



**June  
2009**

# TBS News

## Focus on Fitness



Our first two sessions were well attended. This is a great program to help our members learn the ins and outs of fitness. Our first session topics included Body Mass Index, weight and abdominal caliper measurements. Our second session included a discussion of heart rate and perceived exertion. A brief walk helped introduce the effects of exertion on heart rate.

### **Upcoming Topics Will Be:**

**June 1<sup>st</sup>** - Focus on Balance

Becky Shattuck will bring us through an Introductory Level BOSU class.

**June 8<sup>th</sup>** - Focus on Heart Rate

We will review perceived exertion and learn how to take our own pulse.

**June 15<sup>th</sup>** - Focus on Flexibility

Jen Bond will teach an introductory Yog-ease class

**June 22<sup>nd</sup>** - Focus on Free Weights

Learn how to use free weights, and get an explanation of what muscle is working with each exercise.

**June 29<sup>th</sup>** - Focus on Cardio

Take an Introductory Level Spinning Class

**New Class  
with Jen Bond  
Interval Power Hour  
Tuesday and Thursday  
Mornings at 9:00  
5 Week Series  
6/2-7/2**

# YOGA

*Effective Wednesday June 3<sup>rd</sup>, we will discontinue evening Yoga classes with Erika Heilig. Beginning the next week, Tuesday June 9<sup>th</sup>, we will add Yoga classes with Sarah Rury at 6:30 pm. Erika and Sarah have similar philosophies and training in Embodyoga.*

*Also, effective June 9<sup>th</sup>, the Tuesday and Thursday 7:15 am Yoga classes will switch places. Jen Bond will now teach Yog-ease on Tuesdays and Erika will teach Embodyoga on Thursdays.*



The BHS Blood Mobile  
will be at TBS on  
**Thursday June 11<sup>th</sup>**  
from 1:00 pm – 4:00 pm

Sign Up at the  
Front Desk

Walk-Ins Welcome

## Special Tanning Rates for Members

With your membership, receive  
unlimited tanning for just \$30  
per month. Full facility members  
pay only \$10 per month.



**Accelerate your Summer Tan**



## Let Weight Watchers Help You Find Your Weight Loss Momentum



Official Weight Watchers meetings continue right here at  
The Body Shoppe on Thursday evenings at 7:30 pm.  
Join any week, your fee will be pro-rated to the number  
of sessions remaining in the current 12 week series.



### Here's what you can get from the "Momentum Program"

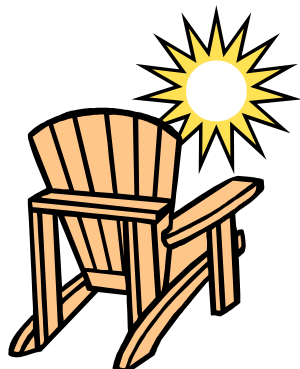
Learn how to make smarter eating choices and stay satisfied with filling foods.  
Learning the benefit of tracking what you eat and drink in order to learn  
portion sizes and be in better control.

Learn how to avoid emotional eating by listening to your body's hunger signals and  
assessing whether you're really hungry.

Learn about the flexibility of the Weight Watchers *POINTS* Weight Loss System

[www.tbs-opt.com](http://www.tbs-opt.com)

For Friday Night Bike Rides, Class Schedules, and more



**Happy  
Summer**

**TBS Summer Hours**  
**Monday – Friday**  
**5:30 am – 9:00 pm**  
**Saturdays**  
**8:00 am – 4:00 pm**

# Beginning Runner Programs

Beginning June 16<sup>th</sup>, Caleb Stempel will offer a beginning runner program for High School Students training for sports teams. One hour training sessions will be Tuesday and Thursday evenings from 5:30-6:30.



Beginning June 16<sup>th</sup>, Sarah Rury will offer a beginning runner program for anyone interested in learning how to run. This group will meet one time per week on Tuesdays at 5:30 pm. This program is free with your membership. Non-members may participate for a fee of \$50.00.

This program is included with the Student Summer Membership. Non-member students wishing to take the series can do so for a \$40.00 fee.

Sarah will also be teaching yoga on Tuesday evenings at 6:30. Anyone participating in the beginner run program is invited to join this class as well.

Even if You Have Never Run Before, You Will be Able to Run 3 Miles After this program



## June is Dairy Month

From calcium to potassium, dairy products like milk, cheese and yogurt contain nine essential nutrients which may help to better manage your weight and reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse.

[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)

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