



## Shape Up For Spring

*Nutrition is often 80% of the battle to success*

### 20% Off Personalized Meal Planning

Package Includes:

- 1 hour consultation
- In depth health screening
- Body Composition Analysis
- Diet Analysis
- Caloric needs assessment for both current and goal weight
- Total body measurements
- Strategies and goal setting for maintaining weight loss for life
- 7 day personalized meal plan including a weekly grocery list
- 1 follow-up consultation

#### For Further Information

Contact Kim at [kim@club-phoenix.com](mailto:kim@club-phoenix.com) or 250-920-0300. ❖

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## Tanning Promotion

*Get your holiday base tan at Club Phoenix*

Should I tan before my vacation?

A base tan can help to prevent the sunburn that comes from uncommon exposure to the sun. If you don't normally spend time in the sun, you'll find that you rapidly burn on vacation (which tends to ruin the whole experience). A base tan obtained before vacation minimizes that problem.



# \$49<sup>+tax</sup>

Package Includes:

- Two weeks Unlimited **GOLD** tanning
- Tempo lotion of your choice
- Goggles

## Bridal Fitness

*Get fit for your wedding day with group personal training*

**12 Week Package:  
24 Sessions  
\$28/person**

**Includes: Before & After Photos,  
Measurements and a Free Month of Tanning.**



#### For Further Information

Contact Kim at [kim@club-phoenix.com](mailto:kim@club-phoenix.com) or 250-920-0300. ❖

## Group Exercise

See what's new with group exercise

**Friday Night Yoga:  
A Great Way to End Your Week**

**5:45pm-7:00pm.**



The "Yoga Workshop" may just be the class for you. Whether you are new to yoga or a more advanced practitioner, this class will cover the basics and more. Each week will take you deeper into the practice of yoga, to show you where you can begin and where you can go next. **Join Jaime in this new, all level's welcome class.**

**Gentle Fit Class:  
Starts Friday April 8<sup>th</sup>**

**10am-11:00am.**



**Spread the word!** Club Phoenix is introducing a new class designed for those who are starting out in their fitness program.

Gentle Fit is a great way to get back into your fitness program or for those just starting out. Feel great, have fun and move your body as you enjoy the wonderful benefits of exercise in this new **Gentle Fit** class!

## ATTN COFFEE LOVERS

CLUB PHOENIX IS NOW SELLING COFFEE FOR ALL YOU EARLY MORNING RISERS!

**\$2**

### FUN COFFEE FACTS

1. Coffee is the second most traded commodity in the world (oil is the first.)
2. Drinking a single cup of coffee that has been brewing for 20 minutes provides the body with 300 photochemicals which act as antioxidants and stay in the body for up to a month.
3. Espresso Coffee has one third of the caffeine content of ordinary drip coffee.

## Injuries? Pain?

*Chiropractic services available at Club Phoenix*

Club Phoenix now offers Chiropractic services with Dr. Mark Malowney.



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. ❖**

*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 month of March. Thank you all for making Club Phoenix part of your lives over the past many years.

### 15 YEARS

Lenard Tisdale

### 14 YEARS

Bruce Peterson

### 13 YEARS

Ken Himes

### 12 YEARS

Shauna Borwick, Adam Mikasko

### 11 YEARS

Rob Corbett, Nico Tritt

### 9 YEARS

Jason Campbell, Brent Cline

### 8 YEARS

Christian Geissler, Peter Lainniers

### 7 YEARS

Ashley Crawford, Jaelithe Piccolo, Renee Witherell

### 6 YEARS

Iury Aquino, Cesar Correa, Mike Smith

### 5 YEARS

Joel Friesen, Rob Gardner, Robert Kuhr, Bryan Sparks, Jordan Sundher, Norman Thomas

### 4 YEARS

Hilary Beaulieu, Nickolas Burger, Kristy Frampton, Donna Geer, Greg Johnson, Karen Mantell, Gary Trionfi, Ryan Wilson

## GET THE LATEST INFO!

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

**facebook**

Search 'Club Phoenix Health and Fitness'

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

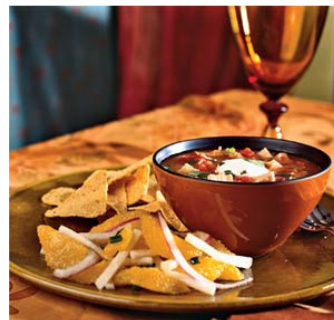
## HEALTHY RECIPE OF THE MONTH

### Chipotle Chicken and Tomato Soup

Yield: **4 servings**

#### Ingredients

- 1/2 teaspoon ground cumin
- 1 can navy beans, rinsed and drained
- 1 can no-salt-added stewed tomatoes
- 1 can fat-free, less-sodium chicken broth
- 1 chipotle chile, canned in adobo sauce
- 2 cups chopped cooked chicken breast
- 1 tablespoon extra virgin olive oil
- 1/2 cup reduced-fat sour cream
- 1/4 cup chopped fresh cilantro



#### Preparation

Roughly chop chipotle chilli. Combine first 5 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Partially mash tomatoes and beans with a potato masher. Stir in chicken; cook 2 minutes or until thoroughly heated. Remove from heat; stir in oil. Place 1 1/4 cups soup in each of four bowls. Top each serving with 2 tablespoons sour cream and 1 tablespoon cilantro.

