



Adventure 212 Bistro is celebrating the holidays with you! Check out our December Bistro specials!



# One Degree

Monthly Newsletter

DECEMBER 2011

## Take it Off, Keep it Off – Stevens Point premier weight loss support group.

Are you working out and not seeing results? Do you need a little help with nutrition or do you just need someone to check in with on a weekly basis? Join the Adventure 212 Fitness weight loss support group, Take it Off, Keep it Off run by our very own Registered Dietitian, Sarah Agena-Wright. You will not get this kind of support or expertise anywhere else in the area.

Each weekly session will include a weigh in and a nutrition topic for discussion. Meetings will start

Wednesday, January 4th at 5:30 pm and will run for 45 minutes.

Cost per month is \$35 and will be set up through automatic withdrawal with no contract. Meeting drop-in rate is just \$10. This includes weekly support through an online nutrition and exercise tracking tool.

For more information please contact Sarah Agena-Wright at [sagena@adventure212.com](mailto:sagena@adventure212.com) or 715-343-0212 ext 213.

### Adventure 212 Fitness Holiday Hours

- Saturday, December 24  
Closed at 4:00 p.m.
- Sunday, December 25  
Club Closed  
Merry Christmas!
- Saturday, December 31  
Closed at 4:00 p.m.
- Sunday, January 1  
Club Closed  
Happy 2012!

## Inside:

**2** **Intensity is Key!**  
Intensify your workout with these tips from Adventure 212 Fitness personal trainers.

**3** **December Spa Specials**  
Fill out your wish list for the holidays and include Adventure 212 Spa Massages and Facials!

**5** **Receive 25% off at Adventure 212 Bistro**  
Place an order from Bistro 212's Holiday Menu on December 8th during the Holiday Open House.

# December 10-11, 2011

## Aquatic & Fitness Professional Association-International Presents:



### AQUA CERTIFICATION

Saturday, December 10th 8am-5:30pm

A complete primary course for the Aqua Aerobics Instructor

- Learn effective building blocks
- Dictionary of standard aquatic terminology/cueing
- Construct routines and combinations
- Learn aquatic intensities and modifications
- Understand water dynamics, specific moves, training methodologies
- Implement safety considerations and special populations

*Pre-requisites:*

- Current CPR
- Completion of course study material and study guide
- Preparation of Practical Routine (20 min)

### AQUA & FITNESS WEEKEND 2011

Open to current instructors, members, and the general public  
Hosted by Adventure 212 Fitness

- Aqua Certification: \$150.00 + \$75.00 (study materials)
- Presenter: Cynthia Holcomb Krafft, PhD. with over 25 years experience in the fitness industr

Contact Erika Weiss (Group Fitness Supervisor)  
for details and registration form.

**Registration ends soon!**

715-343-0212 x 255

## “Intensity is Key”

PAUL CAMPBELL, PERSONAL TRAINER

*Intensity is a key component lacking in an individual's workout.*

Whether you are looking to increase muscle mass, VO2 max, lose a few pounds or increase overall health and well-being; intensifying your workout may help you break through plateaus and reach your goals. It is too often that people fall into the same routine on a weekly basis by “just going through the motions.”

Additionally, gym gossip and reading the newspaper seem to be an ongoing trend in gyms I have been to. Including drop sets, supersets, burnouts, or sprints are a few good examples of ways to add a little pep to your workout.

Furthermore, having a structured workout log may assist you in increasing your gains and breaking through plateaus.

Many club members like to try new programs they find online, but what good is a program if you don't track your progress? For instance, if a person is looking to try Max-OT (Max Overload Training), but fails to record weights and repetitions, how will you know your strength has increased? It is nearly impossible to recall the weight and repetitions you have completed three months ago, but logging your information allows you to look back at previous workouts and adjust your weights accordingly.

## Soccer Camp this January!

DENELLE HELGESON, YOUTH SERVICES MANAGER

This coming January, Adventure 212 Fitness has a soccer camp to keep your kids active during the long, cold winter! Brittney, from our Adventure Zone staff, will be our coach!

Brittney has been coaching soccer for 5 years and has enjoyed every minute of it! She started off coaching 7 & 8 year olds during a summer recreational league. She found it to be very fun, but also presented challenges as well. Brittney learned how to teach the fundamentals of soccer, which she had sometimes overlooked having played soccer her whole life. She loves spending time with the kids during the summer months and has continued coaching every summer.

After coaching recreational soccer for 2 years, she started to coach more competitive levels of soccer. Brittney has been coaching competitive soccer for 3 years now and has learned a lot about the sport and coaching, in general. From her recent experience of coaching, Brittney has realized that she wants to coach at a higher level someday; in addition to her career of teaching. Brittney is currently enrolled at UW-Stevens Point, pursuing a degree in Education.

Our soccer camp will run Saturday, Jan 7, 14, 21, 28 from 10 am to 12 pm in the gym! This camp is set up for 7 to 13 year olds, as it will tackle the fundamentals for more competitive play in the future. Cost of the camp is \$55/member and \$65/non-member for the 4 week session. Participants need to bring their own soccer ball and will be required to purchase a jersey for an additional fee of \$10. Please contact Denelle (715-343-0212 ext. 228) for any questions or concerns.



CHECK OUT OUR  
**DECEMBER  
SPA SPECIALS**

**MASSAGES & FACIALS**

# All I Want For Christmas Is...

*Let Spa 212 fulfill your Christmas Wish this year!!!*

Simply fill out your "Wish List" card and place it in the box. These items are both located at the front desk. We will then make sure that your "Wish List" is passed on to your loved ones!!! Your loved ones can purchase these gifts for you at the front desk through December 24th.

Spa 212 will also be hosting a Stress Free Shopping Weekend for your significant other, friends and family. This event will be held Friday December 9th from 5pm-8pm, and Saturday December 10th from 9am-12pm. They can come in that weekend to purchase your gift and then qualify for our extra specials, discounts, and drawings.

***Hurry in and fill out your "Wish List" card and get a gift from Spa 212 this Christmas!!!***



## December Spa Specials:

**- Hot Stone Massage**  
with dry brushing, and your  
choice of hand or foot paraffin.  
75 min service: \$70

**- Feeling Rushed** this Holiday  
Season and a 60 minute mas-  
sage is just too much, but 30  
minute massage is not  
enough??

45 min relaxation massage: \$40  
45 min deep tissue: \$45

# what's COOKING

AT ADVENTURE 212 BISTRO



## Season's Greetings from Bistro 212!

**W**e would like to celebrate the Holidays with our members and guests by hosting a Bistro 212 Open House. December 8th from 11:00 a.m. until 7:00 p.m. Bistro 212 will have samples of our holiday menu to sample along with an array of traditional holiday favorites for everyone to enjoy.



Place an order from  
Bistro 212's Holiday Menu on  
December 8th during the  
Holiday Open House  
and receive

**25% off**  
your order!

Bistro 212 will also be releasing its first GLUTEN-FREE menu. Wraps, grilled Paninis and soup will be offered daily!!!

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**Bistro 212** wishes **EVERYONE**  
a safe and enjoyable  
Holiday Season!!!

