



Where Good
Health Happens

Valhalla News

July/August 2011

FROM THE MANAGER - JANET HANGEN

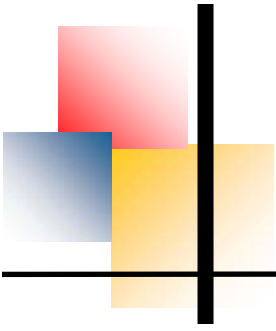
Summer is in full swing and I hope your workouts at Valhalla are keeping your swings, powerful on the Tennis Courts, Ball Fields, and Golf Courses!

There are so many great exercises and stretches that you can incorporate into your daily fitness routines that will be sure to enhance your sport of choice as well as all your activities of daily living.

Taking the initiative to invest in your fitness routine by seeking the expert advice of one of our degreed and certified trainers will be time and money well spent.

Thanks to all of you who took advantage of our May and June PT special. We got a lot of positive feedback regarding the special. Many members who have put off working with a trainer found that the PT experience:

- 1. Reignited their interest in training*
- 2. Helped them break through fitness plateaus because it gave them the tools needed to mix up their fitness routine.*
- 3. Made them more comfortable utilizing the equipment that they haven't touched since their joining of the gym*



- 4. Made them aware of the variety of weight equipment we have at Valhalla that they have never used.*
- 5. Made them realize they were not really working to their potential alone and really need that extra attention and push to achieve their goals.*
- 6. Refreshed their daily routine. Some members now want to meet with a trainer weekly while others find that even a one time monthly appointment with a trainer would have its' benefits.*

*Remember Valhalla is where **GOOD HEALTH HAPPENS** and we are here to help you **THRIVE!***

- **FUEL YOUR BODY** by eating well at Loki's Lair and schedule a consult with our registered dietician;*
 - **WORKOUT INTELLIGENTLY** with us on the Fitness Floor and Group Ex classes; and*
- REJUVINATE** your body by scheduling a massage appointment today!
Massage can ease pain and tightness and increase your range of motion so you can take your workouts to the next level!*

Thanks for your patronage at Valhalla. We share in your passion for fitness and congratulate you all on your dedication!

*In health,
Janet Hangen
GM*



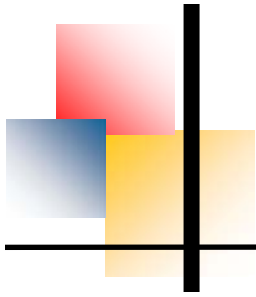
MEMBER NEWS

A Big Welcome To All Our
New Members Who Joined in
April/May/June

Lora Gabriel Abramowitch
Jeannine Ambrosi
Joyce Bandy
Kelly Barber
Ken Biles
Albert Bione
Andy Brizek
Ann Broadbent
Jake Buczewski
Michael Curry
Clarence Davidheiser
Paulina Davidheiser
Donald Dickerson
Sallie Dickerson
Robert Erkes
Steven Eynon
Gerald & Sharon Fizz
William Fry
Ray Gaspari
Gloria & John Geisler
Liam Gibbons
Charles Gibson
Bonnie & Brian Gross
Carol Grudiznski
Joseph Grudiznski
William Hacker
Tracey Halsey
Diane Hanlon
Jennifer Harding
Wes Hollamd

Margaret & Myron Hughes
Matt Jablonski
Kelsey Jackson
Jake Jacobs
Jenny Kandler
Cynthia Keane
Janice Kehler
Melissa Kirwan
Patricia Kling
Annie & Therese Knabb
Megan Kozlowski
Rick Kozub
Paul Levensgood
Larry Lucas
Madison Mahlendorf
Jamie Marturano
Jim McKeown
Kevin Mesquita
Juan Morales
Chris Moyer
Sandra Musser
Rebecca Nazario
Matthew Nieznay
Mike Noecker
Virginia O'Brien
Elizabeth Orr
Lori Paczewski
Dave & Tina Parker
Tammy Partsch
Barb & Don Patterson

Jason Pompilio
David Priest
Michael Reppert
Patricia Rhauda
Keith Richards
Richard Riggs
Mitch Rissmiller
Jeanette Rivera
Victor Romero
Tyler Shappell
Lauren Smith
Justin Snyder
Malissa Springer
Harold Stahl
Antonietta Stanizzi
Marisa Stoltzfus
Lisa Strause
Alex Szablowski
Barbara Szablowski
Mike Taraborrelli
Susan Teeter
Brian Tran
Michael Vazquez
Angela Wentling
Amanda Williams
Karen Wisner
Stephanie Yellin
Joel Zarska
Hunter Zeall



MEMBER NEWS-(Con't)

**CONGRATULATIONS TO ALL
OUR STARS!**



Most Check Ins During April/May/June

Male: Ryan Creal with 125

Female: Christine Menet with 87

Silver Sneakers Male: Michael Sheffer with 66

Silver Sneakers Female: MaryAnn Gregory with 86

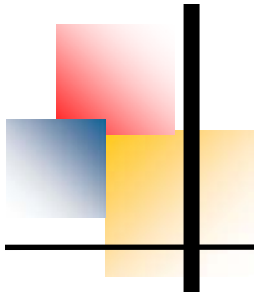
Please stop at front desk for your reward!

