

Pilates & Fitness à la Carte

A QUARTERLY NEWSLETTER FROM THE SWEATSHOP HEALTH CLUB

BUDDY UP: Recession-proof Fitness and Training

Gas prices and inflation are up. The value of your home and pension plan are down. The economy for average Americans is scarier than a bad Halloween movie. However, don't let these economic concerns derail your fitness and health as these are the best investments to make in 2008 with the biggest long-term returns and may be your only port in the storm of rising health care costs. The state of the economy is not lost on the SweatShop staff and we have recession-proof ideas to get you through: **Buddy Up**. If you need to cut back on private training sessions, find a partner(s) for semi-private or group training. Is Pilates your game and reformer class your value intensive goal? Check out the two Fall Pilates packages to get you through your reformer class requirements. Need to reduce monthly expense? Read on about Buddy Up



Pictured left to right: SweatShop Pilates/Kettlebell Instructor Tresa Sauer, Gary Partney, Anne Field (pressing two 12KG Kettlebells), and Rose O'Rourke. Missing is long-standing maverick member, Paru Shah.

membership promo and how to get a health insurance rebate. There are plenty of ways to keep up quality workouts and reduce expenses.

Health Insurance Companies have seen the light and the bottom line; check to see if your policy offers a rebate for your membership. The

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Buy Local: Keep Your Community AND Body Strong

In an era of sustainable agricultural and environmental consciousness, the value of buying locally makes more sense than ever but does that extend to your fitness? There are many choices offering workout options, so does WHERE you workout make a difference?

Supporting locally owned, independent businesses keeps more of your money in your community. When you spend \$1 at a local independent, an average of 68 cents is recirculated into the local economy. In contrast, when you spend \$1 at a national chain, only about 43 cents stays at home. If Twin Cities consumers shift even 10% of their spending from chains to locals for one day, the Twin Cities economy gains some \$2 million.*

That's a pretty compelling argument for buying local and choosing an independent business like the SweatShop.

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New Website
online now

Buddy Up Fitness

The Buddy Up theme carries through to new fitness formats.

Spin-Yoga

Spin-Yoga is the theme for husband-and-wife instructor team Aldrin (spinning) and Jasna (yoga) on Tuesday nights. This combo packs everything thing you need in a workout. Beginners and first-timers are welcome.

Kettle-lates

Kettle-lates is also a big bang for your buck as we combine two great workouts: KETTLEBELL and PILATES into a 55-minute package (see p. 3).

Pilates Matclass & Cardio Boxing

Program Buddy Up includes Beginning Pilates Matclass with a 2-for-1 offer! AND Cardio Boxing program will pack a 1,2 punch when two family members or teen friends sign up together and get a 2-for-1 on the 6-week program.

www.sweatshopfitness.com

OCTOBER – NOVEMBER – DECEMBER 2008

SWEATSHOP

167 Snelling Avenue North
St. Paul, Minnesota 55104

651-646-8418

Open House WEEKENDS

Oct 18-19, Nov 8-9, 22-23, Dec 13-14

Visit the Club and sample its features and benefits. On Open House Weekends, the SweatShop invites you to sample its many classes and Intro Sessions.

OPEN HOUSE SATURDAYS:

- 8:00am: **POWER WEIGHTS...** Strength training using “Body Pump” barbell set – a weighted bar and rubberized plates and clips—and a step. Uses low weight and high repetitions.
- 9:00am: **DANCE GROOVE...** Loosen those hips with Latin, hip-hop, or some other type of dance. Start your Saturday out right. Step into a healthier you with routines that make you forget you are exercising.
- 10:00am: **FITNESS EQUIPMENT ORIENTATION...** A certified trainer demonstrates how cardio and weight equipment can round out your workouts.
- 11:00am: **PACE...** 45 minutes of interval training, combining PACE resistance training with fun and easy aerobic training.
- 11:00am: **INTRO TO PILATES...** For beginners who want to know how to get started in Pilates. Certified Pilates trainers will show you basic moves and discuss the benefits of Pilates.
- 11:15am: **GYROKINESIS INTRO... (November 8 only)...**Breathe and move, open up energy pathways, oxygenate the blood, stimulate your internal organs; stretch and strengthen and see why “Gyro” is so popular.
- 12noon: **Intro to KETTLEBELL...** See what the excitement is all about. Learn to practice specific exercises that tone muscles, build endurance and strength, and much more. It’s not just for Russians anymore.

