

In The Center

*CWR @ The Fontana Center
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Now Hear This!_



We are pleased to announce that we will now be offering an evening Zumba class. The new evening class will be offered on Thursdays at 5:30pm starting on September 2nd. This class is being offered in addition to our 9am Monday and 9am Saturday classes.

We have had such great response to this new workout trend and are happy to be able to give you more time options. Classes are open to all members and non-members. A \$10 walk-in fee applies to all non-members.

If Zumba is not for you, don't forget to check out our full schedule of classes on our website www.fontanacenter.com or by picking up a copy at the front desk.

Monthly Specials

The month of September brings half-off fitness evaluations and Refer-A-Friend specials. If you know of someone interested in joining us, now is a great time for them to get started. The one time evaluation fee will be \$65 per person through September 30. And, if you Refer-A-Friend, you will receive a

gift certificate for \$20 off your monthly dues.

Temporary Memberships

We are introducing two new Temporary Memberships. The new memberships are designed for short-term facility usage. We will be offering a three & six month short-term membership. Both will be offered on a contract basis only and fees will have to be paid in advance. If you know of someone in need of a temporary exercise facility, please have them call us for more information.



Personal Training

Having trouble staying motivated and consistent with your workouts? Personal training may be an option! If you feel like you cannot stay on track or that you are getting burnt out with your current routine, a trainer might help to push you through.

Why choose personal training? With today's fast pace lifestyles, we often times do not fit exercise into our busy schedules. Having a personal trainer holds you accountable to preschedule times for exercise. Also, having a trainer allows you to come in and be led through a workout, step by step, no

planning involved. Here are some other reasons to consider working with a trainer:

- individualized programs - get a program tailored to your goals, needs and/or restrictions
- efficiency - don't waste time at the gym with socializing or doing a workout that will not meet your goals
- beginning exercisers - a trainer can provide you with basic skills and knowledge of general exercise
- breakthrough plateaus - a trainer can set you up with new exercises that will get you over the 'hump' and onto the next level in your workout
- safety - the trainer assures that technique and postures are correct and can clear-up exercise misconceptions
- your own personal reasons

If you have made the decision to hire a personal trainer, The Fontana Center can help. We have training packages available for members and non-members. If you want more information or just have other general questions about personal training speak with Monica or Christina.

Relax & Renew

With school back in session, now would be a good time to take a few minutes for yourself. You could enjoy some "hands on healing" time by scheduling yourself a massage. Our massage therapist, Jeannie Chastant, is available Monday - Friday for 30, 45, 60 and 90 minute massages. She is available by appointment only, so please call to schedule.

If massage is not for you, you may want to try Yoga classes. Yoga is another great way to relax and renew your mind,

body and spirit. We offer Yoga at 6:30pm on Mondays and 8:00am on Wednesday and Friday. All classes are free to members, and non-members are welcome for a \$10 walk-in fee.

Start Your Morning Right

According to the American Dietetic Association, breakfast is the most important meal of the day. Breakfast helps to fuel the body to provide for better energy, concentration and problem solving ability throughout the day. Unfortunately, breakfast is the meal people most often neglect or skip.

There are many easy and nutritious ways to include breakfast into your morning routine, even breakfast on the go. Choosing whole grains, fruits and/or dairy in any combination makes for many healthy choices. If cereals are your favorite, you should aim for ones that are high in fiber and made with whole grains. Some top cereal picks are:



- Post Grape-Nuts Trail Mix Crunch
- Fiber One Bran Cereal
- Fiber One Honey Clusters
- Quaker Oatmeal Squares
- Shredded Wheat
- Frosted Mini Wheats
- Raisin Bran
- Kashi Heart to Heart Honey Toasted Oat Cereal

If these are not on your list of favorites, a good rule to follow is choosing a cereal with at least 5 grams of fiber per serving, less than 30% of calories coming from sugar and a whole grain listed as the first ingredient.
