

Downtown Health & Fitness

JUNE 2015

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Visit us at: www.downtownhealthandfitness.com

Dates to Remember:

Flag Day ~

Sunday, June 14th

Free Friend Day ~

Thursday, June 18th

Father's Day

& Summer Solstice ~

Sunday, June 21st

Time Flies

By Deb Lal

Time flies when you are having fun, and, apparently, we are having a lot of fun. This month marks our 9th Anniversary at Downtown Health & Fitness. It seems like only yesterday that we opened our doors. Each year, at this time, I like to take this opportunity to thank both staff and members. As you know, we could not accomplish this without you. I would like to tell you about the fabulous people who make our facility run like a well-oiled machine.

Sandy White has been with us since day one. She instructs 6 classes each week, and then she works at the front desk. She is one of the main reasons the inside of the fitness center shines.

Andre VanRooyen has only been here for 9 months but I often wonder what we did without him. He not only greets you at the front desk with a smile, but he is also our very talented maintenance man. Brandy Thompson is our dedicated Sunday person. She came to work here right after we opened with a small break to have her last child. Keep your eyes open as she may be showing up more as a class instructor and will again co-coordinator the "10 Weeks to 10K" program in July.

Lesley Gonzalez is a very talented instructor. For the last 6 years she has been teaching Zumba, Zumba step, Zumba Blast, Body Sculpting and Body Blast.....there is no stopping her. Lesley is also our Group Fitness Coordinator.

Paula Holmes always has a smile on her face while instructing Zumba for the past 5 years. She is a ray

of sunshine.

Royce Bogs started on the desk over 4 years ago. She now is our only Zumba Gold instructor. However, she also teaches an excellent Zumba class that you can catch on various Saturdays.

Tiffany Whinchell-Tibbets is our newest instructor. She has been teaching PiYO for the past few months. She is a breath of fresh air and a natural instructor.

Kristin Jones joined our team over a year ago. She teaches a very popular HIIT-style class 3 times a week.

Debra Pierson has been a pillar in our yoga program for the past 7 years. Sunrise Yoga and Gentle Yoga are the two classes she teaches, and our members love her classes.

Kim Anderson has taught the Saturday Yoga class for over 4 years. We are very grateful to have her as a part of our team.

Leah Lorincz has taught Yoga here for over 2 years. After returning from maternity leave, she began a "Beginning Yoga" class on Thursday evenings. Her good nature is always welcoming.

Laurie Sevier has recently joined us as a Personal Trainer. She began working here in January this year. She has expanded her education to include older adult fitness. However, her specialty is running. Join her for the "10 Weeks to 10K and Beyond" in July.

Next time you are at Downtown Health & Fitness, let our staff know how much you appreciate their hard work and dedication.

News to You

10 Weeks to a 10 K

Looking to do the Legendary Prefontaine Memorial 10k run this year? Maybe you've done it before and want to improve upon last year's performance? We can help you!

Join us and train for this fun and challenging distance course. We'll get you ready in only 10 weeks starting Tuesday, July 14th. Watch the front desk for more details!

Men's Restroom Remodel Scheduled

Good news: We are excited to announce we will be renovating the men's shower area this summer! What does that mean to you? The locker rooms will be open, but the shower facilities will be closed from Monday, June 22nd through Saturday, July 5th. We understand that this may be a bit of an inconvenience, however, we are confident the end result will be totally worth it!

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New Member Summer Special!

For a limited time only, buy a 3 month membership for only \$100.00 PLUS we will waive the joining fee! A great gift certificate idea!

Steak Salad with Nectarines, Radicchio, and Blue Cheese

Recipe of the Month



12 oz petite sirloin filets
 8 1/2 tsp extra-virgin olive oil
 1/2 tsp kosher salt, divided
 Cooking spray
 2 tsp white wine vinegar
 1 tsp honey
 3 cups torn lettuce leaves
 1 (12 oz) head radicchio, cut
 1 inch pieces

2 nectarines, each cut into 8 slim wedges
 2.5 oz crumbled blue cheese (about 1/2 cup)

Preheat a grill or grill pan over medium-high heat. Coat the steak with 1 teaspoon oil. Sprinkle with 1/8 teaspoon salt. Add steak to grill rack or pan coated

with cooking spray; grill steak 3 minutes on each side or until desired degree of doneness. Remove from heat; let stand 8 minutes. Cut steak diagonally across the grain into thin slices; sprinkle with 1/8 teaspoon salt.

