



## Gold Membership: Here's Why...

# \$2.50

= 1 Coffee or 1 Muffin or 1 hr of Parking

**OR**

**Unlimited *Yoga* +  
*Indoor Cycle* +  
*Group Exercise* +  
*Towel Service* +  
*Membership Freezes***

**\$2.50/week goes far at Club Phoenix!**

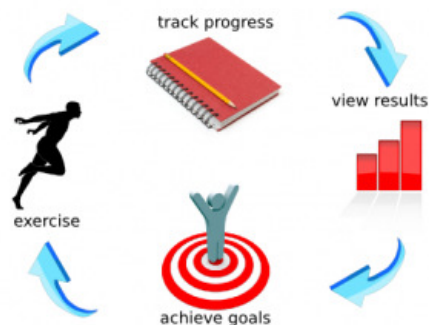
See the front desk today and ask how you can get the most out of your membership.



## Revised Fitness Tests

*Establish your starting point with the latest fitness tests*

The health and fitness consultation at Club Phoenix will clear you to exercise and will also give you an accurate picture on your overall health. **It's really important to have a starting point. How do you know how far you have gone if you have no idea of where you started?**



During the consultation Kim will assess body composition, endurance, flexibility, upper/lower body and core strength. At the end of the consultation she will also give you an exercise prescription on how your time at the club would best be served.

The health and fitness consultation gives you an opportunity to set goals and track progress by testing every 3 months.

### For Further Information

Contact Kim at [kim@club-phoenix.com](mailto:kim@club-phoenix.com) or 250-920-0300. You can also book an appointment at the front desk.❖

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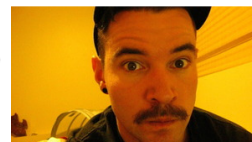
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## MOvember

*Every man deserves to grow a little piece of luxury.*

Congratulations to Ash Peters who won the Club Phoenix First Annual MOvember contest.

Thank you to all our participants, voters and those who donated to Team Phoenix. We are looking forward to next years MO Grow Off! ❖



## Group Exercise



Start the new year right with Group Exercise

Our new schedule is now underway. Try some of our new classes: DOWNDAWG YOGA, SPINTERVALS, FRIDAY FIT, THE YOGA WORKSHOP, and KO-MOTION (see below).


**New Gold  
Member Class!**

**“Ko-Motion”**

**Sundays**  
9:30am - 10:30am



*Circuit through some bootcamp style moves in this new formatted class!*



Starts Jan 23rd. Pick up pass at front desk.

**CLUB PHOENIX**

## Tanning 2 for 1

Valentine's Day Special



From Feb 1<sup>st</sup> until Monday, February 14<sup>th</sup>, buy your sweetie one month of gold tanning and receive the second month for free. If you don't want to use the two months consecutively, the second month can be issued as a gift card to be used at a later date. **Hurry and save yourself a trip to the dog house!** ❖



## MUSCLE UP WITH BROCCOLI

WITH TWO GRAMS OF PROTEIN PER CUP, BROCCOLI IMPROVES PERFORMANCE BY PROVIDING ANTI-INFLAMMATORY OMEGA-3 FATTY ACIDS, WHICH KEEP YOUR CELLS FLEXIBLE. THIS WILL HELP WARD OFF CELL DAMAGE AND EFFICIENT DELIVERY OF NUTRIENTS TO YOUR CELLS.

## Injuries? Pain?

Chiropractic services soon available at Club Phoenix

Club Phoenix and Dr. Mark Malowney are bringing Chiropractic services to Club Phoenix starting in early February.



Dr. Malowney's chiropractic care consists of a patient history followed by a physical exam with a focus on biomechanics and anatomy to determine the root of the problem. Client treatment consists of a variety of soft tissue techniques, mobilizations and adjustments as well as prehabilitative / rehabilitative exercises.

Dr. Mark Malowney enjoys working with patients with spinal conditions, but also with those suffering from injuries to extremities including feet, ankles, knees, hips, shoulders, arms and hands.

We are currently accepting appointments, please call the front desk at 250-920-03003 or visit our website at [www.club-phoenix.com/links/chiropractor.htm](http://www.club-phoenix.com/links/chiropractor.htm) for more information. ❖



### DID YOU KNOW...

STUDIES SHOW THAT **20% FEWER CALORIES** ARE CONSUMED WHEN FOOD IS SERVED AT THE KITCHEN COUNTER VS. SERVING FOOD AT THE DINNER TABLE.

