



## \$50 Cash or Free Membership Time!

*Club Phoenix Launches New Referral Program*

It is members like you who make our club special by helping to create the warm and friendly atmosphere that we are known for. We are proud of our club and we want to keep it special by seeking members who are just like you.

To take part, simply refer friends, family members, or co-workers to our club before April 30<sup>th</sup> and if they join, you will be rewarded. It's that easy! Simply pick up a Referral Card at the front desk and give it to someone who you think would like our club. Every time someone joins from your referral, you will be credited membership time or \$50, your choice. The more cards redeemed for membership, the more you will be credited. Referral Cards are also available on our website at [www.club-phoenix.com](http://www.club-phoenix.com). In addition, we will be mailing all members 2 Referral Cards in the next couple of weeks. If we don't have a correct address for you in our system, please stop by the front desk in the next couple of days so that we can update your file.

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## PT Demo Week

*Training Tips from Certified Professionals for Women*

Next Monday, Wednesday, and Friday from 11 am – 1 pm and 4 pm – 7 pm there will be a personal trainer on duty in the women's only area. The trainer will be available to give you help with your workout, teach you a new exercise, give you advice on nutrition, or answer any questions that you may have. We hope you take advantage of this opportunity to kick start the New Year, and we encourage you to bring a friend, family member, or colleague. Exercising with a partner is both motivational and fun. ❖



## Functional Training Area

*Not Just for Personal Trainers*

It has recently been brought to our attention that there may be a lingering misconception among members about the new functional training area that we have created at the front of the club. Please know that this area is not just for personal trainers. All members can use this space. It is for anyone looking to incorporate functional training into their workout routine and benefit from better muscular balance and joint stability. If you have any questions about functional training don't hesitate to ask one of our personal trainers. ■

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## How it Works

Each referral = \$50 Cash

**OR**

1 referral = 1 free month  
2 referrals = 2 free months  
3 referrals = 3 free months  
4 referrals = 6 free months  
5 referrals = 1 YEAR FREE!

To help you earn rewards quickly and easily, your friends will also receive a bonus if they join! Everyone referred to Club Phoenix by you will receive a complimentary month and a \$50 discount on their membership, not to mention a healthier lifestyle.

Club Phoenix has been successful over the years because of members like you and we appreciate everything you do for us. We hope our incentive program shows that appreciation for your support and for thinking of our business. So start considering those who you think may want to become a member, and start redeeming your rewards! ❖

## What's New with Group Exercise?

2 New Classes!

"Jump and Pump" is an interval training class utilizing a jump rope and weights/bands. This work-out intervals 30-60 seconds of jump rope followed by short segments of resistance training. It's a great way to burn a lot of calories in a short period of time. No jump rope experience? No worries... just get ready for an amazing express work-out! This new class is offered on Mondays at 4:45 pm (30 mins) and Thursdays at 5:45pm (45 mins).



Why not start the day with "Morning Bootcamp"? Offered Fridays at 9:00am. This core-focused class will guarantee you a full body cardio and strength

conditioning work-out.

Remember, Monday night is D.J. night at Club Phoenix! Work out to the sounds of a live DJ in our "H.E.A.T." (High Energy Athletic Training) class. We're continuing to get rave reviews on this new sport's inspired work-out. Class starts at 5:30pm but get there early to guarantee your spot!

Check out our website at [www.club-phoenix.com](http://www.club-phoenix.com) for a full line up of all of our classes. ■

## Cucumbers – Who Knew?

*Will Wonders Never Cease?*

by Tara MacLeod

1. Cucumbers contain most of the vitamins you need every day. Just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. If you are feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and carbohydrates that can provide that quick pick-me-up that can last for hours.

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*The phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite.*

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3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror. It will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber

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## WALL OF FAME

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

### 13 YEARS

Gil Wicks

### 11 YEARS

David Ash, Daniel Desaulniers, Brad Glazer, Jason Sherman, Todd Warnes

### 10 YEARS

Bill Clarke

### 9 YEARS

Gary Abbott, Cole Feenstra, Mike Graham, Rob Johnston

### 8 YEARS

Cory Dong, Erin Kellogg, Bryan McNeil, George Salvador

### 7 YEARS

Terrence Becker, James Birkett, Chris Boreen, Richard Dugan, Candice Gray, Henry Hong, Ryan Kelly, Greg Manzon, Jeff Marriette, Ramona Maximuk, Brook McGinn, Larry Ng, Karen Parkinson, Kelly Perry, Becky Schumacher, Cam Slack, Lucinda Tait, Julie Vachon, Jay Wright, Andrea Young, Julianna Yu

### 6 YEARS

Michael Bennett, George Davis, Jessica Sipos, Virginia Williams

### 5 YEARS

Kathleen Brandsma, Tina Carleton, Shelley Medjuck, Kevin Murphy, Larry Owens

### 4 YEARS

Dave Bonella, Craig Butterfield, Brian Giglio, Bruce Lockhart, Chris McKay, Kent Parsons, Lisa Rose, Laurie Solis, Dave White, Tom Zarelli

Next month we will feature all of the February anniversaries, so be on the lookout. You may be one of them. ❖

cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders, and explores for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD-40, and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath. The phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean. Not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm you fingers or fingernails while you clean. ■

## WE'RE LISTENING

### YOU ASKED FOR IT...

And you got it. Member feedback is a powerful thing. Mirrors are now installed in the new circuit training room. The Leg Extension and Leg Curl for this area arrive Friday. The Pec Dec for the main weight room arrives Friday too. Last but certainly not least, we've just launched our new referral program that rewards you for referring your friends and family.