While steak rests, combine vinegar, honey, remaining 1/4 teaspoon salt, and remaining 2 1/2 tablespoons oil in a large bowl, stirring with a whisk. Add lettuce and radicchio; toss to coat. Add nectarines; sprinkle with cheese. Serve steak over salad.

Recipe from: <http://www.myrecipes.com/recipe/steak-salad-nectarines-radicchio-blue-cheese>

Photo: Hector Sanchez; Styling: Claire Spollen

Changing Lives

By Annis Cassells

That's what Downtown Health & Fitness is all about. Changing lives. One squat, one push-up, one salsa step, one bicep-curl, one yoga breath at a time. Since 2006.

Stretched out on the yoga mat and in the zone with the music, relaxation, or fluid movement, I am changed. Slowed. I become conscious of what's going on within me. I hear my breath, feel my pulse. It's a respite from my usual busy-ness, a chance for one-ness.

In a Zumba class, I am no longer reigning president of the "clumsy club." I feel like a real dancer, moving my hips and feet, shaking my shoulders and exhibiting attitude. I look in the mirrors at myself and classmates, and I am transformed into a Broadway chorus girl -- grey hair and all.

Though relatives considered me a tomboy in my youth, and the neighborhood boys knocked on my door to come out and play football, I've always been low-key in the exercise arena as an adult. It's been easy to do a couple of random repetitions then become bored, move-on, then quit. But, in the circuit training or body sculpting classes, I am a beast with my four-pound weights.

What else about these body-changing times? Doing the physical work changes

our minds, our self-awareness. Strengthened and stretched, we become "can-do" people instead of "I wish I could..." Our thoughts change -- about the world, ourselves, our wants, and our perceptions of circumstances and other people.

Changing our lives doesn't have to be huge. Every small thing works. I have a writer friend who calls it taking micro-steps. The tiniest change makes a difference. Add two repetitions to an exercise set. Hold a pose 10 seconds longer. With small adjustments, we don't feel overwhelmed in the process. And, when we see results, we go for the next micro-step. Then the next. In time, we begin to notice big changes.

When I look back at how far I've come since 2006, when I first walked through the fitness center doors, I am amazed and proud. Each summer I see that I am a stronger, more fit, more active person, reaping all the benefits a healthier lifestyle brings.

How have you changed your life through exercise, perceptions, or attitude?

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Looking Ahead Upcoming walking, running, and hiking events.

Arago Pack Trail & New Perimeter Trail Loop and Annual Striders Picnic Saturday, June 6th @ 9am. A hike followed by lunch @ 12pm. Bring your own lunch or a dish for the picnic. See South Coast Striders website for more information.

Connect the Boardwalk Saturday, June 20th at 9am. 4.8 mi walk between Coos Bay and North Bend Boardwalks. Meet at California Street Pier at North Bend Boardwalk for shuttle to beginning of walk.

Visit www.coostrails.com for more information on this hike or to find out more about South Coast Striders. You can also contact Don Luce at southcoaststriders@gmail.com.

21st Jennifer's Catching Slough Classic & 7th South Coast Half Marathon. Saturday, June 20th . 1 mi kids run, 5k, 12k and a fast, scenic, out and back 13.1 mi distances for the whole family. Meet at E. Catching Slough Road & Coos River Hwy parking lot @ 7am www.southcoastrunningclub.org to find out more on this or upcoming events or to check into the running club. Inexpensive family memberships include a quarterly newsletters and discounts on many of the great running events held along the beautiful south coast!

Member Feature

Get to know our members! We randomly select members to feature each month. You could be next!

Mallory Pennington

Q: How long have you been a member of Downtown Health & Fitness?

A: 4 years .

Q: What is your favorite type of exercise?

A: CLASSES! I also love outdoor exercise such as mountain biking, rock climbing, and hiking.

Q: What keeps you active?

A: Workout buddies, stress reliever and being outdoors.

Q: What is your favorite healthy snack?

A: Hummus and veggies, hard boiled eggs and smoothies!

Q: What is your biggest struggle with health and fitness?

A: Feeling too tired after work and being motivated to go to the gym.

Q: What would you like other members to know about you?

A: I work hard to stay healthy and in shape!

New Staff Spotlight

Welcome

Teagan Seiger
Personal Trainer



Please join us in welcoming Teagan Seiger to the DHF Team. She has her Personal Fitness Trainer Certification through Aerobics and Fitness Association of America.

She is currently taking new clients and would love to hear from you.

We are excited to have her on board with us.