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GIASBERGEN

“Okay, but each pound counts as a separate wish!”

Group Fitness

New Class: *Body Blast*

Saturdays
9am - 10am

Reap the benefits of this ultimate calorie-burning workout through a challenging combination of cardiovascular drills and resistance training using weights, med-balls, step platform, step 360 and more! Only 20 spaces available, so be sure to get there early.

Schedule Correction



We have had to make a few changes to the Easter Weekend schedule that was posted in March's Newsletter. Due to instructor availability over the holiday, Monday's class schedule has been altered.

Benefits of Group Classes

- **Proper Instruction.** Correct technique is important in any workout for the prevention of injury and to maximise results. Class instruction

Easter Weekend

Good Friday, April 6th

Hours: 9am to 5pm

Ko-Motion

10:00 – 11:00 am

With Tamara D.

Yoga for Athletes

11:00 – 12:00 pm

With Sheri



Saturday, April 7th

Regular Hours and Classes

Sunday, April 8th

Hours: 9am to 5pm

No classes

Easter Monday, April 9th

Hours: 8am to 8pm

Bootcamp

12:10 – 1:00 pm

With Sonja M.

Cycle

5:25 – 6:15 pm

With Louise

Yin Yoga

6:30 – 7:30 pm

With Carrie



2012 Spring Schedule



Starts Monday April 16th

Pick up your copy
Monday April 2nd!



CLUB PHOENIX

is great for those who may be intimidated to use particular equipment, by learning about proper technique in a group environment.

- **Motivation.** Exercising side by side with others brings out the ego in all of us. Being able to keep up with the class is great motivation for pushing personal boundaries and achieving goals.
- **Socialisation.** Interaction with other class members who share common interests is a great way to meet new people and make new friends.
- **Consistency in Routine.** Scheduled classes are particularly good for those who like to follow a set routine. They enable people with limited time to fit in a full body workout in a set timeframe.

Gold and Platinum Members Have Unlimited Access to Group Exercise Classes. Why not try one today!

Club Phoenix Now on Pinterest

Follow us on Pinterest under *Club Phoenix*. Find recipes, nutrition info, inspiration and more!



MASSAGE THERAPY infused HATHA YOGA

A six week yoga program designed specifically for its students which incorporates massage therapy principles to enhance the experience and benefits!

This Hatha-based yoga class will be designed with the focus on the individual students and their specific needs. Students will fill out an intake form at the time of registration which will guide the format of the program. The classes will then be constructed to meet the combination of the student's goals and modified with attention to their specific needs with respect to their general health, current conditions, and/or injuries. Massage therapy modalities such as kneading massage, contract-relax, passive stretching, pressure and distractions will also be incorporated into the classes to enrich the benefits.



**Six 60 Minute Classes:
\$90 + HST**

**Thursdays 3:30 - 4:30pm
April 19th – May 24th**

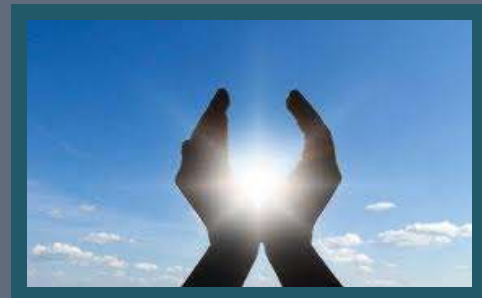
Only 5 slots available - all must fill for program to run.

REGISTERED PARTICIPANT DISCOUNTS:

Initial Registered Massage BEFORE first class: for a more detailed assessment.
\$60 for 60 minutes.

10% off unlimited registered massages during the 6 week program.

If requested, participants will be given **specific postures & homecare suggestions to do on their own** in between classes.



If you have any questions about the program,
please email Chelsey at:

chelsey@club-phoenix.com

DO WE HAVE A DEAL FOR YOU!

Celebrating 16 Years of Keeping Victoria Healthy and Fit!

The month of April marks our 16 year anniversary of being in business. Yay us!

