

Somerset Hall at Plantation

FITNESS NEWS

January 2015



FITNESS CENTER HOURS OF OPERATION



The fitness center is open
5 a.m. - 9 p.m.
7 days per week



It's very important to follow reservation policies for group fitness classes. Instructors require a minimum number of attendees in each class. If the class does not reach the minimum required, class will be cancelled.

HOW TO REGISTER?

You now have 2 options to

REMINDER...

Please note that the **fitness equipment** such as mats, blankets and bolsters are for the convenience of all residents. Please return them after each use to the place where they belong. Please do not remove them from the fitness room. We thank you in advance for your cooperation.

As a friendly reminder, please comply with the [Fitness Center Rules](#) in order to maintain the gym in good condition and keep it in great shape for your fellow residents.



Plantation Fitcamp

Monday and Tuesday
Time: 5:45-6:30 a.m. OR
5:45-6:30 p.m. 6 weeks
program (Starting
Monday, January 5-
Tuesday, February 10

Price: \$120 per person. Includes nutrition tips and body measurements which will be held Saturday, January 3 from 10 a.m. - 12 p.m.

Instructor: Quincy Dittman

Burn off the holiday fun with a combination of high intensity cardio bursts and strength training.

Please sign up for your preferred Fitcamp time no later than Wednesday, December 31.

A minimum of 2 participants are required in order to hold the Fitcamp.



register for a class.

*Email Sandra Reynolds by [clicking here](#) or
*Register online through the Plantation Community Website



[Click here for the Fitness Calendar.](#)

RESERVATION & CANCELLATION POLICY



Reservations for fitness classes must be received by 3 p.m. the day before. Monday class reservations are needed by 3 p.m. the Friday before. Cancellations for fitness classes must be received 24 hours prior to the class to avoid being charged for the class.

Aquafit

Wednesday

Time | 10 - 10:45 a.m.

\$7 per Class

Reservations Required

Instructor: Bernadette Mansfield

No Class on Wednesday, January 7

This is a water exercise class focused on cardiovascular and strength benefits. You perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders.



Piloxing

Wednesday and Friday

Time | 8:45- 9:45 a.m.

\$7 per class

Reservations Required

Instructor: Bernadette Mansfield

No class on Friday, January 2 & 9 and on Wednesday, January 7

It's an exercise class that blends the muscle sculpting of standing Pilates, the strengthening and cardio of boxing and the fun of dance into a high energy interval workout. The fusion of these disciplines keeps the classes feeling new and fun but are all rooted in core centered technique and therefore complement each other perfectly.

A minimum of 3 participants is required for each class.



Yoga

Monday and Wednesday

Time | 10 -11:30 a.m.

The class is \$13.00 drop-in and \$110.00/ 10 class cards

Reservations Required

Instructor: Connie Gallo

Yoga is great because improves your flexibility, circulation, strength and balance. It also increases your metabolism and energy levels resulting in weight loss and the improvement of your posture and alignment of your spine. It puts a spring on your step and gives a luster to your skin



Fitness Tip

According to a study posted in Oxygen Magazine, the key to a longer life is muscle mass. Researchers from the University of California at Los Angeles studied 3600 middle aged men and women over a 16 year period and found that those with the most muscle mass had longer lives. So, whatever exercise routine you love to do (running, cycling, elliptical, etc...), it is a great idea to incorporate weight training. Ladies, please don't fear the weights, you will not get "bulky". Lifting weights truly is the fountain of youth!

Here are some reasons why muscle mass is important:

1. More than just calories

Building muscle mass helps strengthen connective tissues, which increases bone density. By doing this, you're reducing your risk for injury, and your chance of getting osteoporosis later in life.

2. Muscle increases metabolic rate

The more muscle you have, the higher your resting metabolic rate. You read that correctly; by doing absolutely nothing, you can actually burn calories thanks to your mighty muscles. One

Yoga

Monday | 4:30- 5:30 p.m.

Friday | 10 a.m.

Price: \$8

Reservations Required

Instructor: Bernadette Mansfield



No class on Monday, January 5 & 12

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The practice of yoga makes the body strong and flexible, it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems.

Body Fit

Wednesday | 5:30 p.m.

Saturday | 9:00 a.m.

\$7 per Class

Reservations Required

Instructor: Quincy Dittman



Change of Day & Time!

This is a moderate paced aerobics class consisting of timed stations.

All forms of exercise complement each other. Burn fat, strengthen your heart and increase your daily energy level safely and effectively.

A minimum of 3 participants is required for this class.

pound of muscle uses about six calories a day to sustain itself, while one pound of fat burns just two calories daily. And after a session of resistance training, you'll burn even more since your muscles all over your body are activated. In layman terms, your muscles eat up calories even when you're not working out.

3. Muscle perks

The Centers for Disease Control (CDC) have also found that exercise, which build muscles can actually help to improve balance, improve blood-sugar control, and improve sleep and mental health.

4. The power of the after-burn

Want to burn even more calories? In a study from the journal *Medicine and Science in Sports and Exercise*, it was found that women who lifted 85 percent of their maximum load for eight reps than when they did more reps at a lower weight burned twice as many calories in the two hours after their workout.

Tai Chi

Thursday

Time | 6- 6:45 p.m.

\$8 per Class

Reservations Required

Instructor: Andy Galan



Tai chi, also called tai chi chuan, is an ancient Chinese tradition that is practiced today as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. This is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Medical research has found evidence that tai chi is helpful for improving balance and for general psychological health and that it is associated with general health benefits in older people.

A minimum of 3 participants is required for this class.

PERSONAL TRAINING

The Plantation has a personal trainer that is ready to assist you in your personal health and fitness goals.



Interested in personal training? Feel free to contact Danielle at dchtraining@gmail.com for any questions you may have or to set up your appointment.