OPEN HOUSE SUNDAYS:

- 9:00am: **AEROBICS...** Fun, low and moderate impact aerobics for intermediate and advanced participants.
- 10:00am: **YOGA BASICS...** For beginners to learn and practice postures, breathing, relaxation, and the many benefits of yoga practice.

COME EXPERIENCE OUR CLUB! SWEATSHOP ENCOURAGES RESERVATIONS SO WE MAY ACCOMMODATE EVERYONE.
Call [651-646-8418](tel:651-646-8418).

MAKE ONE APPOINTMENT. SAVE \$100!

We think it’s so worth your while to make an appointment with a Guest Services staff member that we will knock **\$100 off your initiation fee** just to prove it!

Our Guest Services staff are trained to ask the right questions and make sure that your investment will deliver a healthy return. We find out your interests and needs as well as your availability. Are we the right fit for you? Do you qualify for a health insurance rebate? Can you find a training group or a promotional or intern package that fits your goals exactly? Our vast a la carte menu could entice you instead of a membership. You’ll be able to make an educated decision.

Where else can you get professional advice AND save money? Appointments are daily. Meet with Guest Services staff Katherine Kline, Kathy Nordstrom, Meg Henry, or Alena Frost; call **651-646-8418** or go to our website, click on **Web Self Booker**, and choose a date and time.

HealthPartners \$\$ UPDATE & ALTERNATIVE

IF YOU ARE INSURED by HealthPartners, we want you to get your rebate **AND** work-out at the SweatShop while we continue to petition for inclusion in their program.

We have arranged to provide qualifying HealthPartners members with a SweatShop rebate to use toward other fitness services. Meet the monthly requirements and we’ll give

you a credit of \$20 a month toward programs, Pilates, or personal training.

See Guest Services to sign up.



new

Updated SweatShop Website

Check out the new SweatShop website!!!! Here’s what you can do with a couple clicks of the mouse:

- Learn more about the history of the Club, its mission, vision, and owner.
- Be the first to know what’s in the news at the SweatShop
- Review the latest press releases
- Find out Club hours and babysitting hours
- Get introduced to the SweatShop’s 20 personal trainers with pictures and bios.
- See what employment opportunities the Club offers and apply right online.
- Learn more about the Club’s Stott Pilates™ programs, classes and private training packages, and book appointments right online.
- See, at a glance, the group fitness classes and programs with a short description of each class offered.
- Review costs and details of membership options and schedule a tour with a Guest Services professional.
- Find out how to become a certified trainer and learn more about the professional training the SweatShop offers.
- Register for professional training courses online.
- Link to our LOCAL small business sponsors who are all in alignment with the SweatShop’s mission and vision.

Peruse our new website checked full of valuable information!!!

www.sweatshopfitness.com

NEW NEW

Just another Manic Monday... NOT

Meditation and Mini Massage Inner Fitness Meditation Program

Meditation, like life itself, is more than a mind/body package: It taps the spiritual side of being. Though historically, meditation has been used to foster enlightenment, the mind/body benefits are genuine, but as by-products of a more meaningful practice. In this series we address the physical, mental, and spiritual aspects of meditation as key elements to total health. Participants gain the tools and understanding to add "Inner Fitness" to their comprehensive wellness regimen.

Join Alan Pritz for a 6-week program on Mondays at 7pm starting September 29 and November 10. Come early and enjoy a chair massage before class. Alan offers chair massage for \$1 a minute as the perfect antidote to stressful Mondays and a warm-up for the meditation program.

