

## FITNESS HOURS

Monday–Thursday	5 a.m. - 9 p.m.
Friday	5 a.m. - 7 p.m.
Saturday/Sunday	7 a.m. - 6 p.m.

## GROUP EXERCISE SCHEDULE

### Monday

6 a.m.	Group Cycle	Heidi
8 a.m.	Pilates MAT	Toni
9 a.m.	Pure Conditioning	Brooke
10:15 a.m.	Zumba	Rosa *
11:45 a.m.	Spin Circuit	Jennifer
12:45 p.m.	Yoga	Jennifer
6:00 p.m.	Cycle Core	Chris

### Tuesday

6 a.m.	Pure Conditioning	Carolyn
8:15 a.m.	Group Cycle	Sharon
9:20 a.m.	Yoga	Lucy
12 p.m.	Strength Training	Colton
5 p.m.	Hip Hop/Cond.	Jessica
6:30 p.m.	Zumba	Staff

### Wednesday

5:45 a.m.	Cycle Circuit	Brooke
8 a.m.	Pilates MAT	Toni
9 a.m.	Cardio Conditioning	Brooke
10:15 a.m.	Zumba	Rosa
11:45 a.m.	Tri-Yoga Cond.	Jennifer
5:45 p.m.	Cycle Core/75	Emily
7:00 p.m.	Flow Yoga	Lucy*

### Thursday

6 a.m.	Pure Conditioning	Heidi
8:15 a.m.	Group Cycle	Lucy
9:20 a.m.	Yoga	Lucy
12 p.m.	Strength Training	Colton
6:30 p.m.	Zumba	Jessica

### Friday

8 a.m.	Pilates MAT	Toni
9 a.m.	Cardio Conditioning	Lucy
10:15 a.m.	Zumba	Sharon
11:45 a.m.	Spin Circuit	Brooke
12:45 p.m.	Yoga	Jennifer

### Saturday

8 a.m.	Cycle Core/75	Staff
9:00 a.m.	Strength Training	Colton
10 a.m.	Zumba	Jessica

\* 45 minute class

# FITNESS REVIEW

## FITNESS REVIEW

BROOKE DIETZ, DIRECTOR OF FITNESS

At times there are assumptions that people with a larger muscle mass, such as football players, are not very intelligent. However, a new study from researchers in Brazil and Japan beg to differ. In each study rats were used for testing. Each rat had a weight tied to its tail and was put through a maze as well as a spinning wheel. The wheels had high resistance, similar to a human riding a high resistant stationary bike. They followed this workout regimen for one month. Not only did the rats put on muscle mass, they also increased their levels of brain-derived neurotrophic factors; a chemical that sparks neurogenesis or the creation of new brain cells. So there you have it, weightlifting makes you stronger and smarter! Be sure to stop by the Fitness Centre and ask Colton for your new workout program to get you on your way to a healthier, more intelligent you!

### New class!! Tuesday at 5 p.m. Hip Hop/ Conditioning

The timing is perfect for those of you who want to make it home from the gym in time for dinner and household duties. The class is based on learning basic rhythms of dance and total body conditioning. The class begins March 8.

### All Star Sports Camp: June 13- August 5

- Early bird signups begin April 5 and end May 27. This is a great way to reserve your spot, plan your summer vacations and receive the early bird discount!
- Early bird camp pricing:

<b>Member:</b>	\$157
	\$144 each additional child
<b>Non-member:</b>	\$180
	\$165 each additional child

### Mark your calendars!!

- Summer swim lessons begin June 13
- Early bird swim lessons begin in May; our goal is to teach children and adults how to swim in a safe, fun, and friendly environment. There will be more information available in next month's Alicante.

### Eating for Energy

1. Women beware! Some women tend to restrict calories. Low calorie intake can alter reproductive function and contribute to bone loss, osteoporosis.
2. Eat carbohydrates 30 minutes prior to a workout and within a two hour window post training!
3. Proteins:
  - very lean – all white (ex. egg whites, chicken, fish, and cottage cheese, etc.)
  - lean – pink (ex. salmon, veal, fillet, etc.)
  - med – (ex. T-bone steak, meat with bone, cheese, bacon, etc.)
4. Good fat: works as a lubricant for your joints, hair, nails, etc. About 20% of fat intake adds omega 3, helps to maintain healthy triglyceride levels and will decrease sugar cravings.
5. Nutrient timing is crucial: moderation NOT eliminations!