Don't Forget...

Membership Reward Program: Points for the 2nd Quarter can be redeemed from July 5th to July 25th. Stop by front desk to see if you qualify and get your reward card!

Member Happy Hour: 1st Monday of every month..join in for wine/beer and goodies from Loki's Lair Café. Next Happy Hour Monday, August 1st!

Bring A Friend Monday: 1st Monday of every month, bring a friend for free...it's always more fun to work out with a friend! If they join—you will get \$25!



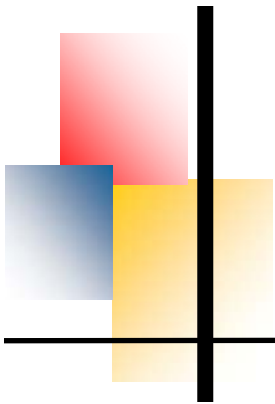
MEMBER NEWS-(Con't)



Congratulations to Kathleen Casner who won our Spring into Summer Contest! Kathleen lost 24 lbs., which is 12% of her initial bodyweight! Also, Congratulations to Kathy Graul who won our employee portion of our contest!

A big thanks to all of you who participated in our contest this Spring. We were all so impressed by your commitment to losing weight and/or reaching your fitness goals! We hope our contest inspired you to get into the gym more, try out new classes and change up your regular workouts. So keep rolling with it and don't give up! Even if some of you feel that you didn't get to reach exactly what you wanted to...it's never too late!!!

We had a total of 50 contestants and between all of you, there was a combined weight loss of 112.75 lbs and a total body fat percentage loss of 55.92%!



STAFF NEWS

Welcome to the massage team- Melanie Florry and Mike McCauley

Welcome to the Front desk staff- Stephanie Mayberry and Barbara Moyer

Welcome to the Group Ex Staff- Marilyne Lee

Welcome to PT staff- new grad- Steve Minnich

The following instructors are training hard getting ready to bring Body Flow to Valhalla: Rachel Cogan, Allison Robinson, Marilyne Lee, and Janet Hangen

Just married! Trainer Jason Alexander

Getting married this July- Yoga instructor and Massage Therapist- Anthony Kocur

Valhalla is sad to say "see you later?" to instructor, Julianne Smith. Her family is moving to Florida! Julianne is a talented instructor whose energy, and dedication to Valhalla will be missed. Good Luck to the Smith family!

MASSAGE NEWS



Benefits of Massage

A healthy body requires proper rest, nutrition, and exercise.

Another great way to improve how you look and feel can be found through the use of massage therapy. The psychological benefits of massage are well known. Massage reduces tension and anxiety, and has an overall calming effect. Massage can give a sense of renewed energy. Along with psychological benefits, massage has many beneficial physical effects. Massage can be used to quicken healing by increasing metabolism. Increased metabolism will also help bring nutrients to the skin, aiding in the health of your skin. Massage also assists the lymphatic system helping to detoxify the body. Massage can relieve muscle spasm and help reduce the effects of scar tissue. Massage is also an effective way to manage pain due to injuries and overuse conditions. Check out our website www.valhallahc.com to see what we have to offer.



NUTRITION NEWS

SUMMER ACTIVITY IS CRUCIAL FOR CHILDREN

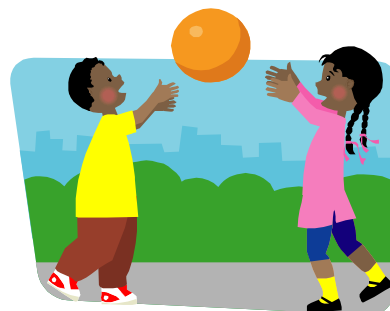
Don't let your child spend their summer sitting on the couch.

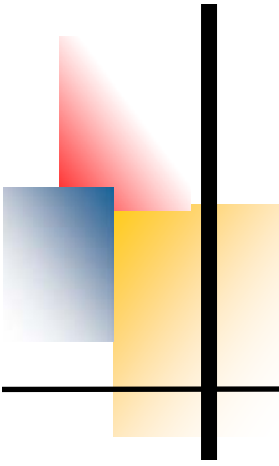
Teach him or her to enjoy the benefits of being physically active. Help your child stay fit this summer with these ideas:

- **Sign your child up for a local sports league, team or camp.**
- **Make going for a walk, run or bike ride together a scheduled event.**
- **Go hiking and have the kids tell you 10 points of natural interest they find.**
- **Take up a new hobby together, like tennis or hiking.**
- **Run through the sprinkler when it's hot outside.**
- **When it's raining, stay inside, turn on music and have a dance party.**
- **Set up neighborhood contests like jump rope, hula hoop or hopscotch.**
- **Organize community kickball games, softball games or relay races. Host a bicycle or dog wash on your street.**

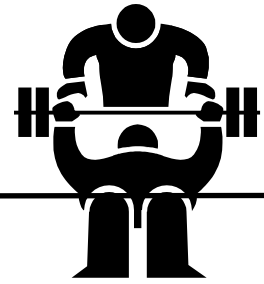
Being active now also helps reduce their risk of chronic health problems later in life. Encourage your kids to engage in at least 60 minutes of physical activity most days of the week. Teaching the importance of physical activity while your kids are young will help them maintain the habit when they're older.

