

March 2010

One Degree

A monthly newsletter to get you one degree closer

Ladies are Taking Over in March!

Whether March comes in like a lion or a lamb, Adventure 212° has a way to make winter a little more enjoyable.

On Saturday, March 13, ladies are taking over the gym! Grab your girlfriends and come on in for a night of food, fitness, relaxation, shopping, prizes and fun! The event will run from 6:30-9:30 p.m., after normal gym hours and is open only to ladies. There will be a home business expo with vendors such as Silpada, Tupperware, Tastefully Simple, Dad's Favorite Cheesecakes and many more. Bistro 212° will provide tasty refreshments. There will be group fitness classes running as well as reduced price spa services. You can check out the mini health fair or enjoy some time in the hot tub, pool or sauna. Do the kids need something to do? Children six years old and younger can take part in child care's date night. Children older than six? They can hang out in our Adventure Zone! Spa services, date night and Adventure Zone must be booked in advance. Stop by the front desk to do so and to register for the event. There is a 20% discount on groups over five that register together and registration is only \$20 for members and \$30 for non-members. Don't miss this event!

Also Check Out...

We will again be running Stop the Sugar, a program to help you break the sugar habit and learn how to implement new healthier behaviors. Free informational sessions will be held March 18 and March 23, at 6:30 p.m. Come learn about this program and hear Dr. Wally describe the dangers of too much sugar on our health and well-being.

Girls Programming

On Monday, March 29, from 12:00 p.m.-3:00 p.m., girls age 7-13 can come experience Be Yourself University, a program developed by Jen Oswald and rooted in self esteem and health body image. Spring Break is a great time to come hang out at the gym and during this program, girls will experience B.Y.U. as well as learn about the full Be Yourself University coming this summer! Members are \$15 and Non-Members are \$20 for this three hour program. Stop by the front desk to register!

Also, watch out for a half-day program coming in April. Adventure 212° is partnering with Girl Scouts to bring a fabulous, fun and healthy option for girls on April 13, a half day for Stevens Point Public Schools. Don't miss it!

Contact Jen Oswald at joswald@adventure212.com with questions on these events.

Check it out!

If you haven't already, stop into the Mind and Body Studio to check out the new mural! Stephanie Schlegel, an employee and talented art student at UWSP, has been working diligently to create a serene tree and sunset mural.

We asked her a few questions about art and school. When asked how long she has been painting, Stephanie said that she's been interested in art and painting for as long as she can remember. She hopes to go to graduate school for film and photography after graduation.

Thank you Stephanie for all of your hard work!



NUTRITIONAL counseling

with Sarah Agena, Registered Dietitian and
Corporate Wellness Manager

Registered Dietitians... Bring Food and Nutrition Expertise to the Table

Who is a Registered Dietitian?

Registered dietitians are food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. The expertise, training and credentials that back a registered dietitian are vital for promoting positive lifestyle choices

Trust a Registered Dietitian

When you need food and nutrition information based on fact or need to know how a healthy diet improves health and fights disease – rely on qualified professionals in the field.

Registered dietitians draw on their experience to develop a personalized nutrition plan for individuals of all ages. They are able to separate facts from fads

and translate nutritional science into information you can use. A registered dietitian can put you on the path to lowering weight, eating healthfully and reducing your risk of chronic disease.

RD=Expert

Registered dietitians know the science of nutrition. They have degrees in nutrition, dietetics, public health or a related field from well-respected, accredited colleges and universities.

Looking for a Registered Dietitian?

When you need trusted, accurate, timely and practical nutrition advice, seek the services of a registered dietitian.

Set up your one-on-one nutrition session with Sarah Agena, MS, RD today! She can be contacted at 715-343-0212 or sagena@adventure212.com

Article from the American Dietetics Association

CHILD CARE connection

with Anne Zaske,
Childcare Supervisor

It is no secret that kids love to create and play dough is a wonderful medium to create with. Play dough is a sensory, manipulative experience for children and it is great for developing hand-muscle coordination and dexterity. It provides open-ended, imaginative play for your child (and you). Make the recipe together, then roll up your sleeves and enjoy some play time with your little one!

Play Dough:

2 Cups flour
2 Tablespoons salad oil
1 Cup salt
2 Cups water
4 Teaspoons cream of tarter
Food coloring

Sift above ingredients together

Cook all ingredients over medium heat, stirring until it forms a ball. Knead on counter. Store in a zip lock bag.



adventure ZONE

The Adventure Zone Offers a FREE Basketball Camp for Youth 7-13

Is your child interested in basketball? If so sign-up for the FREE Adventure 212° basketball camp! This camp is offered for boys and girls ages 7-13 and all experience levels are welcome. Kids will learn basic shooting, dribbling, and footwork skills while meeting new friends in a fun and healthy environment. The camp will be offered in the Adventure 212° Gym:

Saturday, March 27th 9:15 a.m. – 1:30 p.m

Sunday, March 28th 9:15 a.m. – 12:15 p.m

Members and non-members are welcome to attend this FREE event. Sign-ups take place at the Adventure 212° front desk. Due to the anticipated popularity of this event we have a limited number of spots available, so sign-up early!