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

## WALL OF FAME

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

### 14 YEARS

Hugh Mitchell, Rob Rathwell

### 13 YEARS

Aaron Robinson, Sanna Shumaker

### 12 YEARS

David Ash, Daniel Desaulniers, Brad Glazer, Jason Sherman, Todd Warnes, Chris Castle, Kelley Farrell, Lana Hanson, Gurmail Manhas, Jerry Ng, Marie Ty

### 11 YEARS

Bill Clark, Wanda Collinge-Wagner, Joe Filippelle, Daphne Goode

### 10 YEARS

Gary Abbott, Cole Feenstra, Mike Graham

### 9 YEARS

Cory Dong, Erin Kellogg, George Salvador, Shaughna Lebus, David Simpson

### 8 YEARS

Terrence Becker, James Birkett, Chris Boreen, Richard Dugan, Candice Gray, Henry Hong, Ryan Kelly, 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, James Hamilton, Chris Mundigler, Anita Voorsluys

### 7 YEARS

Michael Bennett, George Davis, Shaun Gallant, Sandra Harden, Al Hoffman, James Matthews, Paul Meyer, Ian Ramsay

### 6 YEARS

Tina Carleton, Shelley Medjuck, Kevin Murphy, Larry Owens, Don Harrison, Stewart Johnston

### 5 YEARS

Dave Bonella, Craig Butterfield, Brian Giglio, Bruce Lockhart, Kent Parsons, Lisa Rose, Laurie Solis, Dave White, Tom Zarelli, Shannon Aitchison, Jose Albis, Luke Mari, Hannah Polowich ❖

## HEALTHY RECIPE OF THE MONTH

### Fish Tacos with Lime-Cilantro Crema

Yield: 4 servings (serving size: 2 tacos)

#### Ingredients

Crema:

- 1/4 cup sliced green onions
- 1/4 cup fresh cilantro
- 3 T fat-free mayonnaise
- 3 T reduced-fat sour cream
- 1 tsp grated lime rind
- 1 1/2 tsp lime juice
- 1/4 tsp salt
- 1 garlic clove, minced

Tacos:

- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp smoked paprika
- 1/4 tsp ground red pepper
- 1/8 tsp salt
- 1/8 tsp garlic powder
- 1 1/2 pounds red snapper fillets or shrimp
- Cooking spray
- 8 (6-inch) corn tortillas
- 2 cups shredded cabbage



#### Preparation

Preheat oven to 425°.

To prepare crema, combine the first 8 ingredients in a small bowl; set aside.

To prepare tacos, combine cumin and next 5 ingredients (through garlic powder) in a small bowl; sprinkle spice mixture evenly over both sides of fish. Place fish on a baking sheet coated with cooking spray. Bake at 425° for 9 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Place fish in a bowl; break into pieces with a fork. Heat tortillas according to package directions. Divide fish evenly among tortillas; top each with 1/4 cup cabbage and 1 tablespoon crema.

#### Nutritional Information

Calories: 394, Fat: 6.3g, Protein: 40.3g, Carbohydrate: 40.1g, Fiber: 5.5g, Sodium: 457mg ❖

## Tanning Lotion SALE

Save 20% on Sync Blush Tanning Lotion

### What is Blush in Tanning Lotion?

A 'blush' is a non irritating ingredient found in some tanning lotions. It is designed to increase oxygen levels in the skin and to assist in getting color faster and providing a longer-lasting tan *without the irritating side effects* (itchiness, and burning) that tingle products produce.



A lotion containing a "blush" will give the user a sun-kissed appearance, i.e. rosey cheeks, just like the sun does outdoors. Products that contain a "blush" are suitable for all customers. Whether a dark tan is sought or simply a light, healthy sun-kissed glow, a blush lotion will maximize a self tan *without* encouraging irritation or tingling to the skin.

**For further information or to purchase lotion please see the front desk. Please note that there is a limited quantity of lotions available.❖**

## MEMBER RECOGNITION

Congratulations to staff member **Tanya Beaumont** and **Bartosh Michalik** who had a healthy baby boy in December. We wish you all the best!

