

Body & Soul Newsletter



Members enjoying our Move & Groove aerobics class!

Summer Special:
Invite friends and acquaintances to try us out free for a week!

Upcoming Events

- Guest Speaker: Diane Russell - Acupuncturist
Tuesday Sept. 4th
6:30pm
- Freedom of Movement class taught by physical therapist Cory Blickenstaff: coming next 8 week class schedule

Summer fitness tips from Will Lowe, Fitness Trainer

1. Hydrate: With summers high temperatures it is important to keep the body well hydrated. 6-8 glasses of water are critical to the body's optimum performance. The body's lean tissue (muscles & organs are more than 70% water.) We lose water in 4 ways. A. Breathing (our breath is moist.) B. Through the skin (this happens even if there is no obvious sweat.) C. Going to the bathroom. D. Sweat. It is important to replenish our supply of water because water carries nutrients to body's cells and carries waste products away from cells. Water also serves as a lubricant for the body. Water through sweat helps to maintain body temperature.
2. Heat Acclimation: If you plan to workout outside during the summer remember the body needs to acclimatize to the heat so that you avoid heat stroke. Think about starting with 5-10 minutes exercise periods and build from there.
3. Heat stroke/Heat exhaustion: Muscular contractions generate heat that must be released to the environment. If this internal heat is not dissipated properly the temperatures of internal organs increases and can reach dangerous levels. High ambient temperatures and humidity impede heat dissipation. In a hot environment body core temperature is affected by air temp. humidity, air movement and solar radiation. 70 degrees and less equals low risk of heatstroke or heat exhaustion. 80 degrees moderate risk, 90 degrees high risk and 100 degrees very high risk. Remember to wear clothing that allows heat loss and sweat evaporation. Reschedule exercise to cooler time of day, relocate indoors where air conditioning exists, and reduce exercise intensity. Have a great summer. We have air conditioning so that your workouts can continue through the summer.
4. Remember if you need to become fitter 5-6 times per week in your target zone for 20-30 minutes is critical. Working out 3 times per week only maintains your current level of fitness which is still better than being a couch potato.

*"The past is history,
the future is a
mystery. This
moment is a gift that
is why it's called the
present."*



Welcome our newest member...to the Lowe family, Eklemation El.

Did you know?
We have 10 parking spaces in the back of the building!

*Body & Soul Women's
Fitness Center*

*102 W Fourth Plain Blvd
Vancouver, WA 98660*

(360) 693-7059

Hours:

M-Th 6am to 8pm

Fri 6am to 6pm

(Closed 1:30 – 3:30pm)

Sat 9am to 1pm

Sun 10am to 2pm

*A place where the
whole person is
supported, motivated
and encouraged*

Welcome to our new session of classes.

1. We are featuring a new Belly Dancing class with Renny Troupe. Belly dance is a low impact aerobic exercise designed for all shapes, sizes and ages. It can strengthen your cardiovascular system and improve your stamina and flexibility. It can bring out your creative side and release tension. Above all, it's FUN! Renny Troupe has been learning the art of belly dance for 7 years. She began teaching 2 years ago and continues to enjoy learning and performing this beautiful art form.
2. Senior Stretch & Strength: This class will meet two times a week and will be a low intensity workout to stimulate joint movement and increase circulation. Chairs will be available.
3. We are adding a 2nd Kickboxing class with Toni and she will teach her classes on Monday and Wednesdays at 6:00 p.m. We are also adding a 2nd early morning Move and Groove class with Rachel on Thursdays at 6:15 a.m. Will is adding a 8:00 a.m. class on Mondays. We will also have two Move and Groove classes on Tuesdays. The 5:00 p.m. class will be strictly low impact and the 6:00 p.m. class will be both low/high impact.
4. Molly's Natural Movement classes and Yoga classes will continue as they did last session. Molly's classes will be cancelled the week of July 2nd and will resume July 9th. We say goodbye to Kimberly Lew for the summer and her classes will return sometime in the fall season.
5. April Lowe will be teaching her Stretch and Strength class starting July 17th. Her class will be Tuesdays at 7pm.
6. We are adjusting our hours beginning this session. In the past Saturday afternoons have been quiet thus we will be open from 9am-1pm. We are excited to now be open on Sundays from 10am-2pm.
7. Pound a Week Club is designed to provide the accountability that has us eat and exercise the way we want to but often don't feel like doing. Even if you can't make the group meeting you can still participate. Specific instructions and participation contract will be available.

**Class Schedule
June 18th - August 11th**

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am Circuit Opens	6am Circuit Opens 6:15am Move & Groove	6am Circuit Opens	6am Circuit Opens	6am Circuit Opens 6:15am Move & Groove (Rachel)	6am Circuit Opens	9am Circuit Opens
2pm Circuit Closes	8am Move & Groove 9am Tai Chi (Will) 6pm Kickboxing (Toni) 6:30pm Natural Movement 7pm Yoga (Molly)	3:30pm Seniors Stretch & Strength 5pm Move & Groove (Low Impact Only) 6pm Move & Groove 6:30pm Pound a Week Club 7pm Stretch and Strength (April)	4:30pm Tai Chi (Will) 6pm Kickboxing (Toni) 6:30pm Natural Movement 7-8pm Intermediate Yoga (Molly)	6pm Move & Groove 7pm Belly Dancing (Renny)	3:30pm Seniors Stretch & Strength 6:00pm Closed	10am Belly Dancing (Renny) 10:30am Move & Groove 11:15am Tai Chi (Will) Noon-1pm Fitness Assessments