



“Obstacles are those frightening things that become visible when we take our eyes off our goals”
 –Henry Ford

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

Volume 2
June 2007

Happy Reading!

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

We are offering a Special Father’s Day Get-away! Please inquire about the details and Have a Happy Father’s Day!!

Attention:

Open House

June 18, 2007

5:00p— 8:00p

Friends and Family Welcome

Take Advantage Of Our Membership Specials!!

We are very pleased to announce **Liz Katawick** as our new **General Manager**.

In this edition, we are pleased to announce Liz Katawick as our new General Manager. She brings many years of fitness and corporate experience to the Fitness Zone and is thrilled to be working for you and YOUR GYM!

Liz would like you all to know that she is always available to each of you to answer any questions you may have and will be working hard for your benefit. Stop in to see her. She will be working hard to bring you the best!

Business Hours:

Monday/Friday
5am to 10pm

Sat/Sunday
7am to 4pm

KidZone Hours:

Monday/Friday
8:30am to 1:00pm
4:00am to 8:00pm

Saturday
8am to 1pm

Sunday
8am to 12pm

Department News

Personal Training: Announcing Lori Parkhurst as the new Personal Training Manager. Lori brings fresh energy to personal training and new programming is just around the corner!

Group Fitness: We are pleased to announce Linda Petrenko as the new Group Fitness Director! Look for our new Summer schedule and for great things from our Group Fitness Program!

Member Services: Our Fitness Zone Member Services Team of Amy Block, Kristen Kadir and Valerie Mayerson are happy to help you with your membership concerns.

Spotlight Member: *Dana Flatekval*

Dana is a 24 years old Special Education and Language Arts teacher in Hamilton. She is currently participating in a distance learning masters program in English.

Dana is working hard at achieving her goal at the Fitness Zone. She has chosen to follow a weight loss program at the same time she is involved in lifting weights, pilates, and cardio at the gym. Since joining the Fitness Zone, Dana has learned that nutrition, as well as, working out is important to attaining her goal. It has paid off. Dana has lost numerous inches and 22 lbs since joining the Fitness Zone is February 2007.

Dana we are very proud of you!
Keep up the good work!

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

Did you know....

....that as a new member, you can make a 30 or 60 day appointment with our training department to re-evaluate your resistance program?

This half hour appointment can bring new energy to your workout and a program design suited to your current goals and fitness level will help keep you on track!

Not a new member? We have a re-evaluation available for you too!

Did you know....

... that our Member Services team can help you reduce your monthly membership cost before the next billing cycle?

Stop into the front office ANY TIME and ask Amy, Kristen or Valerie how they can help you lower the cost of your gym membership.

Did you know....

.... that we're listening to your concerns?

We've recently removed the suggestions boxes from the locker rooms, but only to give us enough time to work on your suggestions!

You'll see the suggestions boxes again soon and thank you for your comments!

We're listening!

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

Losing Ab Fat with Weight Training

Many health experts claim that weight training promotes fat loss by increasing muscle mass, which boosts metabolic rate. Most studies show that weight training does not increase 24 hour caloric expenditure, but improves body composition (i.e., increases muscle mass and reduces fat). Researchers from East Carolina University, led by Michael Ormsbee, showed that weight training increased subcutane-

ous (under the skin) abdominal fat oxidation and promoted whole body fat burning during and after exercise. Strength training increases fat metabolism by stimulating beta-adrenergic receptors—cell structures that make adrenaline increase metabolism and fat use. Men (and in most cases women) store much of their fat in their abdomens. This can lead to several health problems, including heart

disease and diabetes. It can also lead to a poor self image and even depression in some people. Weight training combined with aerobic activity is an effective way to reduce ugly and dangerous abdominal fat. (Journal Applied Physiology, in press; published online January 18, 2007)

Your fellow gym members are YOUR friends and neighbors!

Please be courteous to them by wiping down the equipment after each use!

Thank you!

New Floor Trainer:

We are proud to announce the addition of **Francine Rivera** to the Training Department. Fran is a certified professional with years of experience to offer our members. Look for her in a red floor trainer shirt and feel free to ask for some tips! She will be more than happy to help you!

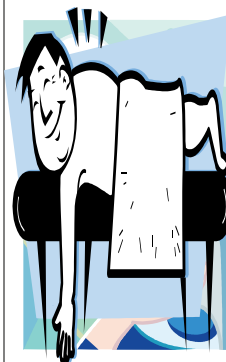
Got the program "down" but your nutrition is still not under control?

Stephanie Lichtenstein, our Certified Nutrition & Wellness Consultant, is happy to help you and has had much success! She has the references to prove it!

