



Mountain Island Fitness

November Newsletter

Message from Marc

Right off the starting line this month make sure you try a Group KICK class. It is the newest addition to our group x programs and is a lot of fun. You will need to bring all your stress and aggression to this one.

Our MIF basketball team is doing good. We need one or two more wins to get in the play offs. We are having a great time playing volleyball every Sunday at 1400hrs (2:00 pm) and would welcome anyone else that wants to play.

It's almost time for those New Years resolutions. If you want to get a jump on yours, see one of our awesome trainers, we will get you where you want to be with a prescription of group classes and training sessions designed to help you achieve and exceed your goals.

Remember to tell all your friends about our coats for kids drive in November and December, when they can join with no enrollment fee by donating a new kids coat and gloves, knit caps are also cool, as well as toys, these go to a local church and are distributed to kids who are in need. Thanks for your continued support and hopefully, I'll see you in one of my KICK classes this month.

November 2009

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**True enjoyment
comes from ac-
tivity of the mind
and exercise of
the body; the
two are united.**

- Alexander von Humboldt

Carolina Beaming White

www.carolinabeamingwhite.com
(704)393-7600 ext. 316

Grand Opening

Monday, November 2nd

Located in
Mountain Island Fitness

Cosmetic Teeth Whitening

(FDA Approved)

2-5 Shades—Immediate Results
15 minutes to a Brighter Whiter Smile
Relax while watching TV or listening to music

Two Treatments for the
price of **One**

\$99

Grand Opening Special

Two Treatments for the
price of **One**

\$99

Grand Opening Special

MIF Mtn. X Training

Not just a training program.... Not just a diet..... A CULTURE CHANGE !!!

Mtn. X Training is a support System from A-Z. It is accountability for yourself and your teammates. Being on your own can be **too** hard to succeed. This program puts you on a team of 4-8 members, mentored by MIF training personnel so you and your whole team can succeed the first time, every time.

The Program:

- A 90-day training program designed to help an individual lose inches and body fat, while also getting them more fit and stronger.
- Safety is the most important aspect of Mtn.X training. We will use a progression concept of training (that means do not do too much too fast)
- The program will be based on current fitness level, age, and how hard you are willing to push yourself. (Remember no pain, no gain)
- Over this 90 day time frame you will learn what to eat, how much to eat, and when to eat it.
- You will be assigned cardio training 4-5 days a week. (You will have a variety to choose from, varying in intensity.)
- 2-3 days of resistance training will also be required, so we can build muscle and burn even more calories. (We always train for balance and symmetry, but we also know how to safely target those problem areas.)
- You will be held accountable you signing off on your workouts and by your teammates. It is extremely important for you to do the assigned workouts as prescribed.
- You will have two high intensity workout per week with a personal trainer.
- Cost of this program is \$375 (Only \$20/session)

STEP

UP

AND

LOSE

IT

I would like to thank all the MIF members who sponsored me in our 1st Step Up & Lose It Program.

Eppley family, William family, Jimmo family, Novak family, Manny Price, Nancy Montz, Kirk Campbell, Cathy Brackbill, Nash family, Heddleson family, Millhauser family, Edgerton family, Shawn Jackson, Mark Maloney, Jennifer House, Fisher family, Butler family, Marakowitz family, and the Estrada family.

Thanks to all of you! So far we have raised a total of \$1,225. Levine Children's Hospital will receive \$950. The rest will be used to purchase prizes for the winning members. I would like to congratulate all of our contestants. (You guys are awesome!)

Our top 3 losers were Mark Muller, who lost 60 lbs. (WOW!). Me (Gwendolyn) with a 43 lbs. loss and Michelle Buchheit with 40 lbs. lost. On January 2, 2010 I would like to kick off another contest for those of you who want to get serious about losing weight in the New Year. If you are interested come to the front desk and see me (Gwendolyn), and we will talk! I would love to tell you all about it and how Step Up & Lose It can change you.

