

# THE "FIT" REPORT



## Spinning—No Passing Fad!

*I just finished writing an article for a local magazine that I publish in. I am very pleased with what I wrote, because it is about one of my great passions, "Spinning."*

*The reason I feel compelled to talk about it in "The Fit Report" is because when you write for other publications, it's unethical to plug your own facility. You have to choose a subject and write about that subject without touting your own place of business. Writing this article took a lot of self-control because I believe that Fitness Fanatics has one of the best "Spinning" programs around. It isn't just my opinion either, I have heard it from many people throughout the years.*

*Many of you live in the demographics of the magazine I am referring to and you will have the opportunity to read my article, but for those of you that don't, I'd like to touch on it a little.*

*I received my spinning certification in 1999 and I remember clearly sitting through a 2-day course asking myself how this could possibly stick and stay fresh. As an instructor, I kept wondering how the heck I was going to keep this creative. How much could I do as an instructor teaching a bunch of people pedaling away on stationary bikes. I felt bored before I started!*

*Boy was I wrong. I loved it right away. I was teaching 2, sometimes 3 spinning classes a day. It quickly became my passion. I loved searching for music and burning spin CD's. I loved the energy of the students. I loved the sweat and tears—it was my favorite form of cardiovascular training. I found myself pushing harder and harder during every ride. I started riding outside again and training for adventure races. And guess what? To this day, I still love it! Sure some things change and I'm not teaching as many classes as I once did and I may have lost a little courage when it comes to tear-*

*ing it up on a mountain bike in rough and dangerous terrain. But I still feel that energy from my students and it has been truly one aspect of my job that I have never felt burned out about.*

*When the new spinner NXT hit the market, we jumped on it and invested in 15. Their appearance and performance was far better than the older model. Then technology was added and just like everything else in our world, computers have become a key player. Even though a couple of our computers are giving us a bit of a headache, they have allowed our riders to monitor their cadence, heart rate and mileage. This has helped to reach peak performance!*

*I know there are still some of you that have yet to try it. Believe me when I tell you that spinning is for every level of fitness and suits a wide range of ability. If you are bored with your cardiovascular routines—just try a couple of classes.*

*Many of our Fitness Fanatics have actually began their exercise program in a "spinning" class. Kind of a... "ignorance is bliss" thing perhaps. Some of our members have written testimonials that have credited group-cycling for helping them reach their goals and to acquire a true love for exercise and a healthy lifestyle. Dee Anthony's (who is one of our veterans and truly a fitness fanatic) testimonial begins.... "It all began in one spinning class....."*

*There are many of you that have asked me what is the best and most effective cardio and I have always said that it's simple.... Stick with the cardio that you will stick with! Find something that you enjoy. And FYI... I can't think of anyone that has tried one of our spinning classes and hasn't become an avid spinner. That's the truth!*

***"If you worried about falling off the bike, you'd never get on" Lance Armstrong***

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**"Committed to retaining good members,**

**Committed to retaining good employees,**

**&**

**100% committed to energizing all to remain fanatical about fitness."**

## Clients of the month



Welcome Dillon Ashton Schneider born on June 30th to Lizette and her husband, Brad. Dillon weighed in at 7lbs. 7 oz. and joins big brother Alex. Lizette said that labor was a breeze and credits that to her years of personal training. Congratulations to the Lima-Schneider family!



Baby Dillon

Congratulations to Brian Teyssier and Frank Civitate for participating in the Whiskey Rebellion 5K in Canonsburg over the 4th of July. Brian, who recently became a true runner, finished 3rd in his age group and 44th overall! Very impressive!! And Frank did really great as well—this was the first formal race for Frank and we are very proud of him for GOING FOR IT!! Congrats guys!



Chris Nagy and Karen Priore at the Tour De Cure for Diabetes on June 21st! (they also rode 62 miles for the Cystic Fibrosis Foundation on May 31st)

We also want to recognize Karen for the MS 150, which she raised almost \$3500.00 for MS putting her in 18th place out of 1500 participants. Her fund-raising efforts over the past few years have earned her the "Achieve Award" for doubling the amount she raised from the previous year. She made the fabulous 50 team for the 2nd year in a row. She was honored to wear a yellow jersey because other cyclists, volunteers and people affected by MS and their family members congratulated and thanked her on her effort throughout the ride. Her goal is to be in the top 10 next year. We are so proud of you Karen!

A big shout-out to Kim Maslonek and her team of 5 that competed in the Homestead Challenge (Rachel Carson Trail) which was a 17 mile hike. Their team was successful in completing the

course in the allotted time of 7 hours. Kim has really become a competitor and we are so proud of her for all of the races and events that she has accomplished in the past few years. Keep it up Kim!

### SPRING INTO SHAPE CHALLENGE WINNERS

Oops.. We almost forgot to have our drawing to give away the prizes for the Spring into Shape Challenge that ended in June. Finally, after Power Hour on 7/25 the following names were drawn:

Congratulations to Jacquie Smith who was our big winner of a 6-week personal training package!

The following individuals were awarded \$25.00 gift certificates to be used towards Fitness Fanatics' apparel:

Mary Pine	Tricia Ford
Debbie Weber	Bob Barker

\*Fall into Fitness will be coming in October.....