GYROKINESIS™

3 TIMES A WEEK! The SweatShop has now made it easier for you to make your health insurance rebate visits. Gyrokinesis™ is offered 3 times a week:
Starting weeks of Sept 30 & Nov 11:
Tues @ 12:15pm, Thur @ 7pm, Sat @ 12:15pm.

Renowned Gyrokinesis™ instructor **Deborah Thayer** leads a 90-minute class. Each 6-week session moves your body dynamically, improving cardiovascular fitness, and conditions your muscles to work together in a more holistic fashion. Bring your own mat.

FREE INTRO SESSIONS: 7pm, Thursday, Sept 25 & 11:15am, Saturday, Nov 8

See Special Programs flier for information and rates.

Nordic Walking Workshops

Many doctors agree that Nordic walking is one of the most effective cardiovascular workouts because it works all major muscle groups in the body.

FREE WORKSHOPS 11:00am–12:30pm, Oct 11 & Nov 1. Must pre-register.

ALENA FROST

NEW Personal Training Director

Alena has always had a passion for fitness. As a little girl, she attended her mother's weekly Jazzercise classes, and continued dancing as well as riding horses. Her family focused on healthy eating and exercise. Her grandmother, always active, inspired Alena to spread the importance of a healthy lifestyle to others. Alena watched close relatives struggle with obesity, diabetes, stress, and high blood pressure. Two years ago, she left corporate work to pursue her passion: education and certification in personal training and group fitness. She joins the team as director of personal training.



Birth of a new hybrid: Kettle-lates

It started out simple enough—some people with good Kettlebell form and strength meeting once a week with SweatShop instructor Tresa Sauer to train with Kettlebells. One day at the end of class, Tresa herded them onto the Reformers to stretch. It was a hit. The group found they weren't as sore afterward and enjoyed the focus of Pilates. Soon after, the workout was divided equally between Kettlebell and Reformer Pilates. With its reputation for efficiency and effectiveness, 30 minutes of non-stop, furious Kettlebell training is all you need. Add 30 minutes of targeted Reformer exercise and the routine is complete. When Tresa added raucously fun music for the Kettlebell portion, it was dubbed "Kettle-lates." A whim-turned-hybrid format that combines the cardiovascular, fat-burning equivalent of sprinting, functional strength training for the major muscle groups, strengthening of the deep core and joint-stabilizers, and precision muscle stretching. The terrific camaraderie of the group keeps them going! ■



Swing your Kettlebell 2 times a week

**Mondays 7pm – Kettle-lates
Saturdays 10am – Kettlebell Principles**

Not only have we added more group workouts to this program, but Kettlebell has buddied with Pilates for Kettle-lates.

KETTLE-LATES: This 55-minute class gives you the two best formats for stabilization of the core. 30 minutes of Strictly Kettlebell and 25 minutes of Mat Pilates. Come and find out why Kettlebell training is the perfect complement to Pilates. **Mondays, 7pm, beginning Sept 29 & Nov 10.**

KETTLEBELL PRINCIPLES: This class is both for the seasoned and beginning girevik. You are guaranteed to sweat and work muscles to fatigue. Each week, the foundational exercises and safety factors will be introduced and reviewed for mastery. Homework assignments will be given as will individual attention to make sure you feel comfortable and safe. **Saturdays, beginning Oct 4 & Nov 15.**

Choose from 1x or 2x per week options: 1x is \$90 members; \$110 non-members. 2x is \$150 members; \$175 non-members. Or upgrade to a PLUS membership, which includes all Special Programs at no extra cost.

PILATES FOR ONE & ALL

What Is Pilates and What Can It Do for You?

Pilates (pronounced “Puh-lah-teez”) is a form of exercise done on mats and on specialty equipment—the Reformer, Stability Chair, Cadillac, and Ladder Barrel. Late-night infomercials suggest that Pilates will stop time, alter genetics, and chisel specific body parts to get you into the bikini you bought in '76 but never wore, but we'd rather you knew the truth.

