

## The Body Shoppe

306 High St.  
Greenfield, MA 01301  
413)774-2138

On the Web at: [www.tbs-opt.com](http://www.tbs-opt.com)

For current Fitness class schedules  
Spinning class schedules

*Owners:*

Jeff Anderson, P.T.  
& Liz Dolby, P.T.

*Manager:*

Steve Shattuck



# TBS MARCH NEWSLETTER

## “Spin for Hope” at The Body Shoppe: Raised over \$2,000

# SPINNING®



The American Cancer Society's **Spin for Hope** is a 3-hour indoor cycling event that takes place simultaneously at health clubs in New England. Your pedaling supports the American Cancer Society's mission to save lives by helping people stay well by preventing cancer or detecting it early. **On March 7th, the Body Shoppe hosted a full spinning class of people who fundraised for the American Cancer Society.**

A personal note from Steve: "I want to personally thank all who participated in and donated to our Spin for Hope this year. The Body Shoppe was the only club west of Gardner, MA. participating in the event. Again thank you all for helping "the real Western MA" and The Body Shoppe be a part of this event. "

**Thank you for all of your fundraising efforts to:**

Estelle Bonaceto  
Julie Britton  
Carly Kinnas  
Judy Haupt  
Sue Pelis  
Mary Kate Loughran  
Rudy Renaud  
Mary Jo Schwie  
Lynnette Scott  
Becky Shattuck  
Steve Shattuck  
Jenn Bond (instructor)



### Inside this issue:

March Spinning	2
Pro-Fit Golf	2
Thursday BOSU	2
Running Program	3
Something New	3

## Rhythm Fit Friday Night Fitness Series

### BACK BY POPULAR DEMAND!

This **March**, 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:  
**March 5th—March 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 April Friday Night Series as well. The Body Shoppe is an exciting place to be on Friday Nights!



## March: Beginner & Endurance Spinning Classes

### SPINNING®



### GET YOUR LEGS READY FOR SPRING!

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.

**Beginner Spins are offered on: Tuesday 3/9 & 3/16 at 5:15**

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

**In March, 60 Minute Endurance Spins are offered EVERY Saturday at 10 AM**

**Spinoga Returns for March**

Join Jeff and Shali on **Fridays at 6:15** for **Spinoga**: a 45-Minute Spinning Class followed

by 20-30 Minutes of Yoga Stretching.

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: Tee-ing Off for the Last Time this Winter!



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.

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 TBS Members

## 4:15 Thursday Night BOSU

Join the Body Shoppe on **Thursdays at 4:15 for a new BOSU class.** Steve has been teaching this class over the past month and it has been well received by all of you!

Steve has greatly enjoyed teaching and

getting the new class up and running.

**Stacey Laplante** will be taking over the BOSU class beginning on **Thursday 3/11.**

We are happy to welcome Stacey back as an instructor at the

Body Shoppe! Come and check out a BOSU class with her!



## With Spring weather comes TBS Beginner & Intermediate Running Programs

Truly, the weather is getting warmer, the sun is lasting longer, and buds are appearing on the trees. It is time to think about running outside! **Always wanted to try running but not sure how to get started?** The Body Shoppe offers a successful **10-Week Beginner Running Program**. At the end of 10-weeks, you will be running **3 miles** and (for those interested) we will sign up for a

5K run together, no pressure! Sarah and Steve are currently working on a start date/days/times for our next Beginner Running Program. If interested, sign-up at the front desk!



**Intermediate Running Program Anyone?** Have you successfully completed our Beginner Running Program and looking to increase your mileage with support? The Intermediate Program begins at 3 miles of running and increases to **5 total miles** at the end of 10-weeks. Sign-up at the front desk so we can assess interest!



## Let March be the Month you Try Something NEW!

Spring is around the corner and a great time to assess and set **NEW fitness goals**.

Change up your workout to see greater fitness results. Your body adapts to the same routine. Your muscles come to expect repetitive motion and familiar exercise.

Keep your body guessing for a more effective workout!

Try a new class, a new cardio machine, a new free weight exercise and see what happens!

Utilizing Fitlinx is a great tool for tracking progress, consistency, new workouts. . . Check out [fitlinx.com](http://fitlinx.com) for motivating ideas!



**YOGA! ZUMBA!  
ELLIPTICAL TRAINER!  
SPINNING! BOSU!  
STEP! NAUTILUS!  
SWIMMING!  
FREE WEIGHTS!  
RUNNING PROGRAMS!  
AND SO MUCH MORE!**

