

Turning Point Fitness

SPECIAL POINTS OF INTEREST:

- Men on Mats workshop—April 24th
- National Pilates Day May 1st— Trivia Time
- Lululemon Trunk Show—April 30th
- Zumba Fiesta, May 22nd
- Columbus FitClique

TURN TO FITNESS THIS SPRING AT TURNING POINT FITNESS

It is finally Spring! It seems it would never get here this year. We have a lot of fun and exciting things going on the next few months.

On April 24th we will be hosting our first **Men on Mats workshop**. This workshop will focus on the benefits of Pilates and Core work for men and their health. We will be hosting a **Lululemon Trunk Show on April 30th** to bring in Spring workout fashion. **National Pilates Day** is Saturday, May 1st! So start preparing for the Pilates quiz questions and fun prizes. We had so much success with the **Zumba Fiesta** we are going to do it again in May! Mark your calendars for Saturday, May 22nd at 4PM. We have also started two new **Pilates Tower classes**, Tuesday at 6:30PM and Friday at 9:30AM. I am excited to be able to extend our class offerings and provide different fitness opportunities to our members!

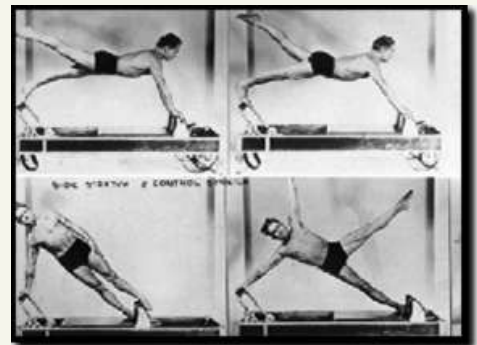
Columbus FitClique

Turning Point Fitness has joined a new fitness and social networking club, Columbus Fitclique. This club is designed to provide an discounts, events, social gatherings, and online fitness resources to those in the Columbus area. It is also designed to support and spotlight smaller and more unique fitness clubs in the area. In addition to offering a fitness resource, Columbus Fitclique also supports the cause of Childhood Obesity and has the goal to raise 1 million dollars for Nationwide's Children's Hospital. To join and take advantage of all the discounts they have to offer, go to www.columbusfitclique.com. The cost is \$39. To see a list of all of those vendors who are participating in the program check out the website. Even if you don't join, you can still take advantage of the their website which is continuing to develop and grow with resources and special fitness events around Columbus. Turning Point Fitness was invited to take part in this project earlier this year. We are excited to be a part of this endeavor and watch it grow!

Men on Mats Workshop - April 24th @ 11AM

"Real Men Do Pilates"

Pilates is not just for women or "dancers", it is for everyone. The creator of this exercise method was in fact a man, Joseph Pilates. Joe was a cigar smoking German boxer and gymnast, who created an exercise system for men! Most men today have tight shoulders, tight backs, hips and hamstrings— all of which can be connected to a weak core. Typically men will focus on strengthen peripheral parts, but not work on the core muscles. Strengthening the core muscles includes working all muscles of the torso, front and back creating a balance which will allow you to stand tall, help align the body and increase flexibility. All of these things will help increase exercise performance, prevent injury and increase overall strength. A Pilates workout is a balanced workout which can connect all the muscles of the body to the "powerhouse"! To learn more about this method and dismiss the idea that Pilates is for women, come join us on April 24th! Please pre-register.



“MOVEMENT HEALS”

PILATES CHALLENGE: THE RESULTS ARE IN

Congratulations to those who completed the Pilates challenge this Winter. Our winner was Mary Smith with a loss of 6.25 inches! She won a \$75 Turning Point Fitness gift certificate. She was joined by Donna Todd, Margot Hoffman, and Peggy Mefferd who also completed the challenge. They took home Joseph Pilate's book "Return to Life" and \$15 gift certificates.

The Pilates Challenge participants had to commit to three Pilates session a week, one of which was a equipment session, for 10 weeks. Each person entering the challenge was tasked with the goal of committing to three sessions and week and adhering to Joe's statement: "In 30 sessions you will have a new body."

SUMMER TRX BOOTCAMP SURVIOR STYLE

It is approaching Summer again and you know that means—**TRX BOOTCAMP!!!** This year we are taking a new approach and will be taking a theme approach similar to Survivor. We are offering two 5-week sessions: June 12 - July 17th (no class July 3rd) and July 24th to August 24th. Class will be held on Saturday, 7:15AM to 8:30AM. Each session will be \$90.00.

The class will be divided into two teams and given a task each week to complete. The team at the end of the 5 week session with the most team wins will be crowned the winner. And, no we will not be voting people off...

Registration forms will be out at the end of May and will be due by June 5th.



Friday, April 30th 7PM
Free Mat Class at 6PM
Please sign up at the desk!!!



Saturday, May 22nd 4PM
Happy Hour to follow!

DON'T MISS THESE ANNOUNCEMENTS

TURING POINT FITNESS IS ON FACEBOOK!!
Become a **FAN** of Turning Point Fitness to keep informed of upcoming special events and classes!

