



BRINGING STRENGTH,
FLEXIBILITY & BALANCE TO
OUR COMMUNITY

FOCUS ON WELLNESS

JANUARY 2010

UPCOMING DATES

NEW YEAR'S DAY

Friday, January 1

Modified Group Fitness schedule;
see island-fitness.com for details

CYCLE MADNESS WEEK

January 11-17

SIMULATED CHILLY HILLY RIDE

Sunday, January 17, 8:30am

HEALTHY LIVING EXPO

Saturday, January 30

Ask about our new

FITNESS STARTER PACK

Start 2010 right! Get a fitness
assessment, 18 personal training
sessions & 9 nutritional coaching
sessions, all for one low price.

You deserve it.

Purchase the Fitness Starter pack before 2/15/10 and receive
a free Island Fitness workout bag!
For info: carolh@island-fitness.com



NOW FOR SALE

at the ProShop
ONLY \$19⁵⁰

**GET ONE BEFORE
THEY'RE ALL GONE!**

You've cooked,
you've shopped,
you've baked,
you've wrapped,
you've made merry...

[insert deep breath here]

Now it's all about **you!**

TREAT YOURSELF AND

**SAVE
\$99**

ON YOUR MEMBERSHIP NOW!

Ask your Membership Coordinator how.

Offer valid through January 31, 2010.

It's January, and for many, that means
**New Year's
resolution time!**

Be prepared! Historically, member visits to the club increase significantly by the second week of January, a trend which often lasts through February. If you have the luxury of time, consider visiting Island Fitness during our quiet time, between 1:00 and 3:30pm. To alleviate parking frustration, try walking or biking to the club--or carpool--or park off-site and walk to the club (which gives you a bonus warm up!)

As we embark on a new decade, remember that studies prove that attitude makes a huge difference in the level of success we achieve in our lives! Use that power to catapult your way to a healthier you! We can provide you with all the tools; you just supply the motivation! Wishing you the best in 2010!



**NEW CLASS
SCHEDULE
STARTS JAN 11!**
go to
www.island-fitness.com
for the latest schedule

SAVE THE DATE

**Healthy
Living Expo**

SATURDAY, JANUARY 30, 2010
10AM - 4PM
WOODWARD MIDDLE SCHOOL
FOR INFO, WWW.BAINBRIDGECHAMBER.COM



Got vitamin D?
Keep Seasonal Affective Disorder (SAD) away by taking 1000 mg a day

Results!

Six months ago, I decided to join Island Fitness and started working with a personal trainer. I was out of shape and knew I needed to be more physically fit. I had been hiking a lot, but often I was too tired to enjoy myself or experience what was around me. Stress was also a factor in my decision, as I had recently moved my elderly mother up from California to live at Wyatt House on the island. I was the only family member living nearby and I was concerned about being able to stay healthy, emotionally together, and strong in the face of such responsibility.

working with him twice a week. It was hard but fun at the same time. As I progressed, I started to look forward to my workout sessions, and the desire to get stronger became a big part of me. Something took over that I didn't know was there, and I liked it.

I've also worked with Dr. Becky, the nutritionist. I really wanted to lose weight and had tried on my own, but was not very successful. She helped me understand how I was eating, and what foods would be better for me. She taught me about metabolism and eating differently throughout the day.

After four months of exercise and better eating, I had a second fitness assessment with Elizabeth and was surprised at how far I had come! I



And then there was Mount Rainier. I had heard that Island Fitness offered a Train To Climb program, which was my dream and a big incentive. I was 57 and wasn't sure it was even possible, but I thought maybe if I joined the gym and worked with a trainer, I might have a shot at it someday.

lost 20 pounds of fat, dropped six inches from my waist, and was much stronger on all the tests.

I started training with Marc in July. I came to him with a list of insecurities and a few goals. When I put Mount Rainier out there he said that I absolutely could do it. He told me about other women my age who were really strong and that I could have that too, if I wanted it. I made up my mind to try to do everything Marc asked, and I began

Island Fitness has helped me in all the ways I hoped it would. I'm in much better shape, I've lost weight, I'm able to cope with the stress in my life, and I'm having a great time hiking. My blood pressure has come way down and I've cut back on medications. More important to me are the things that I didn't know were there. I had no idea I would feel this good, this strong, and this happy. I feel like maybe I can actually climb Mount Rainier. That's still my goal!