### COMING SOON...

- Renovations to the changing rooms (2010). The plans are at the interior decorator's being designed as you are reading this. We should be able to display them once completed in 6-8 weeks time.
- New cardio equipment (2010). We will be beefing up our collection with elliptical trainers, stair climbers, and bikes.

### COMMENTS WELCOME

If you have any suggestions on ways we can improve our website or this newsletter, please send us an email to [admin@club-phoenix.com](mailto:admin@club-phoenix.com). Your suggestions are greatly appreciated.

## MEMBER RECOGNITION

Congratulations to **Teresa Taylor** for running the Hawaiian Marathon back in mid-December. She did extremely well placing in the top third out of approximately 23000 participants.

Congratulations to **Xela Holmes** and **Dean Rysstad** on their recent nuptials. Xela is a training client of Tara MacLeod and had this to say to her trainer. "Here are a few shots of the wedding, you will note toned calves and arms in a couple of the shots, all thanks to you! Thank goodness these are photos I will be happy to look at for the rest of my days :)"

If you know of anyone who deserves to be recognized for their personal achievements, please email us at [admin@club-phoenix.com](mailto:admin@club-phoenix.com) and we might just feature their success in a future newsletter. ❖

## Exclusive Offer for Club Members!

We recently teamed up with **New Balance Victoria** to provide an exclusive discount for all Club Phoenix members. Click on the link below for an e-version of the coupon.

<http://www.newbalancevictoria.com/club-phoenix-coupon/>. ■

## Local Business of the Month

This month we are featuring **Popeye's Supplements Victoria**. 2007. 2008. 2009. The same resolutions, the same disappointments. But this year, you're going to get fit and eat right with help from Popeye's Supplements Victoria! For 5 years, Popeye's Supplements Victoria has been helping people in Victoria lead healthier lifestyles, affordably! Right now it's Popeye's annual Buy 1, get 1, get 1 sale. [http://www.popeyescanada.com/PSC\\_NewYear\\_En\\_w.html](http://www.popeyescanada.com/PSC_NewYear_En_w.html) (\*just copy and paste this link into your browser). Buy more, save more, and you'll always get... "Expert nutritional advice, Canada's best price, and the largest selection in Victoria." See them today at Popeye's Supplements Victoria, located on the corner of Douglas and Bay just 1 block from Club Phoenix. Mention this add and receive 10% any regular priced items till the end of January. ❖



## How Are We Doing?

Member Survey Now Online at [www.club-phoenix.com](http://www.club-phoenix.com)

Please give us your feedback by taking a few minutes to fill out our new 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.*

# Club Phoenix Welcomes New Partner in Health

*Synergy Health Center Offers \$230 Discount on Services!*

## Is PAIN or INJURY Affecting your Workouts?

**Synergy Health Center** has collaborated with **Club Phoenix** to create a promotion designed specifically for you to help you achieve your 2010 fitness goals.

**Synergy Health Center** is the largest team of multi-disciplinary health professionals in Victoria. They have a reputation among **Olympic and Professional athletes** as their “go to” specialists to remain at the top of their games or recover fast from injury.

Synergy is also known for its cutting edge technologies and treatments including **Victoria's ONLY Shockwave Therapy Machine.**

As a member of **Club Phoenix**, **Synergy OFFERS YOU:**

1. A FREE INJURY CONSULTATION (\$70 Value)
2. \$60 Dollars Off Prescription Shoe Orthotics (Foot, Knee, Hip or Back Pain)
3. \$100 Dollars Off of Shockwave Therapy

### Services Available at Synergy:

- Physiotherapy
- Exercise Rehab
- Chiropractic
- Acupuncture
- Naturopathy
- Shockwave Therapy
- Massage Therapy
- Prolotherapy
- Chinese Medicine
- Active Release
- Graston Technique
- Spinal Decompression/Traction
- Alpha Stim. Therapy
- Nutrition
- Much More!!

**THIS OFFER EXPIRES FEB 30. APPT TIMES LIMITED SO DO NOT DELAY.**

To redeem this offer:

**CALL 250-727-3737 Ext. 2** to book your appointment.

**Don't forget to tell us your membership number.**



[WWW.SYNERGYHEALTHMANAGEMENT.COM](http://WWW.SYNERGYHEALTHMANAGEMENT.COM)

106-3960 QUADRA STREET, VICTORIA

(Between Telus Building and Galloping Goose Trail across from White Spot)

## SYNERGY HEALTH NIGHT

Club Phoenix Welcomes  
Synergy Health Center

For an evening of  
complimentary treatments

**January 25, 2010**

Synergy Health Management  
Practitioners will be offering  
massage, physio and  
chiropractic treatment to Club  
Phoenix Members, from 5–8pm.

Sign up at the front desk to  
reserve a spot.

## WORDS OF WISDOM

1. Try not to become a man of success but rather a man of value.
2. Great things are achieved, not by strength, but by perseverance.
3. The purpose of life is to discover your gift, the meaning of life is to give your gift away.
4. You miss 100 percent of the shots you don't take.
5. Whether you think you can or think you can't, you are probably right.
6. You only live once, but if you live it right-once is enough.
7. If you always do what you've always done, you'll always get what you've always gotten.