

# Body & Soul Newsletter



It's cold outside



So warm up in here!



## New Year Every Day By Will Lowe, Fitness Trainer

If you talk to a Netsilik (an indigenous person from North America) and ask her how old she is? She will ask, "What time is it?" You reply it is 3:00pm and she will say, "I am almost". You ask, "Almost what?" She replies "I am almost 1 day old, tonight when I go to sleep I die and wake up to a whole new life tomorrow." For the Netsilik everyday is a New Year. What a great perspective to have. Perspective is really important.

I am convinced that it is always better to view the world from a positive perspective rather than a negative one. We have to work at that sometimes and not let anyone or anything disturb our peace of mind. Here are 3 good questions to ask yourself when you are losing your perspective:

1. Am I filled with negative self-talk? It's critical to replace negative self talk with a new reconditioned way of thinking. Some of us have a lot of negative tapes running inside us from repetitive statements when we were kids that we were no good or we would not amount to much. Replace those negative statements with the belief that you are "Just Magnificent!"
2. What behavioral patterns have I incorporated that are holding me back from having a positive perspective? Do I spend time with negative people that are holding me down? Am I filling my life with positive input or negative input?
3. Have I smiled today? It's such a simple thing to do. It will send endorphins into your system. Laughter is even better. Spending time with happy, positive people is contagious. They will help you live everyday as a New Year.

## Announcements

Our new treadmills are here!!!



No Classes March 3<sup>rd</sup> -March 9<sup>th</sup>

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

We would like to congratulate the following members:

Ann Crandall for her great performance playing in the Portland Opera!

Rachel Morgan & Heidi Bjurstrom for their impending bundles of joy!

Marit Aldrich on her engagement!

Janis Lord and Nancy Makela for having the highest number of visits to Body & Soul!

You are all magnificent!

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



Welcome to our new session of classes

1. April Lowe will be teaching Pilates at 6:15 in the morning and 12:30 in the afternoon on Mondays and Fridays as well an evening class at 5:30pm on Tuesdays and Wednesdays.
  2. This class session we would like to welcome Cheryl Lowe who will be teaching an evening meditation class for weight control, Monday nights at 7pm. She is also taking over teaching the 7pm Yoga class on Tuesdays. April will continue to teach Yoga at 7am Mondays and Fridays as well as 7pm Wednesday evenings. She will also be teaching Senior Yoga but at a new time- 12noon.
  3. Kickboxing with Toni will continue on Monday and Wednesdays at 6pm. 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 Tue/Thurs at 6:15am. Will teaches Move and Groove on 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 Thursdays at 7pm and Saturdays at 11am.
  6. Salsa circuit is a class designed to spice up your workout on the circuit. It meets Sundays at 11am and will be taught by April.
- \*\* Commit 2 Fit is a program designed to develop healthy habits that you can maintain long term. You may participate in this program in a group or individually. It is a six week long program and the cost is \$65\* for the group rate or \$180\* for one on one sessions with Will. (\*Plus tax)

Class Schedule  
March 10<sup>th</sup> – May 4<sup>th</sup>

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am Circuit Opens	6am Circuit Opens 6:15am Pilates (April) 7am Yoga (April)	6am Circuit Opens  6:15am Move & Groove (Rachel)	6am Circuit Opens	6am Circuit Opens 6:15am Move & Groove (Rachel)	6am Circuit Opens 6:15am Pilates (April) 7am Yoga (April)	9am Circuit Opens  10am Move & Groove 11am Tai Chi (Will)
11am Salsa Circuit (April)	12pm Senior Yoga (April) 12:30pm Pilates (April)	5:30pm Pilates (April)	5:30pm Pilates (April)		12:30pm Pilates (April)	1pm Commit 2Fit Group**
2pm Circuit Closes	6pm Kickboxing (Toni) 7pm Meditation for weight control (Cheryl)	6pm Move & Groove  7pm Yoga (Cheryl)	6pm Kickboxing (Toni) 7pm Yoga (April)	6pm Move & Groove  7pm Tai Chi (Will)	6:00pm Closed	