



THE BODY SHOPPE

JANUARY NEWSLETTER

TBS Members Kick Off 2010 with Fitness Festivities Galore!

Run, Walk, Swim, Hike, Spin and cele- brate the advent of 2010...

Body Shoppe Members could be found all over Massachusetts breaking in the New Year with fitness activities. The **Sawmill River 10K** in Montague was well attended by Body Shoppers. This event benefits Montague Parks & Recreation services, including the Sponsor-A-Child Scholarship Program. A big congratulations on their participation to:
Deb and Bob Schilling

Becky & Steve Shattuck
Gregg Mullens
Janice Bohonowicz
Frank McDonald
Brent Pitcher
Julie Britton
Rudy Renaud
Debi Garlick
Al Ross
Lauren Cunniffe

The **Salisbury, MA 5K/10K** was also represented by Body Shoppers who made the trek to the ocean for the day:

Cathy Powell
Sarah Rury
Dawn Striker
Erika Heilig

Jen Bon offered a 90-Minute **"Body Blast"** Class that combined Cardio, Weights, and Yoga. More than 15 people attended the class! Jen followed this up with a **Spinning** class that was also well attended.

Many Body Shoppers also enjoyed **walks and hikes** with family and friends to celebrate the New Year. Whatever your festivities includes, all of us at The Body Shoppe hope 2010 brings you fitness, health, and happiness.

◆ **Burn Fat: Steady-Pace Walk**

"Aim for a speed at which you're hustling but still able to speak in sentences. Depending on your fitness level, this will be somewhere between a 13 and 17 minute mile. Maintain this pace until you've reached your time goal, and not only will you burn more calories, you'll boost your heart health."

www.fitnessmagazine.com

◆ **Get Lean & Melt Calories: Intervals Walk**

"You'll burn more fat in less time by bumping up your pace a little for manageable bursts—accelerating from a 17-minute mile to a 13-minute mile means 66% more calorie burn.

Warm up at your regular pace for 6 minutes.

Alternate these intervals: Walk as fast as you can for 1 minute, then slow down to your regular pace for 2 minutes to recover.

Repeat intervals until you've reached your time goal."

www.fitnessmagazine.com

New Year's Resolutions? Check out all the new classes!

New Spinning Days/Times:

- Mondays & Fridays at 12:15
- Wednesdays & Thursdays at 5:15
- 60 Minute Endurance Spin: Saturday 1/9 & 1/23 at 10 AM
- Beginner Spins: Tuesday 1/12 & 1/19 at 5:15

Spinoga Returns:

- Friday, Beginning 1/8 at 6:15

New Evening Yoga Class:

- Thursdays at 6:30 beginning 1/7

January Friday Night Aerobics Series:

- 5:15 with Lynne beginning 1/8

Weight Watchers Information Session:

- January 14th at 7:30 PM in the MPR

Hypnosis 4-Week Series:

- With Jean Conway Beginning 1/17

See Inside for
Details!

New, Additional, and Beginner Spinning Classes



We keep adding classes, which means we also keep adding instructors! **Jen Bond and Bob Larison** have just completed our Spinning Instructor Training Program and we are excited to welcome them on board at TBS! Check out some of their class offerings.

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 January, Beginner Spins are offered on: **Tuesday 1/12 & 1/19 at 5:15**

Introducing the **60-Minute Endurance Class**. Are those 45-Minute classes just not enough spinning time for you? Check out an Endurance Class and bring your water bottle!

In January, 60 Minute Endurance Spins are offered on: **Saturday 1/9 & 1/23 at 10 AM**

Additional Spinning Classes now offered on:

Mondays & Fridays at 12:15

Wed. & Thursdays at 5:15

Spinoga Returns:

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

DO YOU KNOW
TEENS LOOKING TO
INCREASE THEIR
FITNESS?
CHECK OUT THE
NEW "STUDENT
CONDITIONING
MEMBERSHIP" AT
THE BODY SHOPPE

Student Conditioning Membership (Designed for 13—18 year olds)

Looking for a fitness program designed specifically for teenagers? The Body Shoppe is offering a **Student Conditioning Membership** to youth between the *ages of 13—18*. Two **"under 18" fitness classes** will be offered every week, as part of the Conditioning Membership. Fitness classes

are structured toward youth and combine cardio, weights, and core conditioning in a safe and supportive class format. Under 18 Fitness Classes will be held on **Wednesdays at 7:00 PM** and **Saturdays at 12:00**. *Youth interested in this program can join as Full Facility Youth Members*

for any 3-Month Period between January 15th—April 15th.

Whether you're looking to get into shape for spring sports or looking to adapt a healthier lifestyle, the Student Conditioning Membership is a great opportunity for youth of all fitness levels.

"Spin for Hope" at The Body Shoppe: March 7th, 2010

Looking for an opportunity to join the fight against cancer? **Spin for Hope** is a 3-hour indoor cycling event that takes place at dozens of health clubs across New England the first Sunday of March. **Participants register to cycle and strive to raise at least \$100 per hour.**

The Body Shoppe is a proud site of this fundraiser for the American Cancer Society. People can sign up for between 1—3 hours on our spinning bikes or bring in their own bikes and sign up as a spinerval participant.