If you have friends who are interested in starting an exercise program, now is the time! All month long, in honor of our 16 years in operation, we are featuring some fantastic deals. So if you know someone who may be interested and need a guest pass so you can show off your home away from home, all you have to do is ask.

MEMBER NOTE: These offers are not just available to non-members. You all have the ability to take advantage. Just see us at the front desk to see how, if any of these great offers tickle your fancy.

FREE TRAINING ADVICE

Every Wednesday in April from 4-6pm
with Certified Trainer Chris Woeller



USE YOUR 1 ON 1 TIME TO:

Learn New Exercises
Focus on Proper Form
Balance and Improve Your Workouts
Understand Suitable Workout Intensity
See Results Faster!

Book your 20 Minute Session TODAY!



Sweet 16
Birthday Celebration

50% OFF
16 Workouts

25% OFF
16 PT Sessions

50% OFF
16 Tan or Sauna Sessions

25% BONUS TIME
16 Month Membership

April 2012



RMT Now Available 7 Days a Week

Chelsey Forbes: Tuesday, Thursday & Saturday

Lauren Wills: Monday, Wednesday, Friday & Sunday

Save 30% in the month of April!

Until April 30, receive a 45 minute massage treatment for the price of 30 minutes.

Sunday, April 29, 1:30 - 4:30pm

Come in for a FREE 10 min. pre or post workout massage. If you'd rather reserve a spot, you can do so for just \$2!

Benefits of massage before physical exercise:

- Stimulates the flow of nutrients and blood to muscles
- Increased circulation reduces the chance of injury
- Stimulates muscles and prepares them to contract fully

Benefits of massage after physical exercise:

- Expedites muscle recovery and reduces fatigue/soreness the next day by pumping lactic acid out of tissues
- Increased blood flow to muscles delivers oxygen and nutrients to help with tissue repair
- Eliminates toxins and excess fluids in muscle fibers and joints thereby reducing inflammation

HAYL TO THE MEMBERS

Spring Training

When we think of Spring training we tend to focus on how soon summer is coming and suddenly our fitness goals start to feel more daunting.

You still have time to make significant improvements to your health and body composition starting now! Focus on each individual day for the next 4 weeks. If you are disciplined enough to eat natural foods and exercise moderately with weights and aerobic activity for a mere 30 minutes a day I promise you will start to feel the difference in how efficiently your body will function. The change in your body shape will just be a bonus as you continue to work hard and feel great!



To get the most out of your training plan for April, **try mixing up your routine!** Get outside. Fresh air will feel revitalizing after a full season of indoor training. Don't feel limited to just jogging or cycling; try building a routine around your favorite walking trail. Use benches, garbage cans and other landmarks as tools to complete strength exercises. Push ups, squats, bench dips and lunges are great examples of body weight strength training. Plan to do between 15 and 25 repetitions of each exercise, and time how long it takes you to complete a full round. Try and beat your previous time each time you go!

Working out doesn't have to consist of boring exercise routines. Go for an off-trail hike or climb a tree. Walking or running along a beach will often burn more calories for you than a mundane walk on a treadmill. Just remember to keep some variety to your workouts because our bodies respond very well to active changes. Remember, sometimes **the smallest change can make the biggest difference!**



Feel free to contact Fitness Consultant/Training Manager, Hayley Jewer, if you have questions about your current exercise routine or other workout-related concerns.
hayley@club-phoenix.com

MEMBER RECOGNITION

"Brian Markle has dropped about 10lbs after making a conscious effort towards his health in 2012. Eating cleaner foods, doing 30 minute cardio sessions on his off days of training with me and increasing his water intake. I'm proud of Brian for seeing the challenge it can take to lose weight as we get older and taking the initiative to work harder for his weight loss goals. Congrats Brian!!"

- Charlotte Kreeft, Personal Trainer

Fun Facts

The average chocolate bar has 8 insects' legs in it.

Soft drinks deplete the calcium in your body.

Enough jellybeans are manufactured in the US each year for Easter to fill a plastic egg the size of a nine-story building.

wearing headphones for just an hour will increase the bacteria in your ear by 700 times.