JOAN SPIER

WINTER 2010 SUPERGROUP WORKSHOPS

Fit Women

Lisa Timmins lisat@island-fitness.com
Next 6-week series begins: Mon., Jan 11

What: Advanced, progressive strength training techniques for women. Prior instructor approval required.

When: Mon/Wed/Fri 10:00-11:00am

Where: Studio 2 - South

Cost: 2x/wk \$120 members / \$150 non-members; 1x/wk \$75 / \$90

Group Pilates Reformer

Diane Peterson
dianep@island-fitness.com
Contact Diane for next series start date

What: Progressive small group training on Pilates Reformer w/completion of intro; enrollment limited to 5

When: Mon/Tue 8:00-9:00am

Where: Studio 2 - South

Cost: 2x/wk \$300 members / \$420 non-members; 1x/wk \$150 / \$210

Pilates Mat II

Loretta Stanton loretta@island-fitness.com
Next series begins: Wednesday, Jan. 13th

What: Progressive small group training for advanced Pilates clients; enrollment limited to 10

When: Wednesdays 8:00-9:00am

Where: Studio 2 - South

Cost: \$69 members / \$83 non-members

Pre-Season Conditioning for HS Athletes

Lisa Timmins lisat@island-fitness.com
Next series begins: Mon., Jan. 4

What: Do you want to maximize your athletic potential and be prepared for the upcoming season? If yes, then this program is designed for you. Prior instructor approval required.

When: Mon/Wed 3:30-4:30pm, Jan 4 - Feb 24 (exc MLK and Presidents' Day)

Where: Studio 2 - North

Cost: \$140 for 14 sessions; limited to 12 participants

Sweat Hogs

Loretta Stanton loretta@island-fitness.com
Next series begins: Friday, January 15th

What: Not just the male version of Fit Women, but so much more! Did you love basic training? This all men's total body workout will sweat it out of you!

When: Fridays 9:30 - 11:00am

Where: meet in Stretch Area

Cost: \$100 members / \$125 non-members

TRX Suspension Training

Loretta Stanton loretta@island-fitness.com
Next series begins: Tuesday, January 12th

What: Fast-paced, bodyweight-based exercises using the TRX.

When: Tue 10:00-10:55am, Fri 8:30-9:25am

Where: Studio 2 - South

Cost: 2x/wk \$120; 1x/wk \$64; \$18 drop-in if space is available

TRX-cardio

Rena McCloud renaem@island-fitness.com
Next series begins: Tuesday, January 5th

What: This workout blends traditional strength training on the TRX with old school cardio stations.

When: Tue/Thu 4:30-5:25pm, Jan 5 - 28

Where: Studio 2 - South

Cost: \$90 for 6 workouts, \$18 drop-in on space-available basis

TRX-treme

Rena McCloud renaem@island-fitness.com
Next series begins: Tuesday, January 5th

What: Balance challenge and TRX work while still focusing on "creating movement from the core"

When: Tue/Thu 12:00-12:55pm, Jan 5 - 28

Where: Studio 2 - South

Cost: \$90 for 6 workouts, \$18 drop-in on space-available basis

• A NEW TWIST ON THE STANDARDS! •

Heart Rate Training

Kathi McMahon kathim@island-fitness.com
7-week series to begin: January 12th

What: Perfect for the outdoor cyclist to incorporate focused training into your regimen AND the indoor cyclist looking to bring your fitness to the next level.

When: Mon 7:30-9:00am, Tue 5:00-6:30a

Where: Studio 2 - North

Cost: \$126 members / \$151 non-members drop-in \$20 if space is available

TRX for Newbies

Rena McCloud renaem@island-fitness.com
Next series begins: Wed., January 13th

What: This is a total body conditioning workout appropriate for first timers & those interested in learning more about TRX Suspension Training.

When: Wed/Fri 11:00-11:55am, Jan 13 - 29

Where: Studio 2 - South

Cost: \$60 for 4 workouts, \$18 drop-in on space-available basis

Evening TRX Training

Marc LaSof marcl@island-fitness.com
Next series begins: Monday, January 18th

What: Entry level class to take you through a progression of simple to intermediate exercises designed to prepare you for the next step in suspension training.