Best of luck to Adam Gregory as he heads to West Virginia University this month. A brilliant 2009 graduate of South Fayette High School, Adam's future is sure to be filled with success as he plans on studying pre-law. Adam is the son of our own Lisa Gregory and he also frequents Fitness Fanatics. Congratulations on your graduation Adam and best wishes as you enter this new chapter of life.

### FIT TIP: FORGET FASTING

About 14 percent of American adults have tried fasting to control body weight. But, while your pants might fit better, researchers say you're dropping mostly lean body muscle tissue, not fat. So unless your goal is to be soft and squishy, eat five to six times a day; that's about every two to three hours.

-obesity reviews

UPCOMING EVENTS.....



Summer Kayaking Trip  
30 spots reserved

- ? WHEN: Sunday 8/09 12:00 (we need to be there by 11:30)
- ? WHERE: Hazelbakers (hazelbakerscanoes.com)
- ? FEE: \$25.00/person + \$1.00 to rent a back for the seat in canoe (2 person). Children 10 and under \$8.00.
- ? NOTE: We pack coolers of food and drink!
- ? Sign-up at front desk. Waivers to be signed and money to be taken up front when you sign-up.

Please make checks payable to Lisa Troyer, as I will use my credit card to pay in full so that we don't have to stand in a big line upon arrival.



Who's in? This looks like a great course and it would be great if we could get individuals and teams together for this event. Check it out at [www.spiritofpittsburgh.com](http://www.spiritofpittsburgh.com) and let me know who's interested

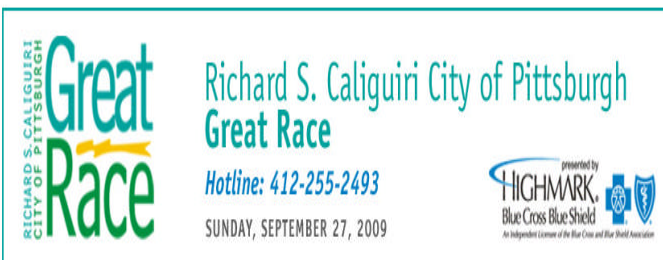
*"Yoga teaches us to cure what need not be endured and endure what cannot be cured."*



Thursday Night Yoga

Tammy's 8-week program ended on 7/30 but due to its popularity, she will return in the fall for another 8-week run!

Sharon's Tuesday evening class will continue at 7:00 p..m.



*"The miracle isn't that I finished. The miracle is that I had the courage to start."*

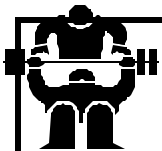
*John Bingham (running speaker)*

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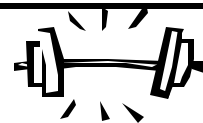


*Are you in, or not?*



## TRAINING TIP OF THE MONTH

### Lisa's Favorite Circuit



*It's simple, it's effective and it's CHALLENGING! This is one of my favorite circuits. Like all workouts—the intensity is in your hands. Always ask yourself if you can push it a little bit harder. Guess what... the answer is most always yes! Go all out.*

*Warm-up approximately 8 minutes on any cardio equipment*

*Set a treadmill at a 10% incline and set the mph to a speed that is challenging to do for 30 second intervals. Somewhere around 6.0 to 8.0 for most of you.*

*You will need a body bar from the backroom (moderate to heavy). Set the bar near the treadmill and here you go:*

**TREADMILL DRILL:** 30 seconds running up the hill, then straddle treadmill for a 30 second recovery. Repeat 3 times through.

**SQUATS:** Using Body Bar 20 reps.

**LUNGE WALK:** (Still using body bar behind shoulders) Up the gym floor and back. Repeat 20 squats and then add 20 deadlifts.

**TREADMILL:** 30 second run up the hill, 30 second recovery off. Repeat 30 second run up the hill and only a 20 second recovery. Repeat 30 second run up the hill and then only a 15 second recovery/ One more 30 second run. Exit the treadmill, hydrate and recover.

**DEADLIFTS:** 20 reps with body bar, then lunge walk up the gym floor and back. Repeat 20 Deadlifts and then add 20 squats.

**ROWING MACHINE:** 2 minutes (like Race Day)

**SEATED DIPS:** 20 reps. right off of the rowing machine. (Hands are placed on bar behind seat just as if it were a bench).

**TREADMILL:** Try a 60 second run up that hill

\*\*\*20 Squats/20 Deadlifts—Lungewalk up and back gym floor. Re-

peat 20 Squats/ 20 Deadlifts.  
20 Seated Dips off of the Rowing Machine

**ROWING MACHINE:** 2 minutes

20 Bicep Curls with Bar  
10 Push-ups on the Floor  
20 Overhead Presses with Bar  
10 Push-ups on the Floor

**REPEAT** first Treadmill Circuit: 3/30 second intervals

**REPEAT** Bicep Curls, Push-ups, etc.

**ROWING MACHINE:** 2 minutes

20 Upright Rows  
10 Seated Dips off of Rowing Machine  
20 Bent Over Rows  
10 Push-ups

**REPEAT FIRST TREADMILL DRILL**

**REPEAT** Upright Rows, Seated Dips Etc.

**STRETCH!!!!**

*Like any of my workouts and training tips, fine-tune this to your own level of fitness. You may cut sets in half or you can cut the whole workout in half. Rewrite it anyway you like. Keep it fresh—keep it fun!*

*If you have any questions, PLEASE feel free to contact me at [fitnessfanatics@verizon.net](mailto:fitnessfanatics@verizon.net)*



Upright Row



Bent Over Row