

Fitness Today

Our Food & Beverage Area: We have interviewed a number of prospective candidates desiring to run our food and beverage area but we just haven't found the right fit. We are looking to partner with someone who could run a health food deli out of this area. Fast, healthy fare, and ready to go along with smoothies and other items. If you or someone you know might be interested, please have them ask to speak to Mae.

They are coming!



We listened to you.

We have already placed our order for a complete line of new strength-training equipment for our weight floor. As per your strong recommendations as well as advice from our fitness professionals, we have purchased 32 pieces from Hammerstrength, the leader in plate-loaded equipment, as well as a few other pieces from other manufacturers.

Hammerstrength's plate-

loaded technology allows for simulation of the natural, ergonomically-correct paths of motion which promotes better form and posture.

Pictures of some of these pieces are posted on the wall as you walk in the club's front door.

We have also purchased other accessories like new weight plates, dumbbells, racks, etc. as well as a few pieces of cardio equipment to replace some of our older relics so



Hammerstrength's plate-loaded equipment.

when the order arrives, both the weight floor and cardio room will be upgraded.

We are excited!

So far, here is the update on this order:

(continued on Page 2)

Special points of interest:

- Gym equipment purchase update
- Restaurant
- Friends for Fitness
- Your suggestions

Congratulations!

Our Friends for Fitness Program has generated quite an interest among our members!

On top of the list is Alicia Nestor, who is only two members shy of having a full-year membership free! Way to go, Alicia!

Other members receiving months free off their membership include the following:

Carol Sinott, Geralyn Weber, Greg Eliel, Joanna Samuel, Julia Hansen-Hodge, LaVaughn Belle, Miguel Charriez, Nakesha Ventura, Ozelia Lewis, Richard Schrader, Steve & Bianca Passons, and Taylor Jackson.

These members will be receiving at least a month's free off their memberships. (If your name is not here and you have referred a long-term member, please see our front

desk.) They will also form the core group of our Friends for Fitness program, which we started in February.

For details, please see our announcement on the bulletin board, across the front desk.

We are extending this program to April 30 so HURRY! Join our Friends for Fitness now by referring a friend. Pleasant surprises await you!

They are coming!

(continued from Page 1)

The manufacturer needs six weeks to fabricate the equipment.

It takes about a week to truck them to a central location in Florida and then another week, maybe less, to crate and load onto containers for shipment to St Croix. The ocean time will add another week to the process.

So, tentatively, we are looking at April or early May for installation.

The weight floor will have to be closed for a few days to install the new equipment and remove the old. We will be flying in Hammerstrength's installers who said the installation process will take two days. This means weight floor will be unavailable from Thursday to Sunday, allowing time for complete cleaning, repainting, and equipment change-over.

So what is the plan for the old equipment?

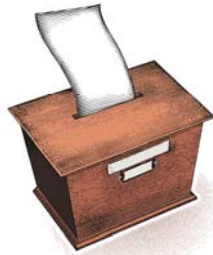
As per your request, we will create a small 'women only' area in the cardio room where the rowing machines now reside. This will be the 'testosterone-free zone'.

We will sell some other pieces to interested members and then donate the rest to local schools.

You will receive updates as we go along.

Again, thank you for supporting your health club and we look forward to even bigger and better things for all our members!

We read every word!



Every one of them.

Your suggestions bring to light what otherwise we would not have noticed, or would have been buried in our long list of priorities. We truly appreciate hearing from you.

Some of the things that you wrote require a little bit of research; some need to be discussed, and some require individual responses. After deliberation and consultations, we are addressing your concerns:

Request for spinning class. We have approached our certified spinning instructor and this is one class she does not recommend. This type of exercise, done over a period of time, can cause deleterious effects on the body's structure. This information has been confirmed by our therapists from the rehabilitation center. This being the case, until we are able to obtain strong information to the contrary, we will not pursue having this class.

Request for Ab Machines. We had to make a decision as to what equipment to purchase and how to fit everything we wanted on the weight floor. The few machines that actually engage the abdominal muscles without putting the lower back at risk can be duplicated

without equipment and are superior to boot. If you don't seem to be getting the results you want in the abdominal area, Dr. Menzies would be glad to meet and advise you on proper training of the abdominal muscles. Just leave your name, tel. number, and email address at the front desk.

Do not allow shoes in steam room. We put up a sign and a shoe bin but for those of you that do not have experience in the use of a steam or sauna room, please make sure you are clean, barefoot, and wearing a bathing suit when entering. This is the proper etiquette for the use of both rooms. Maximum time in either should be 10-15 minutes.

Music in weight room sucks! Different strokes for different folks... This is an issue that has been debated ad nauseam since we opened the club in 1989. We have such a diverse membership that it is impossible to play a music station that everyone will like. We end up playing some generic station that has the least chance of being offensive but in the process it doesn't inspire many. One person requests reggae and soca while others request jazz, rock & roll, country & western... the list goes on. How can we make everyone happy? We have tried many different stations locally and on DMX. It doesn't seem to matter; we still get complaints. So we will tell you all what we have said for some time now: If your music is important to your workout,

you need to bring your own. Having said that, while we are renovating the weight room, we will overhaul our sound system, install TVs, and have pre-recorded music videos playing on a loop. What we'll try to do is put together a mix of all types of music so you don't hear or see more than a couple songs in a row of the same genre. So if you are not fond of one particular song, hopefully the next one will be to your liking.

Member for years want further discount. You guys are tough! We just lowered our fees by \$15 a month and are spending a significant amount of money to upgrade the facility. Add to that the increasing cost of doing business, i.e. have you checked your WAPA bill lately? Now, multiply that by 30 and you will come close to what we are paying. Most businesses raise prices under these circumstances. We lowered them.

Well, we ran out of space! Thank goodness we have another newsletter coming soon. With so many things going on with our club, we will certainly not be remiss in our communication.

Until the next issue, folks, please be well.