APRIL EVENTS:

April 24th—Men on Mats workshop

Saturday, 11AM to 12:30PM

Registration is required, cost is \$25.00

April 30th—Complimentary Mat Class at 6PM followed by Lululemon Trunk Show 7PM / Wine & Cheese & Shopping!

MAY EVENTS:

May 1st, NATIONAL PILATES DAY!

May 22nd, Zumba Fiesta!!!!

Saturday at 4PM Happy Hour afterwards

Cost is \$5.00 Please sign up!

STUDIO POLICIES

- PLEASE TURN ALL CELL PHONES TO VIBRATE WHILE IN THE STUDIO
- NO gum chewing during class. It is for your safety.
- **PLEASE bring a pair of INDOOR shoes for all aerobic style classes.** If you need help in choosing a pair of aerobic shoes, see Lisa.
- PLEASE be on time! If you are late warm up with the hundred and join the rest of class.
- PLEASE cancel all training appt's 24hours in advance. This will help you avoid being charged for the session.
- PLEASE bring your own mat to all classes.

For more information:

Lisa Hunsaker / 614-329-2224

www.turningpointfit.com

Fall Schedule / Oct to Dec

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		5:45AM TRX			5:45AM TRX 11-6 to 12-11	7:45—9AM Step-n-Sculpt 10-3 to 11-7 Zumba 11-14 to 12-19
	9:30AM Mat Pilates Mixed Level	9:30AM TRX	9:30AM Mat Pilates Magic Circle Class	9:15AM TRX	10:15AM Pilates Equipment Class	9:00AM Mat Pilates Advanced
	4:30PM Cardio Box 20/20/20 10-26 to 12-14			12PM Mat Pilates Mixed Level	11:00AM Open Level Tower	10:00AM Mat Pilates Intro Pilates
4PM 12-6 to 12-20 Cardio Class			5:30PM Turbo Kick 10-28 to 12-16	5:15PM Circuit Crazy Ends 10-29		
	6:30PM Mat Pilates Mixed Level		6:30PM Mat Pilates Basic Mat	7PM- TRX		
			7:15PM Stretch & Relax			

Class Descriptions:

Mixed Level Mat: This class is open to all levels, focus will be on beginning and intermediate exercises.

Intro to Pilates: This is an introduction to Pilates and will prepare you to enter a Mat class and not feel lost. . You will learn the basic principles of Pilates, how to perform the exercises correctly, and understand the terminology.

Advanced Mat: Experienced students get ready to be challenged with beginner to advanced mat exercises. You will use magic circles and hand weights in this fast paced class. Get ready to be pushed.

Magic Circle: This class will combine the magic circle with traditional mat exercises. Put a new twist to your mat work.

Tower Class: NEW – This class combines traditional mat exercises with Pilates Apparatus Cadillac Tower and Barrels. This class is geared to students who have some Pilates equipment experience or extensive Mat work experience. **Separate Registration is required for this class. Drop In: \$20 / 5 classes \$90.**

"I must be right. Never an aspirin. Never injured a day in my life. The whole country, the whole world, should be doing my exercises. They'd be happier."

- Joseph Hubertus Pilates, in 1965, age 86

MESSAGE CORNER: A NOTE FROM KRISTIN

October 25th - 31st is AMTA's National Massage Therapy Awareness Week. To celebrate, I would like to offer you a discount for your continuing patronage! Please bring this ad into your next appointment during the month of October. Feel free to pass this offer onto friends and family - For each referral in the month of October, I will give you an additional \$5 discount for an appointment in November.

Appointments will fill up fast (especially evenings and weekends), so please schedule early!

Bring this Coupon in to receive \$10 off any massage in the month of October!

One coupon per client please

Coupon can be shared with friends and family

For each referral in October, you will receive \$5 off a November appointment

Offer good through 10/31/09

Call or email to Schedule - 614-657-7996 | kk@insight.rr.com

A NOTE FROM LISA

It has been one year this month since Turning Point Fitness moved into its' new home. I am extremely happy and grateful for such a great year.

In one year with the support of my clients we have been able to offer a variety of cardio and strength classes, as well as expanding Pilates

classes, and equipment offerings. This expansion would have not been possible in our previous location.

In addition to our growth in services, we are now on Facebook and with the help from my clients we have a slogan: **"It's All About the Core."** Thank you to everyone who gave their ideas and thoughts towards this project. I derived the slogan from various ideas!

And yes, I have finally joined the Facebook crowd, I know I am slow. For all you Facebook junkies you can now become a fan of TPF. I will be posting upcoming events, schedules, newsletter, and whatever else I figure I can do with this trendy tool.

I look forward to an other successful year with all of you at Turning Point Fitness. Thank you again for your continued support.

DON'T FORGET TO STRETCH!

- TOP REASONS TO STRETCH...
- Decrease muscle stiffness/increase range of motion
- May reduce risk of injury and risk of lower back pain
- Improves posture and circulation
- Reduces muscle tension
- Improves overall functional performance

Kristin Kehler, our in house licensed massage therapist has been offering a 30 minute stretch class on Wednesday evenings from 7:15-7:45pm and will be offering an additional 30 minute stretch class on the 1st Monday of each month at 7:15pm.

Come stretch and reap the benefits of this important part of your exercise program!

\$5 per class