Pilates teaches you how to engage, then move from your core. There is a misconception that “core” is synony-

mous with “abdominals.” Unfortunately, you can do gym crunches all day, have a visible “6-pack,” but a weak core. It might be more accurate to replace “core” with “torso” because in truth, the core encompasses the entire torso—the pelvic floor, transversus abdominus (deepest sheath of muscle of the body), muscles of the low, middle, and upper back, plus the shoulders and neck.

Not only does Pilates strengthen the entire torso, Pilates exercises work to

restore natural functioning to the spine and joints, and bring about overall muscular balance. The exercises progress in difficulty by increasing your ability to either stabilize your “core” while moving the peripherals (limbs), or stabilizing the peripherals while mobilizing the spine. One thing is for sure, it is not necessary to be flexible in order to do Pilates. Every Pilates exercise can be modified to accommodate anyone.

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COUPLES WHO PILATES TOGETHER, STAY TOGETHER!

Missy Thompson and Gar Hargens have been married for 14 years. They are passionate about exercise and run/walk most mornings of the week together. They may take different routes but the end result is the same: they feel energized and ready for their day and are supportive of each other in the process. In the Summer of 2007 Missy and Gar started doing Pilates together, as a couple, or a semi-private as we refer to it in the training world. Both of them enjoy the “togetherness” of the activity. It is another

way for the two of them to be a coach for one another

and take pride in their individual fitness achievements. Along with their Pilates trainer, Kelly Dormady, they love the team effort that goes into their workouts and look forward to the beginning of the session phrase, “OK you TWO, here we go...”

PILATES GOES PINK

According to the National Cancer Institute, approximately 2.4 million women living in the United States in 2004 had been treated for breast cancer (American Cancer Society 2007). Dealing with the challenges such as muscle atrophy, premature bone loss, and weakness that can make even normal day-to-day activities difficult is not an easy task. In comes Pilates: Pilates is a gentle, low-impact restorative exercise regimen perfectly suited for women as they recover and work to rebuild their bodies. Some benefits for breast cancer survivors are: improves lymphatic drainage with proper breathing techniques, improves shoulder girdle mechanics to help aid in the breakdown of scar tissue, enhances core strength and endurance, as well as reducing both physiological and emotional stress. The SweatShop's STOTT PILATES™ Instructors understand that clients recovering from breast cancer require a specialized approach; we offer a special package with 30-minute sessions. Contact Guest Services at 651-646-8418. (See coupon.)

SO YOU WANT TO BE A PILATES INSTRUCTOR!

Pilates has attained both high marks in the fitness industry and respect among rehabilitation specialists. Its expansive range of application and versatility makes Pilates appropriate and beneficial for nearly every segment of society. And that, my career changing friends, makes it a viable career option and a profitable one.

With many certifying organizations to choose from, it can be confusing to know which to choose. Just like any other educational path, your choice of institution can make or break the success of your career. Here at the SweatShop, we train and certify people in the Stott Pilates™ Method of Conditioning and we are the Stott Pilates™ Licensed Training Center for the Midwest, accredited by the MN Department of Higher Education

STOTT PILATES™ is a contemporary approach to the original exercise method pioneered by the late Joseph Pilates and, along with a team of physical therapists, sports medicine and fitness professionals, this organization has spent more than a decade refining the STOTT PILATES™ exercises and equipment, making it one of the safest and effective methods available—and the basis for STOTT PILATES™ training and certification programs.