FITNESS corner

with Christopher Rice,
Fitness Operations Team Leader

\$99 Sports Performance Special in April and May

Adventure 212° is pleased to offer a \$99 Sports Performance special during the months of April and May. For \$99 each month, athletes 14 and over can participate in 8, 90-minute training sessions per month. This is HALF the retail cost of our Sports Performance training. All training sessions are facilitated by at least one Certified Strength and Conditioning Specialist (CSCS) and one assistant strength coach. All sessions will be facilitated in small groups of no more than 6 athletes to retain our preferred three-athlete-to-one-coach ratio for optimal coaching and safety.

Sports Performance training is a key component in any athlete's overall physical preparation. Our program focuses on injury prevention through a carefully selected set of speed, agility, strength, power, and range of motion exercises. The 212° Sports Performance program prides itself in teaching young athletes the correct and safe methods of training. In fact, our close partnership with Point Forward Physical Therapy and the Klasinski clinic gives us the resources to provide a truly well-rounded approach to training.



The \$99 special is open to ALL young athletes regardless of membership status. Training times will be offered Monday – Thursday at 3:30 p.m. and 6:00 p.m. If we get enough interest (3 or more athletes) we will add an early morning session. Athletes may train on any two non-consecutive days during the week, but we strongly recommend a Monday/Wednesday or Tuesday/Thursday training schedule. Sign-ups take place at the Adventure 212° front desk. If you would like to learn more about the program please sign-up at the front desk for an information session held on either Thursday, March 17 or Monday, March 22 at 6:00 p.m. in the Adventure 212° conference room. We have capacity for only 24 athletes each month and we fully expect all available slots to fill so please sign-up early!

Please direct all questions to Christopher Rice, Fitness Operations Team Leader, 715-343-0212 ext. 262 or crice@adventure212.com.

New Group Training Times and Pricing Now Available

Tired of your same old boring workouts? Are you looking to be challenged, but don't like one-on-one training? Then Adventure 212° Group Training program is just the thing to get you jump started! Group training allows you to get a great strength and cardio workout in just one hour! Time will fly by as you push yourself to the limit, all while being cheered on by your peers and getting in a couple of good laughs. Who ever knew working could be so fun?

Plenty of group training hours are available weekly with trainer Mary Schultz. Sessions will begin March 15, 2010.

Monday: 9:00 a.m. & 12:00 p.m.

Tuesday: 10:00 a.m. & 1:00 p.m.

Wednesday: 9:00 a.m. & 12:00 p.m.

Thursday: 10:00 a.m. & 1:00 p.m.

Friday: 8:30 a.m.

The choice yours! You can choose to come to any of the sessions available during the week. In order to sign up, visit the front desk or contact Mary Schultz (mschultz@adventure212.com) at least 24 hours before scheduled training time!

Pricing:

1 session (drop-in) = \$27.00

4 session = \$99.00 (\$24.75 per session)

8 session = \$189.00 (\$23.63 per session)

Group Training March Madness Special!

For the whole month of March, 8 session small group Personal Training packages will be \$149, a savings of \$40! This is an incredible deal that will ONLY last until March 31. Do not delay! 8-session packages can be purchased at the Adventure 212° front desk; limit one sale-priced package per person. Sessions must be used within 45 days of purchase.

Grab some friends or make some new ones! Join a group now and let's get moving!

If our group times do not fit into your schedule please contact Christopher Rice, Fitness Operations Team leader at crice@adventure212.com to schedule an alternate time.

what's COOKING

with Lanie DeMars, Bistro 212° Team Leader

Bistro 212 Recipe of the Month

Despite (or in spite of!) the snow, I'm in the mood for SPRING! This past month the Bistro, with the help of UWSP-Continuing Education, hosted several cooking classes each covering a variety of foods. The last class was focused on seafood. We made some wonderful recipes! One in particular, made with grilled shrimp and a citrus dressing over greens, is a perfect spring salad. My recommendations are to make the dressing the night before (or morning of), divide it in half, and marinate the shrimp...then they will have time to absorb all the wonderful citrus flavors! (Reserve the other half of the dressing to top your salad.)

Citrus Grilled Shrimp Salad

INGREDIENTS

- 1 pound large raw shrimp, peeled and deveined (leave tail on for presentation)
- 1/2 cup orange juice
- 1 tablespoon lime juice
- 2 teaspoons olive oil
- 2 teaspoons Dijon mustard
- 1/2 teaspoon finely grated lime zest from 1 lime, reserve lime
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 cloves minced garlic
- 1/2 c honey
- Metal or wooden skewers
- 2 teaspoons fresh thyme leaves
- 2 teaspoons chopped fresh chives
- 6 cups mixed lettuces (any combination Romaine, Bibb, endive, or baby greens)
- 1 cup halved cherry tomatoes

DIRECTIONS

Coat an outdoor grill or stove-top grill pan with cooking spray and preheat to medium-high. Skewer shrimp on metal or wooden skewers or place in a grilling basket. Set aside.