Suzzanna Says.... Come talk to me



Have you hit a brick wall?

Are you in a rut?

Do you need a change?

Come talk to me! I will help you out of that rut; you can smash that wall; and together you can make that change.

I will make training fun. We will create a diet plan to suit you with the ultimate goal being "changing your lifestyle". With a few small changes you will see some amazing results. I have done it myself and

continue everyday to work at being more fit. You can do it too!!! See you on the gym floor. Suzz



The X Factor – MIF Group Exercise News from D.J. Kazmierczak



Group Kick brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out!

Group Kick borrows movements from boxing, kickboxing and various martial art disciplines and programs these movements to dynamic music, creating a simple, fun and effective method to workout in groups. The class starts out with a comprehensive warm-up then moves along with specific songs that offer effective sequencing for quick learning and a suitable work-to-rest ratio. The class ends with a stretch and cool down that offers physical and mental relaxation benefits.

Group Kick is for anyone wanting a challenging, athletic and motivating workout in a realistic time frame.

- It is great for new exercisers, as you have the ability to adjust the level of the class to suit yourself.
- Group Kick is great for cross trainers wanting to add variety to their training like timing, precision and focus.
- Group Kick gets rave reviews from women as it uses the upper body to give great shoulder and arm definition as well as allows them to punch and kick stress out their lives.
- Men enjoy it because it is about as far from an "aerobics" class as you can get.



Moment on Massage

For those gym members who are pushing the envelope and getting back in shape: If you are experiencing muscle tightness, muscle aches, back pain, headaches what better time than to make an appointment with Jere who now is incorporating Sports Massage in his massage treatments.

Sports Massage uses long gliding and smoothing movements to loosen tight muscles and enhance athletic performance. This is great for pre and post workout stretches.

My goal as a Bodywork and Massage Therapist is to enhance and increase the circulatory system and to break down any muscular restrictions that exist for optimal health.

For the month of November if you book three 50minute sessions, then the fourth session is half price. This includes a postural analysis which helps to determine where the restrictions and distortions are in releasing the trouble areas in the body.

So book you sessions at the front desk or by phone. Gift certificates are available.

Note:

Therapeutic Massage is covered under insurance if you get a prescription from your physician.

The benefits of massage include: Increase blood flow; Increase range of motion and flexibility; Decrease recovery time between training sessions; Decreased muscle spasms (Charley Horse)

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Mountain Island Fitness

Committed to creating a memorable fitness experience for all our members and guests.



We are on the web at:

www.mifitness.com

You are our best advertisement

Refer a new member to us!

When they join you receive **\$25** on your member pre-pay account to use for yourself.

Services at MI Fitness



Tanning
AT
MI Fitness

We have Three Beds for you to choose from:

Rejuvasun 442

Light & Tanning

Solarforce 652 V

Standup Tanning

Solaris 442

Traditional Tanning

Members can choose 1 session at a time or purchase a package for a certain number of sessions or unlimited tanning.

Experience the therapeutic hands of
Jere Schultz, LMBT
(NC #6055)

Specializations: Myofascial release, including cranio-sacral release & unwinding; Reflexology;

Deep Tissue Massage; & Swedish Massage.

Chair or table options.

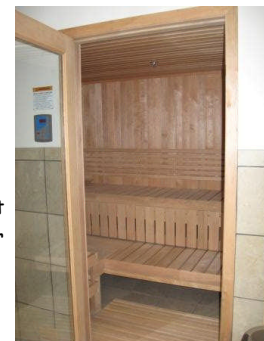
See brochure for office hours or make your appointment at the front desk!



SMOOTHIES!

We love smoothies and you will too! We have all kinds made to order and

with full disclosure. You can have a shake and not feel too guilty at MI Fitness. Hook up to the web while you enjoy your drink or just check out what's on one of the flat screen TVs.



Enjoy a Sauna after your workout to relax your muscles and help open your sinuses with the steam.