INSTRUCTOR TRAINING INFO MEETING

Wednesday, Sept 24 at 6pm & Sunday, Nov 9 at 12noon, SweatShop Program Director Kelly Dormady will host an informational meeting at the SweatShop for anyone interested in pursuing a Pilates career. Find out the paths to certification, the cost and time investment required, course dates, and answer your questions. We hope to help you chart your Pilates career! **Call the SweatShop at 651-646-8418 to RSVP.**

The benefits of Pilates are many:

- Strong, stable torso—abdominals, back, pelvis, hips, spine, shoulders, neck
- Improved joint functioning and ease of movement
- Improved athletic functioning through retraining of faulty movement patterns
- Flatter appearance to abdominal area
- Restored height lost due to spinal compression
- Improved posture and skeletal alignment
- Improved body awareness that transfers to all other forms of

movement

- Relief from chronic joint pain
- Increased sense of well-being and self-esteem

Our 6-week Beginning Matwork program provides a solid foundation of the Essential Stott Pilates™ Mat exercises. From there, most people are ready to take our Experienced Matchclasses and take on more challenging exercises.

INTRO to Pilates is part of every Open House Saturday at 11am: October 18, November 8 & 22, and December 13.

This fall, the SweatShop offers 3 GREAT PROMOTIONS for Pilates:

- **Fall PILATES Package including training, classes and membership**
- **Pilates Goes Pink Package**
- **2-for-1 for Beginning Pilates Matclass**

See coupons for details and savings on these packages.

The Best Beginning Mat Pilates!

The 6-week Beginning Matwork program provides a comprehensive, solid foundation of the the principles and the essential STOTT PILATES™ Mat exercises. The progressive nature of program, 3x a week for 6 weeks, offers the consistency and frequency needed to develop a successful Pilates practice. (Coupon inside gets you started with a buddy.)

**Mondays & Wednesdays at 6pm & Saturdays at 9am
Begins Sept. 29 & Nov. 10**

Buy Local continued from page 1

Not convinced? Consider this about local businesses:

- They produce more income, jobs, and tax receipts for local communities than big box stores do.
- They are more likely to utilize local ads, banks, and other services.
- They donate more money to nonprofits and are more accountable to their local communities.
- Supporting local businesses preserves the economic diversity of our communities and the unique character of our neighborhoods.

In other words, when working out at the SweatShop you are keeping more than yourself fit: you are keeping your community healthy and fit, too. SweatShop owner Gayle Winegar and her staff applaud your efforts on both counts.

* Source: Andersonville Study of Retail Economics, by Civic Economics, October 2004 and MN Dept. of Revenue, Gross Retail Sales for 2003.

FALL BUDDY UP CHALLENGE OCTOBER 13–DECEMBER 1

Grab a friend and get twice as much fitness!

SweatShop challenges have yielded great fitness results for the participants, and the Buddy Up Challenge will double the fun and fitness. Choose a fitness buddy (or 2) to workout with and plan 6 weeks of workouts together. Each of you will receive points for every workout done together, and if you come in at least 3 times per week we DOUBLE your points. Bonus points available for each additional program registration. **Sign in TOGETHER to get your daily points;** find out how to win:

- Semi-Private training session with Level I Trainer
- \$50 toward a 6-week program
- Mini-Massages

BUDDY UP & SAVE

continued from page 1

requirements vary from a mandated 8–12 visits per month, but the rebate is the same—\$20 per month if you have a club membership. **This can save you up to \$240 a year!** SweatShop currently participates in Medica, BCBS, Ucare, and Definity and has an interim program for HealthPartners

BUDDY UP MEMBERSHIPS are available for new members. If two people come in together to join on either of the membership options, there are two financial rewards: You split the sign up fee and your dues will be reduced by \$10 a month for six months. This is a **savings of \$135–\$210** per person per year. (There is a variation on this theme for current members when they bring in a new member—check with Guest Services for details.)

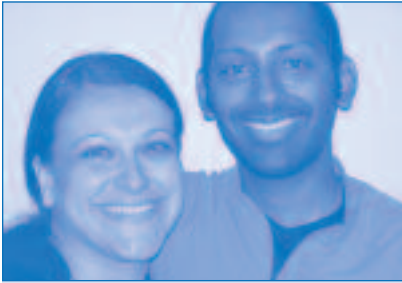
BUDDY UP CHALLENGE is the latest internal member challenge that yields great frequency results as you get credit for working out together AND that translates to gifts up to a \$50 value (see box this page).

