

Excuses for Not Exercising

Actions to Take

I have no time to exercise.

Prioritize, schedule it in.

I don't know how to exercise.

Hire a trainer or try a group class.

I have no energy to exercise.

Try walking with music or a friend.

Exercise makes me hurt.

Discuss with trainer and modify program.

Exercise is boring.

Variety is the key, change up your program.

**Talk with one of the trainers if you need help
on finding ways to stay motivated.**



**January/February
2012**

Class Schedule Changes

Our goal is to grow our group fitness program and to provide you with the best and most up to date classes that we can. During 2011 we studied our mix of classes, times we offer the classes, and participation numbers. We also did research on other successful group fitness programs and how they were able to increase participation, grow class size numbers and gain new members. With all of this in mind, we have made some changes on the schedule that we are excited about. Our staff and instructors have been working hard to bring you these positive changes. Please try out these new classes and class time and let us know what you think.

- More mid morning low impact and balance classes 10:00am Mon/Wed
- Additional Body Pump Class times offered – 5:30am, noon, 6:30pm
- Added a new twist on our step class – Body Step: research based cardio class that has proven outcomes and many benefits. Can be performed by all fitness levels. Basically same idea as Cardio Mix and Step It Up with added energy and fun.

Sam B. Cook Healthplex

1432 Southwest Blvd, Jefferson City, MO 65109

Main Phone: (573) 632-5614

Membership: (573) 632-5634

HOURS:

Monday-Friday 5 am-8 pm

Saturday 7:30 am-1:00 pm

Sunday 12:00 pm-4:00 pm

**A HAPPY
NEW YEAR**



PUMP up your
fitness
as you **STEP**
into the New Year!

GROUP FITNESS BENEFITS

Most people realize the great benefits of exercise but statistics show that 60% of adults don't get enough exercise to generate health related changes. 30% of the population are totally sedentary and do not get any exercise at all. Many say that exercise is boring, nothing to hold me accountable, or I am not sure what to do. Why not try a group fitness class. Here are some benefits:

1) Studies show that people do better when they exercise in groups. They exercise harder, longer, and more often. The group setting holds one more accountable, makes one want to perform well and complete the entire program, and helps with exercise adherence.

2) The structured program and design to music helps achieve total body workouts that are effective and motivating. The structure allows the participant to come to class and not have to think about what he or she will do next.

3) Instructors coach and push you to continue and want you to come back for more. It is easier to want to continue any behavior if you have encouragement. A good instructor will connect with the class, by motivating, creating energy, and giving feedback on technique.

"I recently asked one of my group fitness classes what brings them in and keeps them coming back. Here is what they said: the friends and the social support, the instructor is entertaining, the class is challenging yet adaptable, for weight control and to stay young, it's fun and has good music, it gives me mental stress relief, to keep me healthy, it's motivating and makes me want to return." Kay Benward, Healthplex Fitness Center Supervisor

MEMBER SPOTLIGHT Jennifer Piland

Jennifer Piland steps up to improved health by participating in our group fitness classes. Jennifer joined the Healthplex less than a year ago. She began by taking an afternoon step class. Once she began, she was hooked. Within a few months, she began noticing weight loss. Next she enrolled in the Body Pump classes. Her muscles began to firm up and she felt strong and lean. She then tried Pilates. This helped her posture, core strength, and flexibility. She went from being fairly sedentary and a fast food junkie to very active and really watching her food intake. She is proud to state that she has lost 55 pounds, has more energy with her daily tasks, and has even been able to run seven miles nonstop. Check out the before and after pictures.



Staffing Update



Hillary Clark – Hillary is a new aerobic instructor. She is certified through the American College of Sports Medicine as a Group Fitness Instructor. Her experiences include kickboxing, toning and conditioning classes, and circuit training classes. We welcome her to our team.



Madison Vance – Madison has been working at the front desk of the Healthplex for the last several months. We are proud to have her also work in the membership office as a membership representative on Mondays from 7am-3:30pm and Wednesdays from 10am-6:30pm.

Upcoming Events

- January 4:** New Dimensions Kick-Off 5:30pm
- January 7:** Les Mills Body Pump and Body Step Launch - 8am-noon
- January 12:** Cancer Wellness Informational Session - 1:00pm
- February 13:** Heart Team Sweetheart Sack Silent Auction and Cookie Sale

REMINDERS

- Scan in at each visit. We closely monitor attendance and facility utilization.
- Use the cross walks. These are here for your safety.
- Vans only in the handicapped spots marked for vans.

ALL GROUP FITNESS CLASSES ARE INCLUDED IN YOUR MEMBERSHIP

Pick up a Jan-March 2012 schedule in the Fitness Center or visit our website at www.crmc.org and choose Healthplex. Fitness Center. Group Exercise Class