

# FUSION NEWS

June 2010

## Trainer Tip

By: Chris Pederson

### 3 Moves for Muscles

Do 10 reps of each exercise, and complete as many circuits as you can in 15 minutes. Rest briefly when you need to, and resume working until the time is up. As your conditioning improves, increase reps or decrease the amount of rest.

#### 1. Body-weight squat

Stand with your feet shoulder-width apart. Lower your body as far as you can by pushing your hips back and bending your knees until your thighs are parallel to the floor. Pause, and slowly stand back up.

#### 2. Judo pushup

Begin in a pushup position but move your feet hip-width apart and forward, and raise your hips so your body almost forms an upside down V. Lower the front of your body until your chin nears the floor. Then lower your hips as you raise your head and shoulders toward the ceiling. Now reverse the movement and return to the starting position.

#### 3. Sprinter Situp

Lie on your back with your legs straight and arms at your sides, keeping your elbows bent at 90 degrees. As you sit up, twist your upper body to the left and bring your left knee toward your right elbow while you swing your left arm back. Lower your body to the starting position, and repeat to your right. That's 1 rep.

## Summer Swim Passes!

Get out of the heat this summer at Fusion's pool! No sunburns here! Fusion is now offering non-members the chance to swim at a discounted rate, any time! This summer, you can purchase a summer swim pass, allowing the purchaser 10 swims. Adults pay \$50, those under 18 years of age pay \$40! That's up to \$60 in savings! Already a member? Tell a friend!

## \*Student Special\*

Students, get off the couch and stay in shape this summer at Fusion! From now until June 15th, students may purchase a student 3 month membership with zero enrollment fee!

## Mix it up!

Monday, Wednesday, and Friday mornings at 9 am, join us at Fusion for our new class, Fitness Mix! This is fast pace class that will involve all aspects of fitness. The class will have consist of cardio, machines, free weights, resistance bands, medicine balls, and more. You will be moving throughout the facility, taking advantage of all Fusion has to offer! Hope to see you then!

## New Weight Watchers Session

A new series of Weight Watchers will begin soon at Fusion.

Anyone interested in joining is invited to a Weight Watchers "open house" on Tuesday, June 15, in the party room. Weigh-in will start at 6 pm and the meeting at 6:30 pm.

## Hot Stone Massages Now Offered

Fusion is proud to now offer Hot Stone massages! Brooke Lang, our masseuse, offers the new type of massage in 1 hour or 1 ½ hour sessions. Appointments for the hot stone massage may be made by calling or stopping by front desk. Hot stone massages can only be given after 2:00 pm. Prices are as follows:

Member: 1 hour @ \$55; 1 ½ hour @ \$65

Non-Member: 1 hour @ \$60; 1 ½ hour @ \$70

“ We run from failure... we run from success... but what really matters is not what we're running from, but where we are running to! ”  
-M. Goerz



## Member of the Month: Ed Martin

Ed has been a member at Fusion since October 2005. He says “There is no better way to start the day, than taking a long walk—it’s both physical and mental.” Mr. Martin says he enjoys all types of workouts and his favorite healthy snack is any kind of melon. We asked Ed what his favorite quote was and his response was one by Ralph W. Emerson; “It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself.” Congratulations Ed on becoming member of the month! Thank you for your dedication to Fusion!  
Keep up the good work!!

## Lemon-Orange Fizz Serves: 2

### INGREDIENTS:

2 cups orange seltzer  
2 tablespoons frozen lemonade  
1 tablespoon lemon juice  
3 ounce lemon or orange vodka, **optional**  
Lemon wedge  
Sugar  
Ice cubes



### PREPARATION:

Combine seltzer, lemonade, lemon juice and vodka, if using. Rub rim of 2 glasses with lemon wedge and dip in sugar. Fill glasses with ice and top with the seltzer mixture.

### NUTRITION: (PER SERVING)

2 calories; 0 g fat; 0 mg cholesterol; 9 g carbohydrates; 0 g protein; 0 g fiber; 52 mg sodium; 9 mg potassium; Vitamin C

Taken From EatingWell.com

## Yoga on Summer Break

Yoga will be cancelled for the months of June and July. Please visit our website for updates on when it will be offered once more. Thanks!

## GroupXtra

Kids Group Xtra will next meet on Friday, June 25, for the Summer Monthly class, 5:30-7:00 p.m. Kids will be able to exercise, swim, play in the Bounce House and enjoy healthy snacks.

## ZUMBA

Come see what everyone is talking about! Join us for Zumba, every Wednesday night, 6:15 pm—7:00 pm.

Click Here



## Happy Birthday Gemini!

**As a Gemini, you put a lot of value into careful thinking. Unfortunately, this means you have a hard time shutting off your thoughts and relaxing. If you’re not seeing the fitness results you’d like, satisfy your analytical side by keeping a fitness journal to assess your exercise habits. Log your workouts on a calendar to see how much exercise you’re getting. Fewer than three sessions a week means you need to take action. You’re interested in so many things, so it won’t be hard to find a new sport or activity to shake out the doldrums.**