THE NEW MATH: With all these savings you are up to potentially \$500 per year. That's big savings for a big training package. If you are a **senior or student or between the ages of 18–24 you are eligible for more discounts up to 20% off.** Now you are practically working out for free. Guest Services have been able to help folks work out for as little as \$15 per month based on discounts, rebates, and promotions. **See coupons inside for more details on Buddy Up and other ways to cut costs while getting fit.**

MIX AND MATCH PERSONAL TRAINERS

At the SweatShop, it's all about the client, so we're always thinking outside of the box to make each and every experience exceptional for our clients. That's why we promote mixing and matching personal trainers. Some of the reasons for mixing and matching trainers are:

- you want a little more variety in your workouts
- you want to train 2–3 times a week; you need more flexibility in scheduling
- your trainer is going on vacation and you want to continue training in their absence
- our trainers have different specialties or areas of expertise that you really need to check out first-hand
- you want to get to know everyone in the personal training department



2 FOR TUESDAYS— BUDDY UP

Join our wife and husband team for **SPIN-YOGA TUESDAYS**.

Bring your spouse, sibling, partner, friend, and neighbor each week and feel the

benefits of these two formats both physically and mentally.

6pm Spinning with Aldrin
and then **7pm Yoga Basics with Jasna**

the Walk/Run Group

Bringing back

The past year's Walk/Run group was a hit! Each participant found motivation, got dedicated, and achieved fantastic results. No matter what your fitness level is, if you have the drive, a goal, and a great pair of shoes, you will benefit from being a member of this group and the "Buddy Up" factor.

Personal Trainer Sheri Aggarwal designs a personalized program that gives feedback to aid your development. At the end of the training, you can participate in an upcoming 5K race.

9 sessions; twice a week, Thursdays at 5:30pm & Saturdays at 8am; beginning October 2 through November 1.

Visit
www.nationalbreastcancer.org
to find out more about breast cancer awareness and prevention.

CARDIO WORK and why it's so important

We all know that proper diet and exercise have numerous health benefits, but why is cardiovascular training such an important part of a workout? Heart disease is the number one premature cause of death in both men and women. Cardio or aerobic training not only burns calories and lowers bodyfat, it also strengthens your heart and lungs.

In order to get a cardiovascular workout, your heart rate must elevate to 60 to 85 percent of its maximum (the fastest it can beat). This number is determined by your age and your resting heart rate. In this percentile range, you are in what many people call "THE ZONE." In this zone, you should be able to talk, but not able to hold a long conversation.

The easiest and most efficient way to determine which zone you are in is to wear a Heart Rate Monitor during your workout. This is a polarized strap worn around your ribcage at heart level. It is connected to a watch worn on the wrist and takes your heart rate throughout your entire workout.

Most experts agree that a cardiovascular workout should last from 30–60 minutes. While this type of workout should be performed a minimum of three times per week, four to five times is ideal.

OTHER CARDIO WORKOUT HEALTH BENEFITS:

- X Burns calories
- X Lowers body fat
- X Increases bone mass, muscle tone, and lung capacity
- X Improves circulation
- X Lowers the risk of high blood pressure
- X Helps fight against depression.

Wherever you are in your fitness journey, it is important to include cardiovascular training. Are you trying to get rid of stubborn body fat? Need to increase bone mass? Want to increase the efficiency of your heart?

BEGIN with regular cardio workouts and use a Heart Rate Monitor to get it right.

HEART RATE MONITORS:

■ Prevent Undertraining: A Heart Rate Monitor is good for the days you want to push yourself—to help you find the threshold where the effort really pays off. It can also help you knowledgeably learn how to work hard enough to have it count without working so hard that it is counterproductive.

