



FITSTOP FORUM

November
2020

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Hi Everyone! I would like to thank you all for your cooperation, help and consideration of each other as you are doing such a great job helping to keep things safe here at the club by following our current safety instructions. The changes that we have implemented at our club this fall seem to be working out quite nicely as everyone gets into the groove of our new routine. I know things are a bit different these days but we are all making the best of it and we will continue to do so for a long as we need. Also, I would like to remind you all about our AED/CPR class coming up this month; see below for details on in person or Zoom attendance for this class! Have a healthy and blessed Thanksgiving! Stay well and I'll see you soon!



November Birthdays:

- 11/01 Joe C.
- 11/08 Tyrone L.
- 11/13 Cheri B.
- 11/17 Gen K.
- 11/21 Jim M.
- 11/26 Leslie D.
- 11/29 Stephen R.

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!

Reminder for CPR, AED & First-Aid Class and Renewal!

Just a reminder that 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 this month on Saturday November 14th, at 10:15am. State Trooper, Mark Bender will be here at the club to teach us in person and we will also be using a ZOOM option for those who wish to take the class 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. Mark will give us the address where to send your check for the class if you are on Zoom, otherwise, you can pay him in person if you are taking the class at the club. In case you have not already let me know if you are interested in taking the class, please do so as soon as possible! If you plan to join us remotely, the Zoom ID # for the class is 792 598 0390 and the password is *fitstop*. You may want to sign on to Zoom by 10:00 a.m. just to make sure you get on. 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:

I have given some thought to the idea of adding more in person classes as I mentioned last month, but for now with the winter coming and Holidays just around the corner I think it is best to slow down on that idea. Here's the current scoop on classes for now: We

are still doing our modified Senior Sweat classes which is a half hour of flexibility, mobility and balance exercises on Mondays and Wednesdays at 10:00-10:30a.m. We are also still doing the 11:30 Tuesday Body Blast and the 11:30 Wednesday Flex Fusion classes. I am also continuing to Zoom classes Monday through Thursday at 4:30. The only class change to that will be the Thursday class. That class will now be called **Body Fusion**, which will feature a combination of both Body Blast and Flex Fusion throughout the class. We will also continue to meet on Saturday mornings at 8:15ish, but instead of at the track, we will meet at the club, since it's getting colder out. We will work out with the machines and free weights on the fitness floor. I will be there to assist, guide and show you new, innovative ways to use our equipment for optimal strength training. For a number of reasons, I believe that this is a better and safer option than having the class in the Aerobics room, given the number of people that would be coming and the space available to us. I think we will all benefit from and enjoy this new Saturday morning workout!

Something to Think About:

"The song is ended, but the melody lingers on."

_____ Irving Berlin

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.