

YOUR FITNESS

by Barry McLaughlin, info@radissonfitness.com

Recently a member brought in an article dealing with current trends in fitness.

I think we're pretty much on the mark.

Yoga and tai chi classes are exploding on the fitness scene. We have offered a Tai Chi class at the RFC for over 5 years under the guidance of Dan Jones. The class started out with one person "me" and has grown to about 7 regulars. It's both physically and mentally challenging. It's great for balance training, peace of mind, strength building, and "because Dan is the instructor" we always have a great time. There is a charge which breaks down to \$5.00 per class but that's a bargain. Wednesday mornings at 10:15 a.m.

The RFC Yoga scene is growing. We have two chair yoga classes scheduled for our seniors or those individuals who can't really hop up and down off the mats. Deb Hoan and Denise Schaaf are the instructors and they know their stuff!

For those wanting a little more active yoga class we have a Flow Yoga Class. In this class you will need to bring a yoga mat. Cyndy Long will be your instructor and those of you that know her, know she does a really great job. (Fridays - 9:30 a.m.)

We also have two and soon to be three RFC fitness instructors, who have taken upon themselves to get certified by "YogaFit" a well-known fitness organization in the club industry. Cyndy Long & Aleen Waters are now certified in "YogaFit." Denise Schaaf will be certified by the end of March. One of the requirements for certification is 8 hours of health community service. So we're offering to members an opportunity to take



some free Yoga classes. If we have enough interest there is a good chance we may add some of these classes to our regular schedule with a reasonable fee involved.

What's the current scoop on strength training? Well variations of strength training old and new are constantly being brought to our attention. More women are realizing the benefits involved as well as the 40 + age group of both genders.

In most cases people are not training to be the next "Arnold" but rather the goal is to be "functionally" fit. Getting the



body to work together in harmony to be "all that you can be." If you're a downhill skier in the Olympics you need to be functionally fit for that activity or you're going to get hurt. If you're the average forty-year old (not our boy Bret) you have to be functionally fit for your activities. A winter example would include shoveling snow with all its twists and bends, slow movements, fast movements etc. In Minnesota it's a good idea to be able to keep your balance fitness in tact. How many of us know of broken bones this past winter? By working on your balance you decrease the chance of wearing a cast all winter. And if you're ninety, and working out in a SilverSneaker group, you've certainly got an edge over the "non-moving" ninety-year old.

If you're goal is weight loss - then weight training, aerobic exercise, and watching your eating habits should be in your program. Low carb/high carb, cabbage diet, protein diet, oh

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Getting the body to work together in harmony to be all that you can be.
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Easter

BUFFET

Sunday, April 4th

10 a.m. to 2:30 p.m.

Adults: \$24.95 per person

Children 5 to 12 Years of Age:

\$9.95 per person

4 and under: Free

Prices do not reflect tax or gratuity

Served in the Creekside

& Europa Dining Rooms

Reservations begin March 10th
Call 763-559-6265

Fruits, Cheeses, & Salads

•
Create your own Omelet

•
Fresh Seafood Entrees

•
Pasta Dishes

•
Ham, Chicken & All The Sides

•
Tantalizing Dessert Selections

•
Complimentary Glass of Champagne

Family and fiends visiting?
Call us for great guest room rates!

New Class Boot Camp with the Rhino

Get fit while you have a smile on your face. Ken Bromley brings his unique talents as a trainer to every one of the class participants. Sure you might be a little sore the next day but that could be a good thing - sometimes it takes two days. But it's a good sore - you know something is happening! And it's a change - doesn't that a nice ring to it?

Every Monday
Noon - 12:40 p.m.

MIDDAY BOOT CAMP

EVERY MONDAY
COMMENCING 1200 HOURS

SIGN UP AT THE FITNESS DESK
YOUR PARTICIPATION IS HIGHLY RECOMMENDED

INSTRUCTOR - KEN BROMLEY



YOU WILL HAVE
40 MINUTES OF FUN!

YOUR FITNESS (continued)

there are so many. It looks like portion control is the key with any of them. I'm a believer in a low fat, moderate carb (the good carbs), and moderate protein diet, but things change. The current thinking is portion control.

In the past aerobic exercise was thought to be the way to exercise for a smaller waistline. Now muscular work has been recognized to make a significant difference in burning those calories.

And the word in aerobic exercise is "interval training." It burns fat quicker than long slow exercise. What does this mean? You can shorten the aerobic portion of your

workout. If you're already in good shape pick up the pace – do intervals of perhaps 2 minutes where you raise your heart rate high enough that you can't talk comfortably – followed by a recovery period when you come back to normal – followed by another interval etc. Talk to Mary Jo, Ken, or Barry about intervals. If you are just getting started, have heart or circulatory problems, or you are in the 50+ group, talk to your doc before you even think about intervals.

Best advice – Keep It Moving!!

RFC BOOK SIGNING

by Jim Klobuchar

Jim Klobuchar, a member of Radisson Fitness Center, was a columnist for the Minneapolis Star Tribune for more than 30 years. He is the author of 23 books ranging from his experiences as a mountain climber and cyclist to pro football and as a sometimes astonished observer of the human condition. In 1986 the National Newspaper Columnists Association chose Jim as America's outstanding columnist for newspapers with over a 100,000 circulation. He was later nominated for a Pulitzer Prize by the Christian Science Monitor. In 1986 he was a finalist in NASA's Journalist in Space program before it was cancelled due to the Challenger accident. He is active in the international microfinance poverty alleviation program that makes small loans available to the ambitious poor in developing countries. He is a resident of Plymouth and the father of Minnesota Sen. Amy Klobuchar.