■ Prevent Overtraining: A HRM helps on the days that you want to go for endurance or recovery and need a guideline to rate yourself, so that you don't burn out too soon. A HRM can help alert you when your training has moved into Red Flag territory and you need to back it down.

■ Monitor Your Fitness: As you progress, the same workout should require less effort from your body. You will see that improvement reflected in the numbers on your HRM.

■ All of your HRM workouts will be more productive if you schedule a session with a SweatShop trainer (Sheri or Cathy) to learn the ranges for your personal Heart Rate training zones. Sure, you can get some numbers from a formula, but those numbers will apply to the average person, not to you, and the formulas are very inaccurate; they can be off by 20 to 30 beats per minute. Do yourself a favor and get the know-how along with the technology. Get it personalized.

- The broad categories of heart rate training zones are:
 - 60–75% – Easy or recovery or endurance
 - 75–85% – Moderate – tempo and interval workouts
 - 85–95% – Hard – race effort

New Class Formats & Workshops

LET'S ZUMBA!

Let's face it, working out can be healthy, rewarding, beneficial, but sometimes may not be much fun... UNTIL NOW!

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout featuring interval training. Fast and slow rhythms and resistance training are combined to sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA!

Try it out here at the SweatShop on **Mondays at 6pm and Saturdays at 9am...** later this fall.

WHAT TO DO WITH YOUR KIDS DURING THE MEA OR CHRISTMAS BREAK?

Bring them to the SweatShop. Special workshops and classes just for those tweens and teens who want to try something new or need a little cross-training.

MEA Break

Thursday, Oct 16–Saturday, Oct 18

Come **each day from 1–3:30pm** for a mix and match menu:

- Hip Hop and Hustle
- Cardio Boxing
- Spin Yoga
- Strength Training Basics

\$19.50 for one afternoon or \$39.50 for all three days. Pre-registration is required. *Watch for the Holiday schedule for Christmas break classes.*

WORKSHOP: STRESS-FREE HOLIDAYS DEC 6 AT 10–11am & DEC 10 AT 7–8:15pm

Busy, hustled, and hassled...the Holidays can make us sick but they don't have to. It's not the nuttiness of the season that drags us down as much as our own perceptions and reactions to it. Fortunately there are ways to counter the strain of this wacky time of year, which can add balance to the rest of your life too. This fun workshop provides easily grasped concepts and tools to create a calmer, less-wild ride

through Santa season; and maybe, you'll even enjoy it! *Learn about:*

- Stress, Its Pros & Cons
- The Power of Perception
- Choices For Balanced Living
- Creating Calm in a (Snow) Storm—Tools for Mind/Body Management

WORKSHOP: EMBODIED COGNITION: WHY MOVING AND THINKING ARE SO INEXTRICABLY CONNECTED NOV 8 AT 1pm

by Roxanne Prichard

We know that exercise is good for brain health—it increases oxygen and nutrients to brain tissue, and releases neural growth factors that help rewire the brain's synaptic connections. But could going to a spinning or yoga class actually help you think through a completely unrelated problem? New research (and plenty of convention wisdom) suggests that yes, it can.

Embodied Cognition is an emerging field in neuroscience that challenges the traditional separation between mind and body. Have you wondered why you sometimes have insights while exercising, while your brain's "off," but your

body's "on?" Have you noticed that one side of your body learns new movements more quickly than the other? Are you curious about why sometimes you're "in the flow" and you move with grace, while other times you can't seem to make your body move at all?

The SweatShop will host a workshop on Embodied Cognition, a topic that is revolutionizing the fields of education,



health and psychology. Led by **Roxanne Prichard**, a neuroscience professor at the University of St. Thomas and enthusias-

tic SweatShop member, this workshop will focus on how we learn movements, and how experiencing movement helps us think.

Come to this workshop to learn about how we learn new movements and skills, and how moving actually facilitates our thinking process. Wear comfortable clothes. Pre-register.

