



FITSTOP FORUM

October
2020

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Hi Everyone! We have already been reopened for a month, and so far, things are going well. Slowly but smoothly! I would like to remind everyone to be sure to text, email or call me the day before or early the day of, if you are planning to come in to the gym to work out, as I need to be here to let you in etc... I am also still slowly phasing in some of the in-person classes this month and we will see how that goes as far as how we will phase in more classes. **Please** read below the tentative plans for the classes and **please** contact me by text, email or call me to let me know if you are planning to attend these classes. Also see below for details on (In person or Zoom) CPR and AED renewal coming up next month! It feels great to be back!



October Birthdays:

- 10/03 Bill M.
- 10/24 Kate F.
- 10/26 Mary G.
- 10/28 Kerry L.

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!

Zoom Option for CPR, AED & First Aid class and Renewal!

We will be holding a CPR/AED class for anyone who would like to take this as a first timer or as a renewal class coming up next month. The class will be on Saturday November 14th, at 10:15am. The great news is that State Trooper, Mark Bender, who always does such a wonderful job teaching the class, will not only be here at the club in person to teach it again this year, but will also simultaneously be offering a live Zoom option as well, for those who would like to

participate in the class but would prefer to do it remotely. The cost is \$40.00 per person for just the CPR & AED or if you also would like to add "First Aid", the cost will be \$50.00 per person. Please contact me as soon as possible to let me know if you are interested in registering for this class. Feel free to invite friends or family as this is a life-saving skill for everyone to learn. Mark is fun, and gets to the point quickly so we will probably be finished in an hour or so. This is a great class to take if you have babies, children or seniors in your life not to mention that it's great to just know what to do in case you find yourself in a life-threatening situation wherever you are and whomever you're with. Join us!

Classes this month:

We already began our modified Senior Sweat classes last month doing a half hour of flexibility, mobility and balance exercises on Mondays and Wednesdays at 10:00a.m. And, all is going well! This week we are bringing in the 11:30 Tuesday Body Blast and the 11:30 Wednesday Flex Fusion classes. In a few weeks we will see about adding in more non-cardio type classes. My plan will be to possibly change the Thursday Flex Fusion Zoom class to an in-person Body Blast and do an in-person Flex Fusion Friday at 4:30 instead of on

Zoom. I am also thinking of adding back in a 9:00 to 10:00 Saturday morning class that will be 30 minutes of Body Blast and 30 minutes of Flex Fusion. Let me know of your interest on this. In the meantime, while the weather is still nice, we can continue to do our 8:00ish Saturday morning walks at the East Syracuse Minoa elementary school track. If it's raining or too cold, we can always meet at the gym for an indoor workout. For now, I plan on continuing with our 4:30 Zoom classes just as we have been doing all along:

Mon: 20/20/20 (1 hour)

Tues: Zumba (45 min.)

Wed: Cardio/Flex Fusion (45 min.)

Thurs: Flex Fusion (45 min.)

If you need instructions again on how to join us on Zoom, see last month's newsletter for all the details!

Something to Think About:

"Life is like riding a bicycle. To keep your balance, you must keep moving."

_____Albert Einstein

"Yesterday is not ours to recover, but tomorrow is ours to win or lose."

_____Lyndon B. Johnson

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.