



Motivation is what gets you started. Habit is what keeps you going.
-Unknown

The Fitness Zone Community Newsletter www.njg-fitnesszone.com *****

Welcome!

Thank you for taking the time to read the first edition of the 2007 Fitness Zone Newsletter. We hope to keep you better informed of our services, staff, events and our members.

March is Member Appreciation Month!

The Fitness Zone family would like to Thank You, our loyal members, for your patronage to our facility. During the month of March, we will be randomly selecting 2 members per week to win a free T-shirt just for working out at the Fitness Zone! Be sure to ask the Front Desk for details in how to be part of the drawing for a Free T-Shirt!

OPEN HOUSE !!

March 26, 2007 5-8pm

See back for details

A Message from Mel our Manager

I would like to take this opportunity to introduce the team responsible for providing you with the programs and services here at the Zone, and also welcome any new members to the Fitness Zone family.

- **Lisa P./Ellen K.:** Group Exercise Coordinator
- **Liz Katawick:** Personal Training Manager
- **Tom Willert:** Floor Manager
- **Arlynn Rodriquez:** Front Desk Manager
- **Adrienne McNulty:** Baby Sitting Manager
- **Luci Caruso:** Billing

At the Fitness Zone, we are focusing our efforts to help you "Find your reason" to keep a rigorous exercise program. The reason can be a short range goal or a longer term motivation to stay fit and be sure you are in good health for yourself and your family. Please feel free to approach any of us with any questions or concerns you may have.

Respectfully yours,
Mel Johnson GM

A Variety of Ways to Work Out!

Something for Everyone in Group Exercise!

The Group Exercise program continues to offer a variety of ways to meet your fitness goals with other members at your side. The popular **Spinning** Program has expanded to four early morning classes with new instructors **Idetha Mills, Joyce Hagymasi** and **Karen Walker**.

Sohini Rath is our newest **Yoga** instructor and **Marlene Kowal** has returned to teach **Pilates**. If **Step Classes** are for you, **Bethany Grasso** has expanded her repertoire to include an evening class. (cont'd page 2)

Personal Training Can Make the Difference!

Resistance Training is good for everyone. It will help you keep up your oxygen capacity, keep the unwanted fat off your muscles and help keep you looking fit and feeling strong.

Our newest Personal Trainers are Kevin Foster, Deborah Petrolnis and Pat Papero. Kevin is BPTI certified, Deborah and Pat are both degreed in Exercise Physiology. If you are considering personal training for yourself (see page 2) any of our 11 Trainers are dedicated to help you meet your goals.

Volume 1

March 2007

Business Hours:

Monday to Friday

5:00am to 10:00pm

Saturday/Sunday:

7:00am to 4:00pm

Babysitting Hours:

Monday to Friday

8:30 to 1:00p

4:00 to 8:00p

Saturday

8:00 to 12:00p

Sunday

8:00am to 12:00pm

Gift Certificates are available for any services offered at Fitness Zone. Please ask at the front desk for details.

Group Fitness is Fun

(Cont'd from cover page)

By overwhelming requests, we are now offering an **Advanced Yoga Class** on Thursday evenings. Kickboxing has now been changed to 6:30 pm on Tuesdays.

We offer a total of 33 group exercise classes with a total of 14 experienced instructors to lead each energized class!

Get Your Kids Fit!

Now kids between the ages of 10 – 14 can also be part of a growing trend of fitness for youngsters. **Youth Fitness Classes** are being offered beginning March 6th on Tuesdays between 4:30 to 5:15 OR Fridays between 5:30 to 6:15.

Please ask at the front desk for sign up details as space is limited.

Boot Camp Class is Here!

If you are ready to take your cardio workouts to a higher level, then Boot Camp is what you want. It offers a mix of intense cardio, plyometrics, calisthenics and various drills. Challenge yourself each Wed. morning at 10:30am with Rocky and if you can handle that then look for more upcoming Boot Camp in the evenings and weekends too!

Is Personal Training for you?

A personal trainer is a coach, role model, and educator who will customize a program to fit your needs and schedule. Some people may want to use a trainer several times a week. Others may just want an occasional check-in with a trainer to get feedback and design change. It's all up to you. A personal trainer can

help anyone regardless of physical condition or age. The first thing to do is decide what your goals are: Do you want to bulk up, lower your blood pressure or simply get in shape? Are you recovering from an injury and need to exercise or want to improve your athletic performance? If you answered YES to any of these ques-

tions, then you need to consider some one on one support to achieve your personal goals. Once your needs are assessed a program will be designed by a trainer to meet your specific goals. If you are ready to make some fitness changes, inquire about our personal training program today.

Nutrition for Peak Performance

Top Ten Tips for a Healthy Daily Diet:

1. Drink lots of water.
2. Eat 5 portions of fruits and veggies
3. Never skip the most important meal of the day—Breakfast!
4. Plan your meals for the week ahead.
5. Keep a handful of healthy snacks at hand.
6. Remove all visible fat from food before you cook it.
7. Limit your intake of stimulants. (ie caffeine)
8. Limit the number of times you eat out per week.

9. Eat Properly. Don't cut food groups if you want balance in your diet.

10. Eat things you like the taste of rather than forcing yourself to eat food just because it is good for you.

For more info on your nutritional goals contact Nutritionist Stephanie Lichtenstein.

Fitness Zone

440 Route 130
East Windsor, NJ 08520

Phone: 609-426-0700
Fax: 609-426-0143
Email: zfitnesszone@aol.com

One gym, unlimited choices



WE'RE ON THE
WEB:
**WWW.NJG-
FITNESSZONE.COM**



Fitness Zone has been in business for nearly 14 years (originally known as NJ GYM Inc.). The Owners David and Archana (Archie) Christino and Wilson and Lisa Pena are eager to offer the best quality services with an extremely knowledgeable, professional and courteous staff– the best in the area! Our mission statement: To offer all of the amenities of a large fitness center with the personal attention of a family operated club.

We acknowledge the following “original members” from back in our humble beginnings and who continue to stay loyal members through all of our growing pains. Thank you to **Gladys Lopez, Suzanne Nydick, Rick Stein, and Jodi Sykora** for your loyalty and your ongoing support!



Open House March 26, 2007
5:00pm to 8:00pm



Group Exercise :

5:30 Turbokick X2 => 2 instructors will raise the bar with a dynamic team taught class

6:30 20:20:20 x2 => Lisa P. and Ellen K. will tag team the class

7:30 Boot Camp => The conditioned body can only handle this intense cardio, plyometrics and calisthenics driven class.

Kids Zone:

5:00–8:00 Adrienne will be hosting spring arts and crafts for the kids

Personal Training:

Three hours of educational information on the following:

5:00–8:00 One hour of Circuit Training

One hour of Abdominals

One hour of Leg Training

Chair Massages will be offered in 15 minute intervals

Bring in a new Member and be eligible to win a free MP3 Player