Congratulations to Paul McKinney's clients **Gary Knapick** and **Darcy Shier** who both recently reached a milestone in their training. Each lost over 35lbs and now both weigh under their target weight of 200lbs. Gary and Darcy are also using our meal planning service, losing 2-3lbs/week consistently. Great work you guys!

Congratulations to the following members who had OVER 225 Check-ins in 2010: **Gary Abbott, Chris Bedard, Bahir Bilgin, Jason Campbell, Mark Carter, Lauren Clavara, Daniel Desaulniers, Robert Fournier, Brent Harbar, Luke Hoffman, Marc Karklins, Kevin Kilpatrick, Claus Kraypohl, Vicki Ogren, Satpal Pabla, Corey Renaud, Robert Richard, and Ray Welbourne.** Now that's commitment!

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. ❖

## Spin To Loose

Burn off those pounds with cardio focused spin class

### What is Indoor Cycle?

Indoor cycle is a cardiovascular cycling workout on a stationary bike on which the tension can be increased, or decreased. Instructors guide participants through workout phases: warm-up, sprints, climbs, cool-downs, etc.

### What are the Benefits of Cycle?

Burn 500 + calories per each class

Tones Muscles

Shape Your Body

Lose Inches

Decrease Body Fat

Relieve Stress

Year Round Activity

Increase Energy

Improve Overall Strength

Increase Cardio Endurance



### What fitness level or condition should I be in to participate in a class?

Cycle is great for anyone aged 16 or older and allows you to work at your own intensity by controlling your own workout with the manual resistance knob.

### How long will it take for me to see results?

In about 2-3 weeks you will notice an increase in your cardio endurance, energy level, and increased strength in your lower body. The amount of body weight or fat lost depends on the number of times that you exercise per week and the dietary choices you make.

**Try one of our cycle or SP-Interval classes! Train to incredible music and extraordinary instruction. See the group fitness schedule for times. All levels welcome! ❖**

## How Are We Doing?

Member Survey 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 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. ❖



## Introducing Mark Malowney

Club Phoenix's Newest Personal Trainer



Mark Malowney received his Bachelor's of Science degree in Kinesiology from the University of Victoria. With an interest in athletics, Mark went on to complete his training with the National Strength and Conditioning Association (NSCA) as a Certified Strength and Conditioning Specialist (CSCS).

Upon completing his certification, he worked with varsity teams and high caliber athletes of all types of sport to

create off-season programs. To complement this, he worked with health care professionals to keep the athletes healthy throughout the year.

Mark has a keen interest in biomechanics and injury. He enjoys recognizing muscle imbalance, poor movement patterns, and helping clients rehabilitate from injuries. Mark has helped many individuals and athletes recover from injuries including back and neck pain, knee, shoulder and rotator cuff injuries.

Though he has spent most of his career working with a variety of athletes, Mark also enjoys working with clients with little or no training experience to help them to attain their personal health and fitness goals. To improve his client's experience, Mark maintains the industry standard by staying up to date with research and current literature. With all his knowledge and passion for health and fitness Mark offers a refreshing perspective on movement and exercise. ❖

### NUTRITION PAYS OFF

**Arthur Diulgerian**, Kim's nutrition client has seen outstanding results from meal planning in the past TWO months. Here are the results from his last assessment.

- Body Fat from 20.7% to 14.3%
- Lost 12.8lbs Body Fat
- Gained 7lbs Lean Muscle Mass
- Muscle/Fat Ratio from 3.8/1 to 6.0/1
- Blood Pressure from 142/64 to 126/73

Congratulations Arthur, keep up all the hard work!

### EXCLUSIVE OFFER FOR CLUB MEMBERS!

We are 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/>. ❖

Club Phoenix recently teamed up with the **Safra Day Spa** to provide a discount on a variety of services (hand/foot treatments, waxing, massage, teeth whitening). Contact the front desk for your brochure and coupon.

### Personalized Meal Planning

Nutrition is 80% of the battle to optimal health!

Balanced Nutrition... Real Results...



Contact Kim Today  
(250) 920-0300  
kim@club-phoenix.com



www.clubphoenix.com

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### GET THE LATEST INFO!

Find us on Facebook for class updates, promotions, daily club news, contests, weekly recipes and other information.

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Search 'Club Phoenix Health and Fitness'

[www.facebook.com/clubphoenixvictoria](http://www.facebook.com/clubphoenixvictoria)