00am.

*The Fitness Centre is not responsible for lost or stolen items. **Please lock all items in the lockers provided.** Day lockers are available. You may use your own lock and remove your personal belongings when you leave. Locks are available to rent.

*When using the weight training area you must return weights after usage.

*Shoes worn outside should not be worn in Fitness Centre rooms, courts, or the Bubble.

The Fitness Centre and Confederation College is the host site of some of the most successful events, clubs and leagues in the city, such as our **Kids Fun Run** (limited to 300 children), **March into Spring for Education Run** (first run of the season with the great "breakfast"), **Fresh Air 10km Run**, **Heart of Thunder Bay Races**, **National Walking Program for Seniors**, **Silver Fox Squash Tournament**, **Black Knight Squash League**, **Women's Competitive Volleyball League**, **Funtime Volleyball League**, **Karate North Club**, **Superior Trampoline Club**, **Lakehead University Track Club**,...

The Fitness Centre website has online court bookings, online membership sales and fitness program

registration, online events calendar, online virtual tours, online fitness/health magazine.

Fitness Centre lights in the facility have been converted to a high efficiency system.

Zoned air conditioning installation has also been completed for rooms 201, 204, Cardio & Nautilus centres, weight training areas and lobby/front desk.

We have purchased a public access defibrillator and for your added protection all full time Fitness Centre staff are trained to use this device while initiating the 911 EMS system.

Want to become a fitness instructor? Our Fitness Centre has the only Can Fit Pro certified fitness instructor trainer in town, so ask our staff for details.

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 Facility Bookings

Tennis Courts Closed

Wednesday's 5pm-close

Basketball Closed

Wednesday's 5pm-close

Squash Courts Closed

Thurs. March 4 5-10 pm

Fri. March 5 5-10pm

Sat. March 6 10am-3pm

Court Booking Time

For your convenience, as of Sunday March 15, 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



7 km Fun Run/Walk/Wheel

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

March into Spring for Education

Date: April 3rd

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**

Helping to Prevent Sarcopenia among the Elderly:

Sarcopenia-gradual loss of lean muscle mass.

Resistance training sessions should consist of two, 45-minute sessions per week, with two days recovery time between each. Practice at least one set of 10-15 reps per major muscle group. Complete eight to 10 exercises for all the major muscle groups; multi-joint exercises are preferable to single-joint movements.

"Muscle set programs may show greater strength gains when conducted over a longer time span. However, for attaining the majority of the health benefits from resistance training, one set may be sufficient for most elderly client goals," says Dr. Kravitz

Do several exercises in a standing position using free weights to achieve better balance and muscle coordination.

"It appears that systematically changing workout cycles to include higher intensity sessions with moderate intensity sessions is advisable," says Dr. Kravitz. "Resistance training is a wonderful tool for preventing and partially reversing sarcopenia for a strong and healthy life."

See our online magazine for the full article at:
www.fitnesscentre.com

Possible Confederation College Faculty Strike

**We
are
OPEN**

Due to the possibility of a strike among college faculty, we wish to reassure you that the Fitness Centre will be open regular hours.

Picket lines will operate from 7:30am - 8:00pm at all campus entrances. It is helpful if you are not in a rush when trying to cross the picket line so please allow extra time to access the Fitness Centre. Picketers are allowed to communicate information to anyone entering the college so we must respectfully give them our attention.

Inside Story Headline



Caption describing picture or graphic.

Inside Story Headline

“To catch the reader’s attention, place an interesting sentence or quote from the story here.”

Inside Story Headline



Caption describing picture or graphic.

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 475-6398
Court Booking: 475-6239
Fax: 644-4842

We're on the Web!
example.microsoft.com

Adult Fitness & Recreation



Inside Story Headline



Caption describing picture or graphic.