Zest lime, then slice in half and place on grill. In a small bowl, whisk together orange juice, lime juice, oil, mustard, lime zest, salt, and black pepper. Remove 3 tablespoons of citrus mixture and brush all over shrimp (reserve remaining mixture to use as a vinaigrette for the greens). Grill shrimp 3 minutes on 1 side. Flip and cook 1 to 3 more minutes, until shrimp are bright pink and cooked through.

Add thyme and chives to reserved citrus mixture. Arrange lettuce on individual plates. Top lettuce with tomatoes and grilled shrimp. Spoon reserved citrus vinaigrette over top, squeeze juice from grilled lime and serve.

Bistro Specials:

St Patty's day is around the corner, and the Bistro is serving up Leprechaun Latte's the whole month long! We've got two flavors: Pot of Gold Mint, and Lucky Irish Crème...all available iced or hot, decaf or regular, with skim, 2% or soy.

WELCOME REUBEN! The entire month of March – Reuben's will be on our menu! Our Reuben sandwich is corned beef, swiss cheese, sauerkraut and Russian dressing grilled on rye bread. For a lighter take, we also have a Turkey Reuben (just substitutes sliced turkey for the corned beef) or our Turkey Reuben Salad – with all of the above ingredients on a bed of greens.

MARK YOUR CALENDARS

SPA SPECIALS THROUGHOUT THE MONTH OF MARCH

- Full body exfoliation followed by full body spray tan application, 45 minutes for \$55

FRIDAY, MARCH 12

FREE Reflexology Demo 9:00 a.m.-2:00 p.m.

Sign up at the front desk – only 5 spaces available!

SATURDAY, MARCH 13

Ladies Night Out at the Gym! 6:30-9:30 p.m.

Grab your girls and hit the gym for your very own night of health, fitness, and FUN! Relax and enjoy ladies-only group fitness classes, mini-info sessions on women's nutrition, stress management and other relevant topics, refreshments in the bistro, use of pool, hot tub, and sauna, Home Business Expo featuring Lia Sophia, Tupperware, and many more! Enjoy 30-minute massages for \$25 and 20-minute facials for \$20! Child Care and Adventure Zone available for children.

Cost: \$20 per person for members and \$30 per person for non-members.

Group rates available! 20% discount for groups over 5 that register together!

WEDNESDAY, MARCH 17

Sports Performance information session at 6:00 p.m. in the Adventure 212° conference room.

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THURSDAY, MARCH 18

"Stop the Sugar!" Program Information Session 6:30 p.m.

Let us help you kick the sugar habit as a part of National Nutrition Month! Come learn more about our 7-week Stop the Sugar program and hear Dr. Wally describe the dangers of too much sugar on our health and well-being.

Stop the Sugar Session #1 begins Tuesday, March 30th at 6:30 p.m.

FRIDAY, MARCH 19

Child Care Date Night 5:00-8:00 p.m.

Cost: \$10.00/1st child, \$8.00/each additional child

Enjoy a night away while the kids play at Adventure 212°! Dinner is available for the kids for only \$4.00 more! (*Open to members only)

SATURDAY, MARCH 20 & SUNDAY, MARCH 21

Membership Appreciation Weekend

Bring your friends and family into the club for FREE and enjoy specials from Spa 212° and Bistro 212°! Watch flyers around the club for more information!

MONDAY, MARCH 22

Sports Performance information session at 6:00 p.m. in the Adventure 212° conference room.

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TUESDAY, MARCH 23

"Stop the Sugar!" Program Information Session 6:30 p.m.

Let us help you kick the sugar habit as a part of National Nutrition Month! Come learn more about our 7-week Stop the Sugar program and hear Dr. Wally describe the dangers of too much sugar on our health and well-being.

Stop the Sugar Session #1 begins Tuesday, March 30th at 6:30 p.m.

SATURDAY, MARCH 27

9:15 a.m.-1:30 p.m. & Sunday, March 28 9:15 a.m.-12:15 p.m., Adventure Zone FREE Basketball Camp

Join us for a weekend of basketball and fun! Youth ages 7-13 are invited. Sign up at the front desk.

MONDAY, MARCH 29

Be Yourself University 12:00-3:00 p.m.

Girls age 7-13 can come experience Be Yourself University, a program developed by Jen Oswald, is rooted in self esteem and health body image. Spring Break is a great time to come hang out at the gym, and during this program, girls will experience B.Y.U. as well as learn about the full Be Yourself University coming this summer! Members are \$15 and Non-Members are \$20 for this three hour program. Stop by the front desk to register!

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