

The Group Scoop

IXL Health and Fitness ♥ Commit to Get Fit

Summer ▼ 2018

Hydration...why the hype?

- The human brain is composed of 95% water;
- blood is 82% water;
- the lungs are nearly 90% water.

Water is also the single most critical nutrient for health, growth, and development. It is not only the most important nutrient in the body, but also the most abundant. Water is critical to the balance of all the body's systems, including the brain, heart, lungs, kidneys and muscles.



Schedule Updates

- **Wednesday evening cycle** moving back to 5:30 pm
- **Friday morning cycle** 9:30 will now rotate between Dave Bush and Megan
- **Saturday morning cycle** 9:00am with Megan
- **July 4, 2018:** Club hours 7AM—1PM
- **September 3, 2018:** Club hours 7AM—1PM

Instructors up for the challenge

We have 2 instructors who recently set a goal and trained hard to achieve. When you see **Serena**, congratulate her on her recent ½ marathon finish! You probably have seen her working hard on the treadmill all winter as well as sweating along with members in her NIA and Zumba class. Congratulations, Serena!

And **Lisa Glick**, recently finished a 50 miler at Rock the Ridge. A complete physical and mental challenge this is not Lisa's first endurance competition, and we're guessing it's not her last. She is committed to working with our Seniors and is always ready to lend a hand as a sub in cycle or other group ex classes. Congratulations, Lisa!

Instructors Request



Please do not wear outdoor shoes into the fitness room.

Member Shine on

Roger Rosenbaum My body's 'check engine' light had been on for a decade with Type 2 diabetes, high blood pressure and high cholesterol. On January 1st 2016, I dragged myself into a cycle class and have never looked back. The instructors push me and the class to go far beyond what we think we can do. I now take classes 4-6 times a week. There is actually a group of us that do that. I have lost nearly 50 pounds and all of my health issues are gone. I am feeling great and I credit all the instructors in the cycle program. They make fitness truly fun and the program has changed the way I live and feel. This is how IXL.

Lauren Cherry: "I love group fitness because it is so motivating to work out with other people. I push myself harder and having a consistent routine is a great way to stay committed to my fitness goals." Lauren takes cycle, total body Conditioning, p90x, insanity and Yoga. As a busy Mom she appreciates the free child care and the diversity of the group exercise programming!

Jane Hoffman: "I LOVE the group fitness classes at IXL! The instructors are great and give clear instructions and corrections, and they work hard to keep the classes fresh and challenging. I especially love Build & Burn, NIA and SLIMCycle. I enjoy the comradery in these groups. Particularly in Build & Burn, everyone is so encouraging and supportive of staying fit and getting stronger, and I can't get away with lame excuses for not showing up to class!"

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Feedback? Talk to an instructor or Front Desk staff.

Class Spotlight

Silver Sneakers



Silver Sneakers is a fun effective workout incorporating low impact standing aerobics, resistance bands, and weights. Exercises can be completed in a seated or standing positions and modified for higher or lower intensity. We use fun music in a supportive environment. Silver Sneakers is appropriate for people new or returning to exercise; people who want a lower impact cardio/sculpt, the active aging, and anyone looking for a more moderate exercise program. The intensity is lower but the benefits are many.

Friday 4:30 Happy Hour Ride!

Start your weekend off with a Cycle Class! Feel like you're hitting the streets before you hit the town. Led by seasoned instructor Chris Ratel, also a NYC chef, this class will get your heart pumping and your legs and lungs burning. The class is a straightforward road ride designed to give you a workout without pavement.



Small Group Training

A new option to offer small, personalized training in a small group environment.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|-------------------------------------|---|--------|-----------------------------------|
| | 6:00 AM Be Strong (30) | | 6:00 AM Be Strong (30) | | |
| | 8:00 AM Build & Burn (60) | | 8:00 AM Build & Burn (60) | | 8:00 AM Slim Cycle (45) |
| | 9:30 AM Slim Cycle (45) | 10:00 AM Boot-y Camp (30) | 9:30 AM Slim Cycle (45) | | |
| | | | 5:30 PM Tabata Circuits (30) | | |

Must register in advance—see front desk for dates.

Be Strong: A thirty minute class on the weight floor to achieve MAXIMUM results with total body workouts using weights and body weight exercises. A weight loss program to build a stronger and leaner body.

Boot-y Camp: Focused thirty minutes dedicated to the booty and lower body. Expect to learn dedicated exercises to boost lower body strength. Utilize dumbbells and bars on the weight floor.

Build & Burn: Build muscle and burn calories in a small group training program that delivers results and satisfaction in the group fitness room. Expertly combines weight lifting and toning with cardio intervals. First class is free. Stop by the front desk for details.

Slim Cycle: A specialty 6 week cycle program created with a special focus on personal health and fitness goals. Ride in candlelight as you engage your mind, body and spirit. Each class is a total body workout (with small hand weights to sculpt/strengthen). First class is free, see front desk for details.

Tabata Circuit: Burn calories with 5 quick 4 minute workouts. From Battle ropes to squat sequences, this fast paced, high energy circuit program will burn fat and build muscle.



New Instructor Updates:



- **Alanna Moreno** lives in Kingston, loves her dog and will be the cycle instructor for Mondays 5:30pm.
- **Lauren Warkenthien** comes to us via Boston, is planning a wedding in August and will be the Cycle instructor for Tuesday 5:30pm.
- **Nicole Von Hoesen** is BACK and Wednesday 5:30pm will be her slot!
- **Renee Rundall** is an in-house hire and will excel as our Strength, sculpt, and cardio sub.
- **Tabby Brennan**, another in-house hire has recently worked for her Schwinn Certification and will be a key cycle sub!

Contact Us

Give us a call for more information

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