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The Fitness Zone Community Newsletter [www.njg-fitnesszone.com](http://www.njg-fitnesszone.com)



## Happy 15th Anniversary Fitness Zone!

### *Our Celebration Continues!!*

Our 15 year anniversary celebration on May 17th was a huge success! Members & staff had a great time and many members took advantage of our exciting promotions.

### We welcome all of our new members to the Fitness Zone Family!!

Here at Fitness Zone, our most important source for new memberships comes from our member referrals. Our continued success can be attributed to the loyalty of our existing members!  
Thank you all for your continued support.

*To show our appreciation, we are extending our member referral promotion...*

When a member refers a new member you can receive **\$15** dues for one month or choose a **\$25** voucher good toward any product or service in our gym!

**\$15**  
Dues

**\$25**  
Voucher

#### Business Hours:

Monday/Friday  
5am to 10pm

Sat/Sunday  
7am to 4pm

#### Kid Zone Hours:

Monday/Friday  
8:30am to 12:00pm  
4:00am to 8:00pm

Saturday  
8am to 12pm

Sunday  
8am to 12pm



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

## DID YOU KNOW.....?????

### Department News

Gloves protect your hands and improve your grip.

Weight Lifting Gloves make a **REAL** difference to your workout.

**Heart Rate Monitors** can help you make your workout more effective by monitoring your target heart rate zones.

We have these items in stock!

See the Front Desk for more details.

### Did you know....

Our Floor Trainers, wearing the **red shirts**, are more than happy to help you with any questions you may have. Feel free to ask them for a **"spot"** while you're working out. They are also available for **Personal Training** appointments. Please let us know how we can help you.

### Personal Training:

We are happy to announce a new trainer on our team. Please welcome Kahil Carmichael. He has over 10 years experience in the fitness industry and firmly believes in a balanced lifestyle approach to fitness.

**Did you Know...** when purchasing **Personal Training...** the larger the pack you purchase the more economical the deal!



## What's New with Member Services.....

Is your contract almost up?..

Did you know you can **renew early** and take advantage of a **lower monthly rate?..**

Convert to a **2 or 3 year membership** and we will roll you over **2 months prior** to the end of your **1 year membership. Saving you \$ .**

You can ask the Front Desk or a Member Services Representative for your exact ending date.

**\*We now have a 1 year family membership contract:**  
3 family members can join for **\$129 a month**,  
each additional member adds **\$39 a month.**

# Ordinary People... Extraordinary Results...

## Benefits of Protein

**Protein** is used for the **production of muscles**. Proteins are also used to manufacture hormones, enzymes, cellular messengers, nucleic acids, and immune-system components. Without adequate protein, our bodies can't put together the structures that make up every cell, tissue, and organ, nor can it generate the biochemical substances needed for cardiovascular function, muscle contraction, growth, and healing.

Without an adequate amount of protein our muscles wouldn't heal quickly and could therefore **lead to overtraining your muscles** which could lead to **injury**.

**After a workout** is one of the best times to get protein into the body so that the protein can be delivered to your muscles, and begin healing the Acemico Tearsa (very small tears in the muscle tissue, caused by intense contraction of the muscle during workout) in the muscle.

**It is best to take a form of protein immediately following a workout.**

This will help your muscles heal right away. Taking protein at that time will give the body the fuel it needs to heal and grow.

**\*Try any of our delicious protein shakes or satisfying protein bars and cookies available at the Front Desk!**

You can even purchase them by the case!

**GNC of East Windsor is now offering Fitness Zone members a 15% discount with your Fitness Zone swipe card!!**

**Cannot be combined with other GNC promotions.**

## A Tasty Healthy Recipe

### Texas Toasts with Filet Mignon, Watercress & Herb Butter

1 tablespoon whipped or regular butter, slightly softened  
 3 teaspoons extra-virgin olive oil, divided  
 1 tablespoon minced chives or shallot  
 1 tablespoon capers, rinsed and chopped  
 3 teaspoons minced fresh marjoram or oregano, divided  
 1 teaspoon freshly grated lemon zest, divided  
 1 teaspoon lemon juice  
 3/4 teaspoon kosher salt, divided  
 1/2 teaspoon freshly ground pepper, divided  
 1 tablespoon minced fresh rosemary  
 1 clove garlic, minced, plus 1 clove garlic, peeled and halved  
 1 pound filet mignon, about 1 1/2 inches thick, trimmed of fat and cut into 4 portions  
 4 slices whole-grain bread  
 4 cups watercress, trimmed and chopped