Sign-up at the front desk to help the American Cancer Society.

For more information, visit:

www.cancer.org/meaningfulmiles

<http://community.acsevents.org>





New Thursday Evening Yoga Class Begins January 7th

Offering a *new Embodyoga* class with Erika beginning on January 7th:

Thursdays at 6:30

Beginners are Welcome!

We offer yoga classes **5 days a week**. Check out *all* of our Yoga Classes at TBS.



MONDAY:

7:15 AM Yog-Ease with Jen

6:30 Embodyoga with Sarah

TUESDAY:

7:15 Embodyoga with Erika

WEDNESDAY:

7:15 Yog-Ease with Jen

4:15 Embodyoga with Sarah

THURSDAY:

6:30 Embodyoga with Erika

FRIDAY:

7:15 Yog-Ease with Jen

“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~

Pro-Fit Golf Series with Mike Zaranek

This winter, prepare yourself to play the best golf of your life. **Mike Zaranek**, 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 Zaranek.

SERIES 1: Begins 2/2/10

Tues/Thurs at 10 AM OR

Tues/Fri at 6:30 PM

SERIES 2: Begins 3/10/10

Tues/Thurs at 10 AM OR

Tues/Fri at 6:30 PM

Register at the front desk.

\$90 Non-Members

\$77 Body Shoppe Members

MOVE MORE:

Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; toss balls with friends, mow the lawn. Anything that moves your limbs is not only a fitness tool, it's a stress buster.

www.health-fitness-tips.com

Weight Watchers Information Session January 14th

Looking to kick off the New Year with structure and support around healthy eating goals and weight loss?

January 14th marks the last day of our Fall 12-Week Weight Watchers Series at The Body Shoppe.

Interested in participating in a 12-Week Series this Winter?

Come to the Body Shoppe on **January 14th** to ask about the series, gather information on Weight Watchers, and experience the meeting format.

Join us at **7:30 in the Multi Purpose Room** for the Information Session and to register for the next 12-week series.

Sign-Up for a Winter 12-week Series at the front desk.





Paying It Forward: The Body Shoppe & OPT in the Community

The Body Shoppe and OPT believe in giving back to our community. All of our members are the foundation of making that happen!

Blood Drives at TBS:

In 2009, Baystate Health collected 88 units of whole blood at The Body Shoppe. In total, this translates to medical assistance for over 176 lives within our community. Members and staff kept signing up and the blood drive kept coming. Thank you to all of those who have been able to donate. Be on the look out for 2010 sign ups as well!

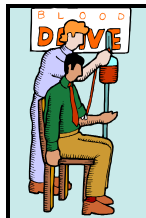
Food Drives at TBS:

The Body Shoppe hosted a Food Drive to benefit the Greenfield Inn, a program of ServiceNet, during the months of November & December. The Greenfield Inn serves 6 homeless families; 80% of people in our local homeless shelters are from Franklin County.

Members and staff brought in non-perishable foods to support local families in need. We collected well over 200 pounds of non-perishable foods for the Greenfield Inn. Thank you to all of those who were able to do-

nate!

If you have an idea for a community minded "pay it forward" activity at the Body Shoppe, please talk with any of our staff.



Friday Night Fitness Series with Lynne

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

This January, join Lynne at **5:15 for a Cardio & Weight Intervals Fitness Class.**

Lynne will be teaching the

Friday Night series beginning **January 8th—January 29th.**

Also check out Lynne's excellent Tuesday Night Class: X-treme Step at 5:15!

Be on the lookout for flyers on our February Friday

Night Series as well. The Body Shoppe is an exciting place to be on Friday Nights this winter!



REMEMBER THAT MANY HEALTH INSURANCE PLANS OFFER REBATES ON GYM MEMBERSHIPS, CLASSES, & WEIGHT WATCHERS. CHECK WITH YOUR INSURANCE PROVIDER TODAY!

Blue Moon Hypnotherapy Series with Jean Conway

Jean Conway of Blue Moon Hypnotherapy is an experienced and Certified Hypnotherapist in Greenfield, MA.

She is offering two hypnosis **4-week series at the Body Shoppe this January.**

Series 1: Self-Hypnosis & Meditation

Sunday, January 17th

1:00 - 2:30

Sundays, January 24th &

31st, Feb. 7th 12:30 - 1:30

- Overcome a negative

habit such as smoking, over eating or procrastinating

- Reduce stress, anxiety, sleep better, improve mood
- Overcome fears/insecurities, and past negative conditioning

Series 2: Hypnosis for Weight Loss

Sunday, January 17th

11:00 - 12:30

Sundays, January 24th &

31st, Feb. 7th 11:00 - 12:00

Hypnosis is successfully used for weight control and stress related eating behaviors. Learn how your subconscious mind works and how you can make it work for you! You will just love how these sessions make you feel!

Please register at the Body Shoppe by 1/14.



For specific hypnosis questions, Please Call: (413) 774-7171
Or Visit:
www.bluemoonhealingcenter.com