GROUP TRAINING

A Fun and Inexpensive Way to Get Fit!



Small Group Training
\$15-20 pp / Session
No Membership Required!

1. Pick Your Group: 4-6 People
2. Set Your Schedule: 1-2 Sessions / Week
3. Get Total Body & Core Conditioning
4. Get Nutritional Advice
5. Get RESULTS!

Contact Hayley for Details
(250) 920-0300 or hayley@club-phoenix.com



Recipe of the Month

In Time For Easter...

Healthy Carrot Cake

Ingredients:

- 1 1/2 cups all-purpose whole wheat flour
- 1 1/3 cups granulated brown sugar
- 1/2 cup sweetened flaked coconut
- 1/3 cup chopped pecans
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 3 tablespoons canola oil
- 2 large eggs
- 2 cups grated carrot
- 1 1/2 cups canned crushed pineapple, drained

Frosting Ingredients:

- Cooking spray
- 2 tablespoons butter, softened
- 1 (8-ounce) block 1/3-less-fat cream cheese
- 3 cups powdered sugar
- 2 teaspoons vanilla extract
- Additional grated carrot (optional)



Preparation:

1. Preheat oven to 350°.
2. To prepare cake, lightly spoon flour into dry measuring cups; level with a knife. Combine flour, sugar, coconut, pecans, baking soda, salt, and cinnamon in a large bowl; stir well with a whisk. Combine oil and eggs; stir well. Stir egg mixture, grated carrot, and pineapple into flour mixture. Spoon batter into a 13 x 9-inch baking pan coated with cooking spray. Bake at 350° for 35 minutes or until a wooden pick inserted in the center comes out clean. Cool completely on a wire rack.
3. To prepare frosting, combine butter and cream cheese in a large bowl. Beat with a mixer at medium speed until smooth. Beat in powdered sugar and vanilla just until smooth. Spread frosting over top of cake. Garnish each serving with grated carrot, if desired.

WALL OF FAME

This month we recognize those long-time members who are celebrating their gym anniversaries in the month of April. Thank you all for making Club Phoenix part of your lives.

16 YEARS

Mark Beck	Rick Koome
Leslie Biederman	Susan Lees
Trina Cruikshank	Adam Lisiewicz
Noel Empig	Graham Maddocks
Eric Hartley	Leslie Palmer
Robin Henneberry	Roger Robinson
Michael Hoddinott	Denny Sinnott
June Holmes	Dean Stelmaschuk

13 YEARS

Isaac Alexander	Jim Williams
Brent Harbar	

10 YEARS

Tony Day	Cody Planes
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9 YEARS

Naomi Kolensnikoff	Chelsea Young
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8 YEARS

Darryl Adrian	Kevin Neufeld
Warren Medwid	Greg Reidy
Mark Nelson	Sacha Williamson

7 YEARS

Gerard Hardisty	Mark Mastiliak
Brandon Krieger	Cindy Patton
Darryl Liu	Derek Vann
Kim Martin	

6 YEARS

Lloyd Bailey	Angie Keene
Troy Elphick	Angela Ray
Annette Halsted	Jeff Richens
Rori Hartnell	

5 YEARS

Karen Beuker	Kyle Mortensen
Katie Leno	Shane Restall

4 YEARS

Aaron Ehman	Mike Theil
Mandy Exner-Johnson	



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Find Club Phoenix on **FACEBOOK** and Follow @ClubPhoenixVic on **TWITTER** for class updates, promotions, daily club news, weekly recipes, fit tips, fun fitness facts, and more...



www.facebook.com/clubphoenixvictoria

<http://twitter.com/ClubPhoenixVic>



How Are We Doing?
Member Survey Online at

www.club-phoenix.com/links/membersurvey.htm

Please give us your feedback by taking a few minutes to fill out our online survey. By completing this survey you are helping us to improve our facility, customer service, and classes offered. Thank you for taking the time to give us your opinion.

To be removed from future mailings, please reply to this newsletter with the word “Remove” in the subject line. Thank you.