When: Mon 7:00-8:00pm, Jan 18 - Feb 22

Where: Studio 2 - South

Cost: \$96 members/\$114 non-members

Virtual Fit Women

Lisa Timmins lisat@island-fitness.com
Contact Lisa for series start date

What: For those motivated enough to work out on their own but want some direction, have some free weight knowledge, and no orthopedic concerns. Prior instructor approval required.

When: please contact instructor to arrange consultation

Where: Club Floor

Cost: \$60 members / \$75 non-members

• NEW FOR JANUARY! •

The Art of Shifting

Steve Rhoades (206)201-3946

Next series begins: Monday, January 18th

What: Learn from cyclist Steve Rhoades the proper techniques of shifting, braking, efficient hill climbing, and safe descending. Limited to 10

When: Sat 9:00-11:00am, Jan 16 - Feb 6

Where: Outdoors (meet in front parking lot)

Cost: \$100 members, \$115 non-members; drop in \$30, if space is available

Tae Kwon Do

Jose Lugo josel@island-fitness.com
Next series begins: Thursday, January 7th

What: Through an appreciation for traditional martial arts movements, students will focus on self-defense, fitness and conditioning drills, teamwork, and discipline.

When: Thu 4:45-5:45pm, Jan 7 - Mar 25

Where: Studio 2 - South

Cost: \$207

TRAIN TO CLIMB



Train to Climb 2010 is our largest group yet! 12 climbers will be training and climbing Mt. Adams and Mt. Rainier in July and August of 2010. Included in our group this year are two father/son teams.

Each year, 10,000 climbers attempt Mt. Rainier and 5,000 fail. This includes professionally guided and self guided climbs. Reasons for failure range from inadequate preparation, including physical conditioning and improper gear selection, to inclement weather. With the exception of weather, this program is designed to eliminate as many failure variables from this climb as possible.

Train to Climb is a unique program designed by Island Fitness Certified Personal Trainers Michael McCloud and Loretta Stanton. This is a 6-month program which includes personal training, metabolic assessment, nutritional guidance, mountaineering skills training, hiking, and more.

Partnering with Alpine Ascents International, Train to Climb culminates with guided climbs of Washington State's two tallest peaks, Mt. Adams (12,281 ft) and Mt. Rainier (14,410 ft).

For more information, write to: traintoclimb@island-fitness.com.

Concept2 Rowing HOLIDAY CHALLENGE

Each year, Concept2 Rowing sponsors a fundraiser called the Holiday Challenge. This challenges rowers to row more than 100,000 meters on Concept2 equipment, between Thanksgiving and Christmas Eve. Concept2 donates 2 cents for every meter rowed over 100,000, per rower to one of three charities.

You may have noticed the popular "ergs" (Concept2 rowing machines) were even busier than usual during this period. One reason was the Island Fitness Men vs Women Rowing Challenge, a lighthearted challenge to see which team could rack up the most meters. The energy and excitement were palpable! The gender jam was neck and neck for most of the 6 weeks, but the men squeaked out a victory in the final days! With over 5 million meters rowed, the Men racked up 2,836,163 meters versus the Women's 2,521,465 meters. To put this into perspective, we rowed roughly the distance from Boston to Seattle!

Congratulations to our top two



member rowers: Tim Bird and Anne Seely! The top staff rowers were Carol Hasko and Michael Rosenthal.

The challenge was a great motivator and a lot of fun, with hundreds of dollars raised for charity! Look for more challenges in the future!

STUDIO CHANGES FOR 2010

You will find from our website and paper schedules that in this new year, familiar activities are now taking place in completely alien sounding locations. Please be assured that we have not made the changes arbitrarily or merely to confuse our members.

In order to get better utilization out of our spaces, we decided to make some changes for the new year. As our studios became busier, it was necessary to make adjustments for smoother growth.

We found that the upstairs studios formerly known as the Training and Cycle Studios, because of their respective sizes and shapes, would be better served by a location swap.

Our studios, particularly the second floor ones, were initially named for their

primary functions, which implied that they were the exclusive domain of those functions, e.g. Training, Cycling. In order to be fair and for more productive space utilization, we have changed their names to signify their location only. For example:

* **2-North** means the studio is on the second floor on the north side.

* **1-Center** means the studio is on the ground floor in the center of the building.

* **1-West** is the space with the west-facing windows, in other words the ones overlooking Madison.

Finally, until we can order and install the permanent ones, we will be putting up temporary room name signs. If you have any confusion as to where activities are located, please check with the Welcome Desk.