



Group Personal Training

An Inexpensive Way to Step Into Training

Club Phoenix now offers 5 on 1 Personal Training with Tamara Hambly. Group training will start October 11th and will run until December 1st. Training sessions are scheduled 2 times per week for 75 minutes and will focus on the core and full body. The price is \$20/ session with an 8 week (16 session) commitment. ❖



Questions? Contact Kim

(250) 920-0300 or kim@club-phoenix.com

PT Night Is Back

Training Tips from Certified Professionals

Every Wednesday in September from 4-7pm we are offering FREE 30 minute sessions with a personal trainer. 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 jump start your routine. **Look for free training night to return in November.** ❖

Troy's Fitness Challenge

Club Owner Embarks on 70 Day Fitness Challenge



For those of you who don't know me, I am Troy. I have been an owner of Club Phoenix for the past 12 years. I am the face of the gym and you have likely seen my smiling mug around the club when you come in to a work out. Well, in late August I came to realization that I needed to be in shape for my 42nd birthday come November. So I decided to embark on a 70 day personal fitness challenge.

I realize that I have made some bad choices and decisions. I, like many people, suffer from low self esteem and depression, and right now I don't like the way I look and feel. I am about 20lbs overweight, my diet is terrible, and I generally feel lousy and tired. So I have decided to stop feeling sorry for myself and do something about it.

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I started my 70 day 10 week personal fitness challenge on September 1st and it goes to November 10th (my birthday). During this time I will be utilizing everything that Club Phoenix has to offer from group fitness, yoga, personal training, our nutrition program, and the initial consultation. I know it will be hard to have the discipline and dedication that is needed to complete this challenge but I am willing to put in all the effort and energy that is needed to do this. I hope that this positive lifestyle change will spill into all parts of my life.

Daily Blogs

Want to stay up to date on all of Troy's progress? Check out his daily blog at www.club-phoenix.com and follow along with him through the highs and lows on his journey to success. ❖

End of Summer Tanning Promotion

Hold Onto Your Summer Tan

We'd like to give you the opportunity to take part in our "End of Summer" promotion. It's perfect for those of you who, like us, aren't quite ready to accept that summer is coming to an end.

\$19.99 per month*, first month for FREE!



Then tan as often as you like. Don't want monthly payments? Then pay for the year in full for \$225 and receive **3 free months of tanning!** Offer valid until September 30th.

*Based on a standard tanning agreement. ❖

Group Exercise

Fall Into Fitness with Group Exercise

Workout to the sounds of a live DJ, Keoni returns to H.E.A.T class September 20th.

Come Try Something New! Thanksgiving Weekend Master Class

Monday, Oct 11th at 10am

Circuit through some bootcamp style moves in this new formatted class with Lisa! Open to all members but get there early. Space is limited. Pick up your pass at the front desk.

NEW!!! 90 min Hatha Flow Yoga with Tessa

Sundays 11-12:30pm

A multi-level class focusing on the breath and alignment. Come prepared for anything from yin style, to power flow, to fundamentals of backbends or inversions. ❖



GET THE LATEST INFO!

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



facebook®

Search 'Club Phoenix Health and Fitness'

WALL OF FAME

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

14 YEARS

Robert Wicks

13 YEARS

Lovedip Dodd

12 YEARS

Dave Blackhouse, Lucy Chang, Gordon Duke, Trish Gal, Robert Kilmer, Andrea Kopeck, BJ Singh, Richard Soderquist

11 YEARS

Chad Marier, Ray McWilliams

10 YEARS

Misty Hillard, Sean Krieger

9 YEARS

Michelle Buck

7 YEARS

Bahir Bilgin, Martin Borg, Robert Burns, Shaun Caldwell, Jackie Dinh, Martin Drolet, Andrew Fergus, Mike Haagenen, Gazmend Halilaj, Neil Hanson, Neil Higgins, Willem Janse, Pinder Kaloti, Al Latreille, Ken Macleod, David Mah, Taryn Mah, Kelly Marion, Andre Masters, Kelsey Matichuk, Paul McCarthy, Kevin Mennie, Bartosh Michalik, Steve Moody, Jeff Noakes, Robert Otoole, Tina Phillips, Ed Pratt, Dario Pretto, David Quinlan, Bill Schley, Richard Sloan, Ron Yardley, Sam Yu, Victor Janet

6 YEARS

Ross Addicott, Rob Bartolotto, Mark Carter, Tiffany Dobson, Tim Downey, Blake Horman, Rob Mellott, Suzie Muhitch, Stephen Murphey, Bill Pollock, Krystal Scott, Jennifer Williams

5 YEARS

Wanda Cameron, Karen Dennis, Trevor Harmon, Robyn Larose, Ernie Jones, Catherine Marshall, Kirsten Odeumatt, Mark Parker, Ross Robertson, Keri Taylor, Jillianne Young❖

HEALTHY RECIPE OF THE MONTH

PB & J Power Bars

Ready in 30 minutes • Makes 8 servings

- 1 cup dates or prunes
- ¼ cup water
- ¼ cup natural peanut butter
- ¼ cup ground flax
- 1 cup whey protein powder
- 1/8 tsp sea salt
- ½ cup apricots, diced
- ½ cup Grape Nuts Cereal, divided



1. In a food processor, blend together dates and water.
2. Add peanut butter and process until smooth. Add more water as needed.
3. Add protein powder, flaxseeds and salt and process to combine thoroughly. Add apricot pieces and half of the Grape-Nuts. Pulse just enough to incorporate them into the mixture.
4. Place a two-foot-long piece of wax paper in an eight-by-eight-inch dish, with half of the wax paper hanging over the edge. Pour mixture into dish. Use the wax paper to press the mixture evenly in the pan. For best results, place in freezer for one hour to firm. Cut into eight pieces. Roll each piece in the remaining cereal to coat evenly. Wrap individually and refrigerate or freeze.

