

Club Fitness News

September 2011

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"The first wealth is health." –Ralph Waldo Emerson

Getting to Know Your Club Fitness Classes

Here at Club Fitness, we offer a variety of classes ranging from dance-centered workouts to weight lifting, to yoga. But what exactly do all of these classes include?

Group Power: This is a muscle-based class. It incorporates squats, lunges, presses, and curls, and is for all ages and fitness levels.

Group Step: This class uses a step at the level of your choosing to give you an intense cardio workout. Classes are in sixty-minute increments, and instructors are always motivating!

Booty Boot Camp: Work out your glutes and abs and get your cardio on today with Booty Boot Camp!

Zumba: With this spicy mix of Latin and Hip Hop dancing, you won't even know you're working out until the pounds start *falling* off!

Now that you know what happens in an aerobics class at Club Fitness, **Jump in!**

Fast, Fun, Fit Facts: Did You Know?

Did you know that your brain is much more active at night than during the day?

Did you know that scientists say the more you dream, the higher your I.Q. is?

Did you know that the surface area of your lung is equal to a tennis court?

Did you know that women blink twice as many times as men do?

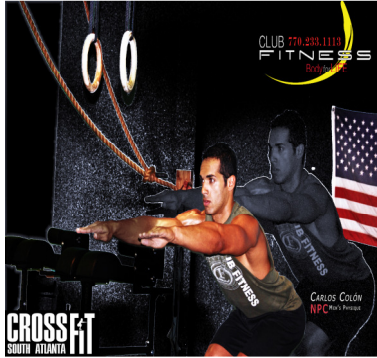
Did you know that after eating too much, your hearing becomes less sharp?

Did you know that over 90% of diseases are caused by stress?

Did you know that it is impossible to tickle yourself?

Did you know that tongue prints are as unique as finger prints?

YEP! It's true!



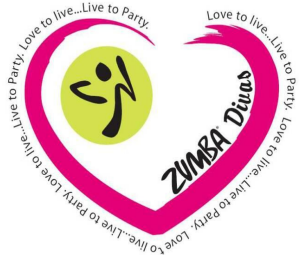
Club Fitness Featured Member, Carlos Colon, working out in our new CrossFit room.

Member of the Month: Carlos Colon

My name is Carlos Colon. I am 25 years old, and was born in San Juan, Puerto Rico. I have always had a very big passion for sports and athleticism. I wasn't always the "popular" kid in school. As a lineman, I weighed 275lbs, I wasn't very social, didn't have a lot of friends, and my home life was a mess. After 2 torn ACL's, a separated shoulder, and shattering every bone in my right knee, I decided football may not necessarily be the sport I was best suited for and began doing a variety of sports. This new passion for variety helped me to lose over 100lbs in one year and brought me the self-confidence I needed to change my life. After that year I won a State Championship, several National Championships, two national titles, began modeling, and became Homecoming King of my Senior class.

After graduating from the University I found myself at a different chapter in my life. Between having no sports to push me into staying in shape, constant stress and lack of sleep, working to keep the bills paid, and having my wedding called off, I found the very ground beneath my feet shaking. The next time I weighed in, I was at 230 lbs. I decided it was time for another change. I began working out again and made Club fitness Griffin my new workout home.

Club fitness has absolutely everything available to get you into shape and keep you motivated. The variety of classes offered, combined with the positive atmosphere, and great instructors, make losing the weight and gaining the muscle a very rewarding experience. I constantly change my diet and my workout. One week I train on the treadmill, whereas the next week I take cardio classes at Club Fitness. This gets my body into Competition shape quickly, safely, and efficiently. After having placed 3rd and being the 1st in Men's Physique history to win the Best Abs Award at my first Physique Competition, I now know I have what it takes to truly takes to compete against the best of the best in this Nation once more.



Upcoming Zumbathons:

Zumbathon for "Cancer Warriors Support Organization"

September 24th 10-12AM at First United Methodist Church

Admission \$10/ Shirts and Tanks \$10- Register at Club Fitness front desk!

*Coming in October, Club Fitness will be doing a Zumbathon in Barnesville to benefit the Lamar County High School Varsity Cheerleaders.

See the front desk for more details!