

# Body & Soul Newsletter



Start your day  
off right!

Come to Move &  
Groove at 6:15am  
with Rachel!



## Announcements

Guest speaker

Aaron Campbell, ND

Tues Nov 13<sup>th</sup> at 6:45pm

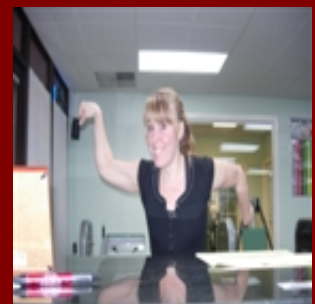
Walk with Will and DeeDee  
Wednesday Mornings 8:15 or  
8:45am

Check out our website at  
[www.bodyandsoulvancouver.com](http://www.bodyandsoulvancouver.com)

### Heart to Heart from Will Lowe, Fitness Trainer

We are coming up on our 1<sup>st</sup> year anniversary. I am so grateful for the quality of women who make up our membership. It is so heart warming to see how positive, friendly and caring you are to each other and new people who come. Certainly our number one asset is you!

The fall season is normally the time people are interested in a new gym membership. I need your help. Could you make a conscious effort to invite two new members to our body & soul family this fall? We have been able to maintain over 120 members throughout our first year (which is outstanding for a new gym). By this time next year we would like to reach out to 340 members. And with your help we can do that!



April is back and is  
teaching Yoga and  
Pilates!

### Commit to Fit Weight Loss Program

This is an 8 week program that guides you through 8 new healthy habits. Resulting in fat loss energy boost increased wellness and best of all a new set of habits that will carry you through a lifetime. You'll be given one new habit to implement each week carrying each new habit into the next week. Nutritional support is available from Advocare but is not required. Whether you need to lose 10lbs or 50lbs this will be a great program to counteract the natural weight gain of the fall season. The class is lead by Will for Members Tuesday nights at 7pm (Oct 27<sup>th</sup> thru Dec 11<sup>th</sup>)

### A Class for the New Mother's Body

This is a class best suited for new mothers at least 6 weeks post labor. Classes will last one hour on Saturday mornings at 9am from October 27<sup>th</sup> thru December 8<sup>th</sup>. The class is taught by Brianne Grogan, Physical Therapist and new mother. Brochures are available at the front desk.

*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 welcome Deborah Cousino to lead our new Knitting Circle on Sundays at 1:00 pm. She will be teaching Will and the class to knit a pair of slippers just in time for holidays. Knitting Circles have been known to have magical powers to decrease stress and build social bonds. You will learn to knit while at the same time learn about each other as Will prepares a special question each week for the group. For those who do not have an interest in knitting Deborah will take orders for up to 10 pairs of slippers at \$20.00 a pair if you provide the yarn.
2. We welcome April Lowe back to teach yoga on Monday and Wednesdays at 7:00pm. April will also teach Pilates in the mornings at 6:15 am on Tuesdays and Thursdays. April is also offering a Senior Yoga class on Mon/Wed at 3:30 pm.
3. Kickboxing with Toni will continue on Monday and Wednesdays. This class is taught at different levels simultaneously so if you are a beginner or advanced you can take the class at your pace.
4. Rachel teaches Move and Groove for our early birds on Mon/Wed at 6:15am. Will teaches Move and Groove on Mon/Wed at 8:00am and Saturday mornings at 10:00 a.m. and Tues/Thurs at 6:00 p.m. Move and Groove is both a low impact and high impact aerobics class.
5. Tai Chi is defined by the Chinese as the "Ultimate Supreme Force", it is also described as "Stillness in Motion". This powerful meditative force is touted by the Mayo Clinic as one of the best ways to deal with stress. The Yang Family short form will be introduced by Will. It is taught on Saturdays at 11:15am. A special class for those with mobility issues is also available on Fridays at 3:30 p.m. Tai Chi will help improve balance and stability and increase vitality.
6. Self Defense is back on Thursdays at 7:00 p.m. taught by Will.
7. Future classes to look forward to include: Belly Dancing with Renny Troupe and Exercises for Those with Osteoporosis with Corey Blickenstaff, Physical Therapist.
8. See flyers for a description of our new Commit to Fit Program and Class for the New Mother's Body.
9. We are closed from 1:30pm to 3:30pm M-F. We will also be closed on Dec. 24<sup>th</sup> and 25<sup>th</sup>.

**Class Schedule**

**October 22<sup>nd</sup> - December 23<sup>rd</sup>**

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10am</b> Circuit Opens	<b>6am</b> Circuit Opens <b>6:15am</b> Move & Groove (Rachel) <b>8am</b> Move & Groove (Will)	<b>6am</b> Circuit Opens <b>6:15am</b> Pilates (April) <b>8am</b> Yoga (April)	<b>6am</b> Circuit Opens <b>6:15am</b> Move & Groove (Rachel) <b>8am</b> Move & Groove (Will)	<b>6am</b> Circuit Opens <b>6:15am</b> Pilates (April) <b>8am</b> Yoga (April)	<b>6am</b> Circuit Opens <b>AM</b> Fitness Assessments (Val)  <b>3:30pm</b> Tai Chi for Mobility Issues <b>PM</b> Fitness Assessments (Will) <b>6:00pm</b> <b>Closed</b>	<b>9am</b> Circuit Opens <b>9:00am</b> New Mother Class (Brienne Grogan DPT) 10/27 thru 12/8 <b>10am</b> Move & Groove <b>11:15am</b> Tai Chi (Will) <b>1pm</b> Closed
<b>1pm</b> Knitting Circle	<b>3:30pm</b> Modified Yoga (April) <b>5:30pm</b> Pilates (April)	<b>6pm</b> Move & Groove <b>7pm</b> Commit to Fit Weight Loss Program(Will) 10/23 thru 12/11	<b>3:30pm</b> Modified Yoga (April) <b>5:30pm</b> Pilates (April) <b>6pm</b> Kickboxing (Toni) <b>7pm</b> Yoga (April)	<b>6pm</b> Move & Groove <b>6:45pm</b> Self Defense (Will)		
<b>2pm</b> Circuit Closes	<b>6pm</b> Kickboxing (Toni) <b>7pm</b> Yoga (April)					