#### NUTRITION INFORMATION:

Per serving: 303 calories; 14 g fat (5 g sat, 6 g mono); 80 mg cholesterol; 15 g carbohydrate; 29 g protein; 5 g fiber; 438 mg sodium; 462 mg potassium.  
 Nutrition bonus: Zinc (46% daily value), Selenium (44% dv), Vitamin C (28% dv), Iron (17% dv).  
 Exchanges: 1 starch, 3 1/2 lean meat, 1 fat; 1/2 Carbohydrate

#### NUTRITION PROFILE:

Low Calorie, Low Carb,  
 High Fiber, Low Sodium,  
 Low Sat Fat High Calcium,  
 Heart Healthy ,  
 Diabetes Appropriate,  
 Healthy Weight

1. Preheat grill to high.

2. Mash butter in a small bowl with the back of a spoon until it's soft and creamy. Stir in 2 teaspoons oil until combined. Add chives (or shallot), capers, 1 teaspoon marjoram (or oregano), 1/2 teaspoon lemon zest, lemon juice, 1/2 teaspoon salt and 1/4 teaspoon pepper. Cover and place in the freezer to chill.

3. Combine the remaining 1 teaspoon oil, remaining 2 teaspoons marjoram ( or oregano), remaining 1/2 teaspoon lemon zest, remaining 1/4 teaspoon salt and pepper, rosemary and minced garlic in a small bowl. Rub on both sides of steak. Rub both sides of bread with the halved garlic clove; discard the garlic.

4. Grill the steak 3 to 5 minutes per side for medium-rare. Grill the bread until toasted, 30 seconds to 1 minute per side.

Transfer the toasts to a large plate, place the steaks on top of the toasts and spread the herb butter on top of the steaks; let rest for 5 minutes. Divide watercress among 4 plates and top with the steak-topped toasts.

## Fitness Zone

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**Don't think  
"problem",  
think  
"opportunity".**

-Anonymous

## Group Exercise Announcements

With the summer months here we are no longer hidden by our winter coats. This is when we all notice, "WOW", I should have been a little more **focused** on my **fitness** and **nutritional goals** this year. Our team of group and spin professionals understand. We have spent time gathering ideas that would be best suited for our participants.

We have reconfigured our Group Fitness and Spin Calendar to meet all of your needs. We have made some of the time changes earlier to accommodate your plans for the day and also included a new **Gliding Class which is an incredible calorie burning workout.**

We will be offering "**Glide and Step Express**", instructed by **Helen Tanzini**. **Gliding is a revolutionary exercise that allows you to do smooth, graceful movements that firm, tone and sculpt long, lean beautiful muscles.**

Helen has brought the gliding discs to another level by integrating high powered step movements, intensifying the workout.

**Come check it out on Thursday mornings at 8:45am-9:30am.**

Our newest addition is **Senthil Grusamy**.

Senthil comes to us with **8 years of experience in various styles of Yoga**. Right now Senthil is teaching **Dharana**. Which means "**Concentration**".  
**This class is offered on Sunday mornings at 9:00am.**

## Coming Soon...

Periodic seminars available to our members and the public, such as **Weight Management 101**. During the fall we will be hosting a **Detoxification seminar with Dr. Eric Lerner**.

We'll keep you posted as to the dates.

## **Fitness Zone Birthday Parties**

**Book your party now!**

*Birthday parties aren't just for the little ones....*

We can tailor your party to suit **any age group**. Do you have a **Pre-teen** who is into **Dance** or **Martial Arts**? Give them a **Hip -Hop, Zumba, Karate** or **Kickboxing** party.

Our instructors know how to make **Fitness fun** for any age, **even adults**.  
**Do you love to Zumba?**

**Do you have family or friends that love Group Exercise?**

**Surprise** them with a **private group fitness party** for your friends and you.

For additional information Please contact **Adrienne McNulty** or ask your **group exercise instructors**.

**Let's Party!!!**

**10%  
Off**