



# FITSTOP FORUM

April  
2020

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Dear FitStop Friends. I hope this newsletter finds you doing well. A lot has changed, to say the least, since last month's FitStop Forum. I know this "New Normal" that we are all coping with is the strangest thing that has ever happened to us and to our entire world. I also know that we can and are learning a great deal during these difficult days and for that, I am grateful! I've been working very hard to try to keep us connected with classes and Personal Training throughout the week with Zoom, Face Time and Hangouts. I am so thankful for my I.T. people for that. I want to thank Kristi K. as well, for her assistance in helping me pull this off! Read below to learn how you can stay connected along with some tips to help keep you sane!

### April Birthdays:

- 04/03 Kerry H.
- 04/04 Joan H.
- 04/05 Ruth L.
- 04/07 Mary Y.
- 04/09 Mary Ann O.
- 04/11 Calvin E.
- 04/13 Courtney W.
- 04/18 Christopher H.
- 04/22 Reina C.
- 04/24 Steve M.
- 04/25 Fred G.
- 04/27 Satish K.
- 04/28 Angie D.

### \*\*REFER-A-FRIEND\*\*

Any current member who refers a friend who signs up for a 12-month Basic or Select membership will receive a \$50 Visa gift card for the referral! Invite your friends!

### Welcome New Members!

We would like welcome our newest members Bill M. and Tyrone L. We are so happy to have you as a part of the FitStop! I am looking forward to seeing you in person when we all get back to the gym!

**Internet Help Referral!** The referral this month is for the great IT guys at Express Computer Service. Craig Cirullo and Dan Leonard are not only brilliant, they are

extremely helpful and also available after hours; which is when we or should I say "I", usually have computer challenges. This referral comes from me as I have used them for years and I really trust them to help fix any and all computer related issues as well as to teach me how to use certain features etc... that really have helped especially as of late. You can reach them at Express Computers ph: (315- 682-6372).

**Zoom, Zoom, Zoom!** : So, as many of you have seen and heard, and thanks to the guys from Express Computers for their help, we now are having classes on Zoom each day Monday - Friday at **4:30pm**. It has been wonderful to see your smiling faces and to be able to chat as a group. It has also been great to see some of our out of town members like Pam, Carl & Susan participate! I am doing these classes with minimal equipment so that everyone can participate. Please feel free to modify the workouts to suit your own fitness level. I will also be giving some modification options during the classes. Here is the schedule again just in case you need it:

- Mon: 20/20/20 (1 hour)**
- Tues: Zumba (45 min.)**
- Wed: Cardio/Flex Fusion (45 min.)**
- Thurs: 20/20/20 (1hour)**
- Fri: Flex Fusion (45 min.)**

Here are the instructions if you would like to join in on Zoom. First, you need to install Zoom to your mobile device. Then click on this link -

<https://us04web.zoom.us/j/7925980390> or just type in the numbers. (BTW, this link also works for our Friday 5:30 Bible Study that you are also welcome to join). Click on Zoom to **Join a meeting**, then **turn on your audio and start video**. That's it! I will also be recording a few of the classes, so if you would like me to send you the link for a class, just let me know in an email or text and I can send it to you...If I recorded it! As several of my personal training clients already know, Zoom is a great tool to use for training as well as using Face Time or Hangouts. It really works well! It's the next best thing to being there! If personal training with me is of interest to you, just give me a call at 315-415-4043, and we can figure out a schedule that works.

**Tips to stay Sane While we are Home!** : The following are some tips that may help you keep your sanity while you are cooped up at home. Make a daily schedule and try to stick to it. Don't be consumed with constantly watching the news. Get outside and walk. Exercise every day. Eat well and get your rest. Connect with friends and family on the phone or on Zoom. Read those books you've been meaning to get to. Clean out closets and organize drawers. Work on hobbies. Most of all; focus on what to look forward to when this is all over, be grateful for what we have, pray and know that God is in charge and He will protect us. Take care everyone!

### Something to Think About:

"How you make others feel about themselves says a lot about you."

\_\_\_\_\_Unknown

**ANY NEWSLETTER IDEAS?** Let me know if you have an idea to share with our members or if you would like to promote something that our members may be interested in. **ANY WEBSITE UPDATES?** If you would like to add or update your own personal FitStop fitness testimonial at Kathysfitstop.com, please email your story to me at [kathysfitstop@aol.com](mailto:kathysfitstop@aol.com).



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