



MEMBER NEWSLETTER

APRIL 2006

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Members of the Month Profile - Shannon Priest

Shannon is another Boze's "noon-hour" regular. She works at the Credit Union and has been a consistent fixture at our noon classes for many years. She participates in both the high-tempo and core workouts and enjoys the convenience of working out during her lunch break – as she and her husband Wayne commute to Dauphin daily from their home in Gilbert Plains.

Shannon has aerobics in her blood, as she was once an accredited Manitoba Fitness Council leader, teaching evening classes in Gilbert Plains. David can recall accrediting her on behalf of MFC many years ago. Since then Shannon has given up instructing but still loves to participate in classes. David has inquired about joining Boze's instructors team, but so far Shannon has graciously declined any offers.

In addition to attending classes, Shannon regularly uses the cardio equipment on non-class days, and from time to time also includes resistance training in her workouts. There was a period of time last year when Shannon increased her workout intensity levels and significantly improved her fitness. She's been able to maintain her high level of fitness and has commented that the new BOSU classes are becoming

new favourite of hers.

Shannon is one of our Credit Union regulars, and has become a familiar face at Boze's. We routinely rely on her to deliver "goodies" to other Credit Union staffers on our behalf, and are proud to recognize her as our Member of the Month for April, 2006.

GROUP EXERCISE UPDATE

Wed. 5:15 pm Class to Continue -

Our members have spoken, and we've responded. Having a Wednesday 5:15 class was a popular addition to our winter schedule, and we're bringing it back for the month of April.

Starting on April 5th and continuing until the 26th we're having a BOOT CAMP class on Wednesdays at 5:15 (BOSU CIRCUIT returns to Tue/Thu slot – and will be extended until the end of April as well.

Consistent with past years, we'll keep an eye on the weather and let you know when we'll reduce the 5:15 class offerings.

Noon Class "flip" – BOSU CIRCUIT is hot, and they will be held on Mon/Wed at Noon during April. Wed Noon for the month will be Core Conditioning.

"With each sunrise we are given the gift of a new day; we are presented with an infinite number of possibilities. It is our attitude and choices that will determine the significance and success of this day – make it count."



To celebrate the beginning of spring we're bringing back one of our most popular discounts:

THREE MONTHS FOR ONLY \$135

(Plus GST)

Sale ends April 30th. Renew or extend your membership today.

EASTER HOURS

Boze's will be closed on Friday, April 14th and Sunday, April 16th for Easter. We will be open regular hours (6:30 am to 9:00 pm) on April 17th – Easter Monday.

Spring is in the air

The early sunshine beckons! How are you responding? It's the time of year when "clocks start ticking to a different beat"... daylight saving time is upon us.

There is research aplenty that indicates how people respond more positively to increased levels of sunlight. Just ask around and you will likely hear how people are feeling more energetic, are having less trouble getting up in the morning and are more likely to do something when they get home from work in the evening.

Why not take advantage of these natural urges and refine your exercise and activity program? Spring and summer activities are on the horizon – are you (and your body) ready for them?

We often take ourselves for granted and jump into the new season's activities without thinking about the potential consequences. Even though we haven't swung a golf club for six months or thrown a ball since last August we often "pick up where we left off" – which may lead to injury and frustration.

This is particularly the case if you're older (and aren't we all older than we were last year?) As our bodies age their ability to recover from activity diminishes. You can decrease the likelihood of injury and increase your activity satisfaction (and probably performance) by easing into activity this spring.

There are a couple general guidelines to consider when re-establishing an activity routine. For instance, if you're itching to get back on the links you might consider introducing some stretches for your hips and shoulders over the next couple of weeks. You don't have to do much – a few minutes a day will do – just be regular, and gradually increase the degree and amount of stretching you do.

Same with your strength – if you want to add a couple of yards to your tee shots you might want to consider a light resistance training program. Remember that "all programs are not created equally, and that strength is joint and muscle specific. A program that focuses on the muscles involved in your activity will be

more beneficial than a generalized program.

Like with any new activity, you'll probably feel a bit stiff and sore afterwards. This is usually a sign of doing more than your body can tolerate. Good advice is to "listen to your body" and give it the attention it deserves.

Student extra-discount coming in April!

Boze's already has great student rates, but they get even better when Spring arrives. Starting April 3rd students can choose to purchase a one-month membership for only \$40; a two-month membership for \$80; three months for \$120 or four months for \$160. It doesn't get any better to be a student at Boze's.

Off-Season Conditioning Programs available - for teams or individuals

With the hockey season over, now is the time for designing an off-season conditioning program. Gone are the days when athletes "play themselves into shape".

The off-season is a perfect time to develop the strength, power and speed needed to compete at an elite level. Programs can be designed for individuals and teams, and can be suited to athletes from about 14 or 15

years of age and older. If you have an athlete in the family who needs to get a bit stronger for next season, now is the time to get started.

Programs are included with regular membership fees, so all Boze's member may take advantage of this service. Contact David if you'd like to develop a program for the athlete in your family. (Team discounts are also available. Please see David or Cherie for details.)

April is Member's Lunch Month

We're having another member lunch to celebrate Spring and the beginning of a new season. Bruce Tycholis of Irving's Catering is preparing another tasty lunch buffet for us, and all we have to do is confirm a date. Watch the message board at the Front Desk for the date of our Spring Member's Lunch.

ZONIA'S KITCHEN



Sour Cream Fan Rolls

Ingredients:

2 tbsp active dry yeast
1 cup warm water
2 tbsp plus 1/2 cup sugar divided
2 cups warm sour cream
2 eggs lightly beaten
6 tbsp butter or margarine (melted)
1 1/2 tsp salt
1/4 tsp baking powder
7-8 cups all purpose flour

In a bowl, dissolve yeast in water. Add 2 tbsp sugar; let stand for 5 minutes. In a large mixing bowl combine sour cream, eggs, butter, salt and remaining sugar. Stir in baking powder/yeast mixture and 4 cups of flour until smooth. Stir in enough remaining flour to form a soft dough.

Turn onto floured surface, kneed until smooth and elastic, about 6-8 minutes. Place in greased bowl, turning once to grease top. Cover, let rise in a warm place until doubled; about 1 hour.

Punch dough down. Turn onto lightly floured surface. Divide in half. Roll each portion into a 23"x9" rectangle. Cut into 1 1/2 inch strips. Stack 5 strips together, cut into 1 1/2 inch pieces and place cut side up in greased muffin cup. Cover and let rise until doubled – about 20 minutes. Bake at 350° F for 20-25 minutes or until golden brown. Cool on rack. Yield about 2 1/2 dozen.

Boze's website updated

Check out our new website at www.bozesbodyshop.com We've contracted the services of Boze's member Martijn van Luijn of MvL Design and Tuscany Giftware to develop our new look. We think Martijn has done a great job...and hope you agree.

Let us know what you think about the site by sending us an email. It's simple, just click on the *send us your feedback* button and we'll know in an instant what you think.

We'd also like to get you to share the site with your friends – click on the *email this page to a friend* button so they may also keep up to date on fitness and Boze's happenings.

Our popular newsletter will be updated monthly, with articles added to the site regularly. It's never been easier to print an article or recipe you want to have for yourself.

Additionally, all our previously printed articles, Members-of-the-Month and recipes from Zonia's Kitchen will be archived on the site for your retrieval.

The new website is all about keeping you informed and helping you achieve your fitness goals. Let us know what else you'd like to see on the new Boze's Bodyshop website.