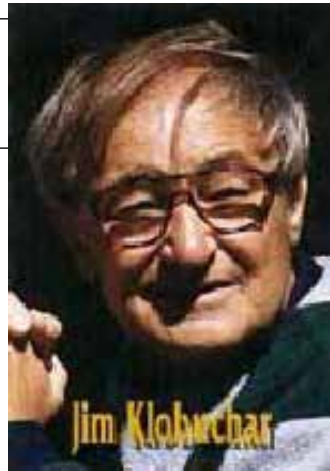
His latest book "Always on Sunday," published in the fall of last year, looks at the multi-billion dollar colossus that pro football has become with its round-the-calendar exposure, its huge audiences and the Super Bowl extravaganza. This, he compares with some of the chaotic times in pro football's evolution, which he covered reporting the mixed exploits of the earlier Minnesota

Vikings. They were times, he now recalls fondly, when the Vikings were not so much a football

team as a wildlife refuge. But there were also the Super Bowl years, whose architect, the Hall of Fame coach Bud Grant, collaborates with Jim in remembering those years and looking at some intriguing rules changes that Grant believes can enhance the flow of the game, remove some of the dead spots and heighten its suspense.

Jim will bring two of his more recent books, "Pieces of My Heart," recalling the gifts that have come into one man's life from his experiences in wild nature, and "The Cross Under the Acacia Tree" the story of 50 years mission in Africa when he comes to visit.

Come join us on Thursday, April 8th from 10:00 a.m. – 2:00 p.m. and meet the man behind all those words. The prices for the books are discounted as a courtesy to Radisson Fitness members.



Racquetball

Another Chili Challenge

**Saturday,
March 27th**

Play hard,
have some
laughs, and fill
your belly with
some great chili
made by
our own
Radisson Chefs.
What a deal!!

Play starts
around
8:00 a.m. and
the chili is ready
about 11:00 a.m.

Cost:
Still the
"more than
reasonable"
price of \$2.00.

YOUTH PROGRAMS

BOXING WITHOUT BUMPS & BRUISES

The Grand Boxing club is a new and unique way to exercise. It is based on the fundamentals of the sport of boxing and designed to train everyone from 9 years and older. Our boxing fitness training programs effectively combine traditional boxing techniques, strength training, aerobics, and cardiovascular development. The instructor and coach, Matt Koylovski, has many boxing achievements under his belt, including at one time being the highest-ranking amateur in Russia.

Every session includes a warm-up period,

followed by instruction on boxing technique, and ends with muscle conditioning. "We strive to teach all our participants how to use the boxing equipment and to enhance their skills in the sport of boxing."

CLASS SCHEDULE

Sundays 10:00 to 11:30 a.m.

Tuesday Evenings

Check out Karate classes
Racquetball Lessons for kids.



Membership

Info:

763-559-6286

info@

radissonfitness.com

Club Manager:

Barry McLaughlin

763-559-6286

info@

radissonfitness.com

Conveniently Located

At The:

Radisson

3131 Campus Drive
Plymouth, MN 55441

763-559-6600

RADISSON FITNESS CENTER

SPRING & SUMMER SWIM LESSONS

SPRING SWIM LESSONS

April 6th – May 6th

Tuesday & Thursday Evenings

Ten 30 minute classes

Level 1 5:00 – 5:30 p.m.

Level 3 5:00 – 5:30 p.m.

Level 2 5:30 – 6:00 p.m.

Level 4 5:30 – 6:00 p.m.

COST: We have a quality program at the RFC that is a good value for our participants. (And the water temperature is kept at 86 degrees). The classes will be scheduled if there are as few as three participants and will not exceed six.

TEN – 30 minute classes. \$95.00

SUMMER SWIM SESSIONS

Two-week Sessions

Monday thru Thursday

Parent/Child Classes

Eight - 30 minute classes.

All Other Levels

Eight - 45 minute classes

SUMMER SWIM LESSONS

June 14th - June 24th

Parent/Child - 1:30 – 12:00 (1-3yrs)

Level 1 12:00 - 12:45

Level 3 12:00 – 12:45

Level 2 12:50 – 1:35

Level 4 12:50 – 1:35

Level 5 1:40 – 2:25

June 28th - July 8th

Level 1 12:00 – 12:45

Level 2 12:50 – 1:35

Level 3 1:40 - 2:25

Level 4 2:30 – 3:15

Two Weeks:

July 12th - 22nd & July 26th - August 5th

Parent/Child - 11:30 – 12:00 (1-3 yrs)

Level 6 12:00 – 12:45

(Personal Water Safety)

Level 1 12:00 – 12:45

Level 2 12:50 - 1:35

Level 4 12:50 – 1:35

Level 3 1:40 – 2:25

Level 5 1:40 – 2:25

COST:

Parent/Child - \$95 (8 – 30 min. classes)

Levels 1 – 6 – \$114 (8 – 45 min. classes)

Private and semi private lessons available

Class size - 3-6 participants. Classes with only 2 participants signed up may option for semi-private lessons at \$25.00 per half hour class or the class will be cancelled.

Registration will start on Wednesday, March 10th at 8:00 A.M.

Payment will reserve spot in upcoming programs. Tel. 763-559-6286