



The Body Shoppe February Newsletter

“Spin for Hope” at The Body Shoppe: March 7th

The **American Cancer Society’s Spin for Hope**, a 3-hour indoor cycling event taking place simultaneously at health clubs around New England, is an exciting way to fight cancer through fun and fitness. By participating in **Spin for Hope**, your pedaling is supporting the American Cancer Society’s mission to save lives by helping people stay well by preventing cancer or detecting it early; by finding cures through investment in groundbreaking discovery; and by fighting back by rallying lawmakers to pass laws to defeat cancer.

Event: 2010 Spin for Hope
Date: 3/7/2010
Time: 10:30 AM to 1:30 PM
Location: The Body Shoppe, 306 High St., Greenfield

Sign up online at:

<http://cancer.org/spinforhope>

- There is a \$25 non-refundable sign up fee when you register.
- Minimum suggested fund raising goal is \$100 per hour of riding.
- If you are going to use one of our Lemond Revmaster Spinning bikes, after signing up, please choose your time slots in the spinning book.
- Sign up as a team or as an individual.

10 Spinning bikes are available for a total of 30 hour long time slots for spinning. These bikes will be used as in our normal spinning classes with spinning instructors leading. Unlimited room for the Spinerval part of this fundraiser as well. The spinerval session will be done on the participants own bike, using their own trainer for any part of or all of the 3 hour series. Contact Steve for more info!

SPINNING.



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Rhythm Fit Friday Night Fitness Series

Each month will host a different **Friday Night Fitness Series** in the aerobics room.

This **February**, join fitness instructors at **5:15 on Fridays for Rhythm Fit**. Reminiscent of **Jane Fonda, Dancercise, great music, and fun**. . . You do not need to know how to dance and beginners are welcome! Instructors will teach you all the moves.

Rhythm Fit runs for the Friday Series:
February 5th—February 26th.

Be on the lookout for some amazing 80s inspired coming out of the aerobics room after Rhythm Fit too!

Be on the lookout for flyers on our March Friday Night Series as well. The Body Shoppe is an exciting place to be on Friday Nights this winter!





February's Beginner & Endurance Spinning Classes

Not sure if spinning is for you? We offer **2 Beginner Spins/Month** if you are looking to try it out. *Beginner Spins are free!* The class is a 1/2 hour format, led by a spinning instructor. Beginner spins give you the opportunity to learn your bike settings, try a class, and ask questions.

In February, Beginner Spins are offered on: Tuesday 2/16 & 2/23 at 5:30

Are those 45-Minute classes just not enough spinning time for you? Check out an **Endurance Class** and bring your water bottle!

In February, 60 Minute Endurance Spins are offered on: Saturday 2/13 & 2/20 at 10 AM

Join Jeff and Shali on **Fridays at 6:15** for **Spinoga**: a 45-Minute Spinning Class followed by 20-30 Minutes of Yoga Stretching.

There is no Spinoga on 2/19 & 2/26 but will resume in March.

Remember that you can always check out a **Spinerval** class as well. Bring in a trainer (or talk to Steve about borrowing one), bring in your bike, and join others as they train with "Coach Troy," a DVD series.

Spinervals meet Sundays at 10:00 AM and Tuesdays at 6:00 PM.

Pro-Fit Golf Series with Mike Zaraneck

This winter, prepare yourself to play the best golf of your life. **Mike Zaraneck**, head pro of Crumpin Fox Club, and **Liz Dolby**, physical therapist and owner of OPT/TBS, have developed **Pro-Fit Golf** to help improve your game.

Pro-Fit Golf is a **75-Minute Class** which meets **2x a week for 4 weeks.**

30 Minutes is led by a fitness instructor and 45 Minutes is led by Mike Zaraneck.

SERIES 1: Begins 2/2/10

Tues/Fri at 6:30 PM

Waiting to catch that spring fever bug? **Series 2** begins in March. Sign-up now as this is a popular series as

it is closer to golf time!

SERIES 2: Begins 3/9/10

Tues/Thurs at 10 AM OR

Tues/Fri at 6:30 PM

\$90 Non-Members

\$77 Body Shoppe Members

Winter Carnival: February 5th—February 7th

Check out the Greenfield Winter Carnival the 1st Weekend of February. **ALL FITNESS CLASSES ARE FREE TO ALL Saturday and Sunday, 2/6—2/7**, at the Body Shoppe in conjunction with the Winter Carnival. Bring your friends and try out a class with us.

There are lots of great festivities to check out in Greenfield as part of the Winter Carnival.



Volunteer or run in the 4-mile Jingle Bell Run, take the kids for breakfast with Frosty, sledding at Beacon. . . Check out the brochures at the desk for full details.



New Yoga Instructor & New Yoga Class Begins in February



NEW INSTRUCTOR:

***Embodyoga with
Lisa Schmitt !***

**Mondays at 6:30
Beginning 2/1**

NEW CLASS:

Embodyoga with Sarah

**Fridays at 4:10
Beginning 2/5**



***Check out all our Yoga
Classes!***

MONDAY:

7:15 Yog-Ease with Jen
6:30 Embodyoga with Lisa

TUESDAY:

7:15 Embodyoga with Erika

WEDNESDAY:

7:15 Yog-Ease with Jen
4:10 Embodyoga with Sarah

THURSDAY:

6:30 Embodyoga with Erika

FRIDAY:

7:15 Yog-Ease with Jen
4:10 Embodyoga with Sarah

"To embody yoga is to enter the body-mind fully, with clarity of awareness, radical acceptance, compassion and awe—to perceive and to know, by direct experience, the myriad expressions of life that we are, and to develop the wisdom of the knowing in our yoga practice, our teachings & our daily life."

~Patty Townsend, Founder of Embodyoga~

Week of February 8th: Zumba Class Change

Staci is away the Week of February 8th. Debi will be subbing Staci's ZUMBA classes with ZUMBA Gold.



Monday

**2/9 at 5:15 ZUMBA Gold with
Debi**

Wednesday

**2/11 at 12:15 ZUMBA Gold
with Debi**



Come Join Debi for Zumba Gold!

Current Membership Specials

New, Up for Renewal, & Returning Members:

Buy any 6 Month Term
Membership and Receive 2
Months for Free!



Student Conditioning Membership

Youth interested in this program
can join as Full Facility Youth
Members for any 3-Month Period
between January 15th—April
15th for \$75.