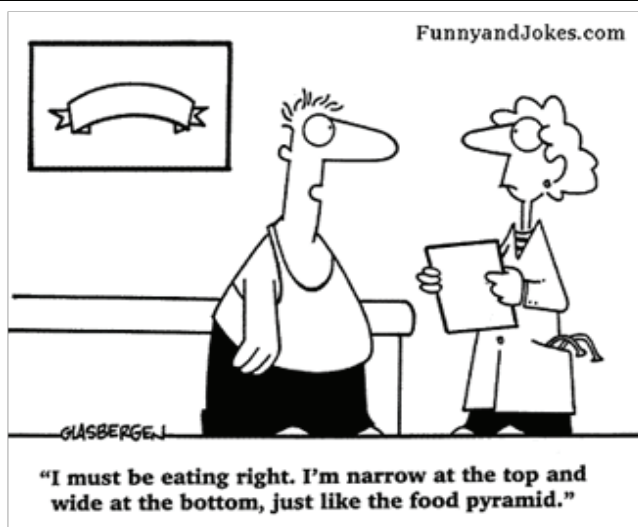
Ask to speak with her at the front desk!

A Tasty Healthy Recipe

<p>Ingredients:</p> <p>8 oz Chicken breast</p> <p>2 med. carrots cut into 1/4 pieces</p> <p>1cup shitake mushrooms, stemmed and cut into 1/2 pieces.</p> <p>1 shallot, chopped</p> <p>1/2 cup chicken broth</p> <p>2 pinches of salt</p> <p>3 pinches of pepper</p> <p>1 Tbls. Fresh basil, chopped</p>	<p>Preparation:</p> <p>Heat a sauté pan to medium. Add a coating of oil and shallots. Heat until shallots are golden. Add mushrooms and carrots. Mix. Add the splash of Madeira wine. Cook for a minute till the wine is coked off, add the chicken broth, salt, pepper and basil. Keep the heat on medium until the sauce is reduced to half. Meanwhile, place the chicken breast on hot grill. When the chicken breast is done, set it on a serving dish.</p> <p>Once the sauce has been reduced, pour it over the chicken</p>	<p>Note:</p> <p>The sauce will be tastier at a thicker consistency. Try different consistencies to see where your preference lies. This sauce is also fantastic atop filet mignon or any other steak. Try it!</p> <p>Nutrient Information</p> <p>Calories: 338</p> <p>Protein: 43 grams</p> <p>Carbs: 28 grams</p> <p>Fat: 7 grams</p>
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Feeling Stressed? Get refreshed with a relaxing massage. Make an appt. with Nancy our Massage Therapist today.



The difference between the impossible and the possible lies in a person's determination.

- Tommy Lasorda

Fitness Zone Birthday Parties

Looking for a 'different' type of Birthday Party for your child? Bored with the same old birthday parties? **We at Fitness Zone can help!**

Your child and their friends will spend an hour with a Professional Trainer learning the importance of fitness thru the fun of dance, kick boxing and so much more! **We will customize the party to suit the child's desires. We have a lot to choose from. For additional information please see Adrlenne McNulty, Manager of Kids Zone, 426-0700.**

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

Lisa Pena and Josette Karp recently represented the Fitness Zone at the Mid-Atlantic Natural Bodybuilding and Figure show. Lisa won the female bodybuilding competition and Josette did an outstanding job in the figure show. Josette also represented us at the NJ State Bodybuilding/Fitness Expo taking home both a first and second place trophy! **Congratulations to both!**

Open House June 18, 2007
5:00pm to 8:00pm

IT'S THAT TIME OF YEAR AGAIN. SHARE YOUR FITNESS SECRETS WITH FRIENDS AND FAMILY AND INTRODUCE THEM TO YOUR GYM!

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

⇒ 50% OFF ENROLLMENT

⇒ ENERGIZING, FAT BURNING GROUP FITNESS CLASSES:

⇒ 5:30-6:00 ZUMBA WITH FRAN

⇒ 6:00-6:30 BUTTS -N- GUTS WITH FRAN

⇒ 6:30-7:30 BOOTCAMP WITH LISA AND ELLEN

⇒ 7:30-8:30 TURBOKICK

⇒ NUTRITIONIST AVAILABLE TO

⇒ ANSWER YOUR QUESTIONS!

⇒ SEE YOU THERE!!!!

WANT TO ACHIEVE A BEAUTIFUL TAN?

Come and check out our "SUN DOME". A unique stand-up bed that is a quick 10 minute, no contact tanning session.

We have a variety of packages and lotions to offer.

The tanning bulbs are brand new!

Get the glow that you've always wanted. Ask for prices at the front desk.