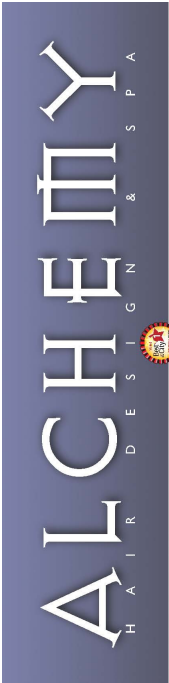
#### Nutrition Facts

Calories: 325, Fat 10g, Protein 28.6g, Carbohydrate 30.4, Fiber 7.6, Cholesterol 58mg, Sodium 560mg.

## Extra Spicy Please!



**Spicy foods help rev up your metabolism. Furthermore, studies have shown that people who eat spicy foods eat smaller portions which can cut your calories way back.**



## Local Business of the Month

### PROFILE: KATIE ESTHETICIAN



Katie has been providing exceptional Skincare, Manicures, Pedicures, Waxing, and Relaxation Massage to men and women for almost 4 years with Alchemy. Her keen eye for detail keeps her in high demand for brow shaping and eyelash extensions. Come in and let Katie show you how good skin care and grooming can

make the most out of your new fit body. Call 250.360.2133 to book or book online at [alchemyhairdesign.com](http://alchemyhairdesign.com)  
250.360.2133 \* 165-736 View St \* [alchemyhairdesign.com](http://alchemyhairdesign.com)

## Alchemy & Club Phoenix: A Winning Combination

ALCHEMY has been voted Best of the City for best hair salon in Victoria BC, best manicure and pedicure.

**From now until May 1<sup>st</sup> Alchemy is offering Club Phoenix members 10% off all services.**

Click the following link for your printable voucher.

[www.club-phoenix.com/links/alchemy.pdf](http://www.club-phoenix.com/links/alchemy.pdf)



## MEMBER RECOGNITION

Best of luck to staff member **Tiffany Teuber** who is competing in her first fitness competition on March 26<sup>th</sup>.

A sad farewell to staff member **Eden Johner** who will be leaving us mid March to spend five months traveling Asia. We will miss you Eden!

Congratulations to the following members who had OVER 225 Check-ins in 2010: **Gary Abbott, Chris Bedard, Bahir Bilgin, Jason Campbell, Mark Carter, Lauren Clavora, 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. ❖

## 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. ❖

## Bathroom Update

I am sure you have seen the new counters, sinks and faucets in the washrooms. They look phenomenal! Thanks to Members Robb Johnston for the counters and Chris Bedard for the sinks and faucets. You did an amazing job!

Check out Tamara, one of our Personal Trainers on Island 30 (Chek TV) every Tuesday at 7pm and 10:35pm giving some great fitness tips!



## Featuring Kim Knott

Club Phoenix's Fitness and Nutrition Consultant



As an athletic enthusiast Kim believes it's not the shape you are, it's the shape you're in. In June of 2009 she graduated from Vancouver Island University with a Bachelor of Arts majoring in Sport, Health, and Physical Education with undergraduate work focused on nutrition and exercise prescription. During her studies at University Kim's program focused on concepts in the

areas of physical growth and motor development, anatomy, physiology, biomechanics, health, nutrition, wellness, and athletic testing.

Growing up in a small town Kim participated in a wide variety of sports including figure skating, basketball, baseball and volleyball. Living an active lifestyle sparked her interest to pursue fitness as a career and feels that the fitness industry is the perfect avenue to fulfill her desire for educating people how to make positive lifestyle choices.

In the past couple of years Kim used her education to explore other avenues of health which included producing Nutritional information for high performance athletes training with Pacific Sport, as well as working with the City of Victoria's 'Nutrition for You' initiatives. In 2008 Kim had the opportunity of a lifetime to volunteer for Canada's Olympic Team at the Beijing games where she learned a lot about hard work, determination and success at its full potential.

Kim brings diverse knowledge of physiological and psychological training. With the right education and motivation Kim feels she can help everyone achieve their lifestyle goals and reach success. As a consultant she enjoys working with athletic enthusiasts, the mature adult, and individuals with a dedicated fitness and wellness goal in mind. In order to reach your potential Kim will help you incorporate healthy lifestyle choices into your day. Kim believes that it is important to enjoy the process of achieving your fitness goals. "If you can't find a way to enjoy your training you're not going to stick with it".

### St Patty's Fun Fact

**There are about 10 000 regular three - leaf clovers for every lucky four - leaf clover!**



## CORPORATE MEMBERS

All of these companies understand the value of a healthy workplace.

- Government
- Canada Post
- VIHA
- PHSA
- Firefighters
- Paramedics
- Police
- Chek TV
- Victoria Marriot Inner Harbor
- Inn at Lauren Point Hotel
- BCRPA Certified Trainers
- Victoria Real Estate Board
- Thrifty Foods
- Fairmont Empress
- CBI Health Group
- Island Farms
- C-FAX and KOOL FM
- Canadian Tire
- RBC
- Vancouver Island Brewery
- Vivid Solutions
- Money Mart

*If you are interested in setting up a corporate membership with Club Phoenix contact Diana Dawson at [ddawson@club-phoenix.com](mailto:ddawson@club-phoenix.com) or 250-920-0300 ❖*

## Training Pays Off

**Angie Cooper**, Charlotte's client, has seen outstanding results since training at the gym the past year. Here are the results from her last assessment.

- Lost 10% Body fat
- Gained 5.1% Lean Muscle
- Lost 37lbs
- Lost 30.25 Inches

Great work Angie! All the hard work has sure paid off!