Nutrients per serving: Calories: 209, Total Fats: 5 g, Saturated Fat: 1 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 79 mg, Total Carbohydrates: 25 g, Dietary Fiber: 4 g, Sugars: 16 g, Protein: 16 g, Iron: 2 mg

Men's Health Day

Men, this one is all about you!

- PSA, LDL, and Glucose testing
- Saturday Sept. 25th, 2010
- Mayfair Mall, 9:30am-3:30pm
- No charge. Results will go directly to family doctor

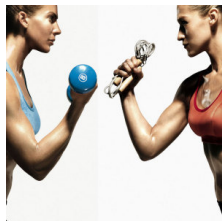
Men's Health Day is an annual event which provides participants an opportunity to interact with a broad range of health care providers and health educators through free health assessments. ❖

Cardio versus Strength Training

In one corner: Dumbbells. In the other: A jump rope.

To KO fat... and keep it off...

Cardio's edge. Calorie for calorie, cardio has a slight advantage. You'll burn 8 to 10 calories a minute hoisting weights, compared with 10 to 12 calories a minute running or cycling.



Strength's edge. Lifting weights gives you a metabolic spike for an hour after a workout because your body is trying hard to help your muscles recover. That means you'll fry an additional 25 percent of the calories you just scorched during your strength session. For every 3 pounds of muscle you build, you'll burn an extra 120 calories a day -- just vegging -- because muscle takes more energy to sustain.

Winner: Strength

MEMBER RECOGNITION

Congratulations to members, **Melissa Peters** and **Chris Howarth** who tied the knot over the summer.

Congratulations to group instructor **Tanya Beaumont** and member **Bartosh Michalik** who are expecting their first child in the New Year!

Well done to **Robyn Standring** who completed the Subaru Ironman (3.8K swim, 180K bike and 42K run) in 12 hours and 57 minutes. Outstanding!

Congratulations to former staff member **Danielle Steele** and long term member **Scott Mennie** who were married this past July in Nova Scotia. We wish you both all the best!

Well done and Happy Birthday to **Vance Meroniuk** who recently reached his goal weight and body fat percentage. He went from 35.8% down to 21.4%, keep up the hard work!

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

Local Business of the Month



Worlds most popular colon cleanse

Are you clean inside? Of course you take care of the outside: You shower, brush your teeth and wash your hair on a regular basis, but do you clean yourself inside? In this modern, toxic world it's becoming a simple fact of life that our colon (the 'sewer system' of the body), liver and other organs also require regular cleaning. Just like a car requires an oil change periodically.

If you experience one or more of the following, then it's time to detoxify:

- Frequent tiredness and low energy
- Flatulence, gas & bloating
- Impaired digestion or constipation
- Irritability, mood swings
- Skin problems

Colonix is now available at Club Phoenix; pick up your kit at the front desk TODAY!

How Are We Doing?

Member Survey Now Online at 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. ❖

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

Introducing Julia Woensdregt

Club Phoenix's Newest Personal Trainer



Julia has always placed health and fitness at the forefront of her life. From an early age she benefited from the fitness education courses taught by her mother, Christina Truscott. Julia spent many hours in the gym day care sitting at the back of the aerobic studio watching classes and, when she was of age, as a participant. She also took part in track and field, soccer, dance, horseback riding, martial arts, and running.

Julia found her true passion in fitness and fitness education in early 2008. From a person who was intimidated by free weights and found machines boring, to completing half marathons and bodybuilding, Julia understands that not everyone finds going to the gym the highlight of their day. She believes that with proper instruction and program planning, every person can learn to enjoy their gym experience and that they can and will see results.

Julia wants her clients to know their body and to understand how to safely make their body stronger and leaner while achieving their full potential. She enjoys passing on her knowledge of improving body and mind through fitness and healthy eating to her clients and other trainers-to-be.

Julia is certified through BCRPA in Fitness Theory, Weight Training, Personal Training, and Group Fitness and currently assists in the education of others in these areas. She has been educated in bootcamp, indoor cycling, small group training, proper running technique, bodybuilding, plyometrics, and more. Julia is currently continuing her formal education to receive a BA in Athletic and Exercise Therapy.

Personalized Meal Planning

Nutrition is 80% of the battle to optimal health!

Balanced Nutrition... Real Results...




Contact Kim Today
(250) 920-0300
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CLUB PHOENIX

www.clubphoenix.com

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EXCLUSIVE OFFER FOR CLUB MEMBERS!

We are teamed up with New Balance  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.

Training Pays Off!

Gary Knapick, Paul's client, and **Ian Fults**, Tamara's client, have both seen outstanding results in just 3 months; here are the details from their last assessment:

Gary

- Lost 7.9% body fat
- Gained 4% lean muscle mass
- Lost 27 lbs on the scale
- Gained 8.8 lbs lean muscle

Ian

- Lost 10.3% body fat
- Gained 5.9% lean muscle mass
- Lost 11 lbs on the scale
- Gained 19 lbs lean muscle