**ALL WORKSHOPS cost \$10 to members;
\$19.50 for the public and includes a day pass**

Holiday 30/30 Club Challenge Returns Dec. 1– Jan. 1

Reduce your stress, increase your energy, prevent the obligatory holiday weight gain and come out a winner! During the Holiday Challenge, workout 30 minutes for 30 days.

You will receive FREE days; the 25 and 26 when the SweatShop is closed and 2 additional Freebies for a couple well-deserved days of rest.

Successfully complete the challenge and receive your choice of a prize.

- ✓ \$50 off any 6-week program for you or a friend.
- ✓ One training session with a Level I trainer
- ✓ 15% off retail item
- ✓ Sign up with Guest Services staff at the front desk

October
November
December

SWEATSHOP Calendar 2008-09

Sept	24	Wednesday	6pm	Pilates Instructor Training Info Meeting
	29	Monday	7pm	Inner Fitness Meditation program begins
October	2	Thursday	5:30pm	Walk/Run Group
	13	Monday		Fall Buddy Up Challenge Begins
	16-18	Thursday-Saturday		MEA Break
	18-19	Saturday-Sunday		OPEN HOUSE
	31	Friday		Halloween
November	1	Saturday	11am	Nordic Walking Workshop Daylight Savings Time change OPEN HOUSE
	1-2	Saturday-Sunday		OPEN HOUSE
	8	Saturday		SweatShop longer Saturday hours (until 5pm)
			11:15am	FREE Gyrokinesis Intro
			1pm	Embodied Cognition Workshop
	9	Sunday	12noon	Pilates Instructor Training Info Meeting
	10	Monday		New programs begin
			7pm	Kettle-lates program begins
			7pm	Meditation program begins
	11	Tuesday	12:15pm	Gyrokinesis program begins
	13	Thursday	7pm	Gyrokinesis program begins
			7pm	Cardio Boxing program begins
	15	Saturday	10am	Kettlebell Principles program begins
		12:15pm	Gyrokinesis program begins	
22-23	Saturday-Sunday		OPEN HOUSE	
27	Thursday		Thanksgiving (SweatShop open 7:30-11:30am)	
December	1	Monday		30/30 Club Challenge begins
	6	Saturday	10am	Stress-Free Holiday Workshop
	10	Wednesday	7-8:15pm	Stress-Free Holiday Workshop
	13-14	Saturday-Sunday		OPEN HOUSE
	22	Monday		Holiday Schedule in effect
	24	Wednesday		Christmas Eve (open until noon)
	25-26	Thursday-Friday		Closed for the Holidays
	27	Saturday	12:15pm	Holiday Gyrokinesis class
Jan. 2009	1	Thursday		New Year's Day (8:30am-2pm) classes FREE with reservation
	5-11	Monday-Sunday		Sample Week - check schedule for FREE classes
	12	Monday		All programs begin with new schedule

24/7
Book online Don't miss out!

FALL HOURS:
Mon-Thurs: 5:45am-8:30pm
Fri: 5:45am-7:00pm
Saturday: 6:45am-3:00pm
Sunday: 7:45am-1:00pm

LONGER WINTER SATURDAY HOURS (starting November 8)
6:45am-5:00pm

Remember: set your clocks back
Saturday night, November 1

HOLIDAY SCHEDULES	
THANKSGIVING DAY	NEW YEAR'S DAY
8am: Spin	9am: Spin
9am: Aero	10am: Pilates
10am: Pilates	11am: ZUMBA
	12noon: Yoga
Thanksgiving: Open 7:30-11am Dec. 24: Open until noon Dec. 25 and 26: Closed Jan. 1: Open 8:30am-2:00pm	

all classes and program schedules are on the web
www.sweatshopfitness.com

CHECK FOR DAILY BABYSITTING HOURS
www.sweatshopfitness.com

QUESTIONS? (651) 646-8418
www.sweatshopfitness.com