(ADA's Public Relations Team)





TRAINER TALK



Most of the time when someone contacts and retains a personal trainer; they have a goal in mind. It may start out with wanting to lose weight and/or to have more energy, less pain, feel better, look better in clothes, or to just achieve a healthier lifestyle. Others will have more specific goals with a deadline such as achieving a certain dress size for a reunion, wedding or preparing for a sporting event.

Knowing your outcome when embarking on an exercise program with a personal trainer will help your momentum. The clearer you are about what you are striving for, the better able your personal trainer will be able to guide you. When selecting goals, state them in a positive way, state them as if they are going to happen and have a deadline.

Valhalla offers a range of options its members to work with a personal trainer. Stop by the front desk or ask a trainer about the many personal training options available!



Is Coming Soon!

Valhalla is excited to announce that we will be launching our 4th LesMills program in August! BodyFlow is a wonderful new class that will be housed under our Mind & Body program. BodyFlow blends Yoga, Pilates and Tai Chi to create a class that builds flexibility and strength, leaving you feeling centered and calm. You'll love getting lost in the beautiful music and the huge variety of moves and poses. They provide a challenging workout for the body and soothing, liberating therapy for the mind and spirit.

Save The Date:

Launching BodyFlow

Saturday, Aug 6th

Sunday, Aug. 7th

**Introducing Your BodyFlow Team:
Janet, Rachel, Allison and Marilyn**



ARRIVING SOON...
The
"Summer"
Group Fitness Schedule!

KidzFITT

Has a new day...

Wednesday @ 7:30p.m.

Bring your kidz for a workout designed just for them! No membership necessary for kidz, just visit the front desk to purchase a KidzFITT punch card!

Looking for a new class to try?

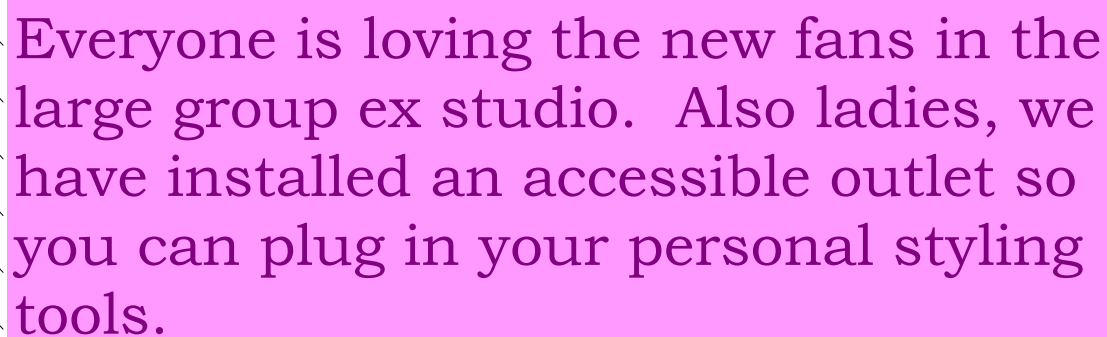
How about a **ZUMBA** class!

Monday @ 5:30P.M.
Thursday @ 9:00a.m.

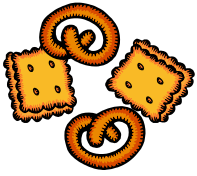


YOGA 101

One last chance...Valhalla will be offering the YOGA 101 class one more time. YOGA 101 is designed for the “beginner yoga student.” The class will allow you to become familiar with the breathing techniques and the many postures of yoga. Kelly Boarder will be presenting this class. Look for the posting, on the Group Fitness bulletin board, for the time and day of this class.



Everyone is loving the new fans in the large group ex studio. Also ladies, we have installed an accessible outlet so you can plug in your personal styling tools.



Silver Sneakers



July Social



Tuesday, July 19th



12:05p.m.



Café



Don't Miss The FUN and Please Join Us!



Our Silver Sneakers Social is held the 3rd



Tuesday of each month in the café. Valhalla



provides the coffee and you provide a yummy



treat to share with your fellow Silver



Sneakers members!



*As we say a sad "Farewell" to our veteran Instructor Ceil Fresco we say a friendly "Hello" to a few new Silver Sneaker Instructors: Janelle Barker, Beth Levorgood, Vinette Kester, Kelly Boarder and Marilyn Lee!
Welcome Aboard!*



NEWS FROM LOKI'S LAIR CAFE

Coming Soon – New Core Café Menu !!

**Excuse our appearance in the next week or so,
as we undergo a new facelift.**

Change is Good...It rejuvenates and revitalizes.

Hope your taste buds are ready !!

**Thank you for all your support and patience over
the last month,**

It's nice to start to know some familiar faces !

Diane Grim, Café Manager