

# *The Building II Online*

Wow this is late. Please excuse our...uh...lateness. We've been quite busy in the past few weeks. Painting, putting the finishing touches on the stuff we have to do ourselves, etc. has been all consuming. Again, sorry for the delay, but...Welcome to the November edition of the B2 Online. October has been a very productive month for us at the Building. We are nearing completion of the project we were forced to undertake on July 19<sup>th</sup>. The contractor has given us an end date. We expect to be open completely in the next two weeks. You will be hearing a few things in the news about upcoming events to mark our grand re-opening. We are more than ready that's for sure. On to the newsletter. In this issue I will introduce you to the new machines you will be seeing at the B2. I'll try to take you machine by machine and let you know what will be different, and what will be the same, or at least similar. We'll have a Thanksgiving recipe for your feast, and a new exercise and stretch. So here it goes...

## **Cardio:**

**6 Precor Treadmills.** For those of you who haven't seen them yet, they pretty much rock. Precor makes one of the best treadmills on the market. Two of the treadmills will incline and decline. Four will incline only. So if you're doing some training for races or whatever your preference, we can accommodate you.

**4 Precor Ellipticals.** Again, we've had these in the aerobic room for a few months now. They are also very nice. As with the treads, they are fool proof to program. Basically a one button start.

**2 Vision bikes.** One recumbant and one electronic. Nuff said, I think. They're bikes, one ya sit recumbant style, the other one is regular.

**2 Spin bikes.** Very heavy duty. For those of you who like a good bike workout, these are for you. We will still have a couple of the Schwinn bikes we had before, but you will find these will take their place quickly.

**1 Tour Trainer.** This has to be my favorite new piece of equipment. When we tried this out, we basically fell in love with this thing. If any of you have ever been on a road bike, this bike moves with you as you pedal. It's quite impressive. We may have to put a time limit on this baby. We may have to get a second.

## **New Machines:**

Our new machines are from Quantum Fitness Corporation. We picked these machines for their similarity to the Paramount. They are a pulley and cable system. We will replace most of the Paramount machines with a similar machine. A couple are dual use machines to make more space in the gym. We know over the years it has been a little cramped, so this will make it easier to move from station to station. We've added a "glute shaper" and a "muscle trainer" Both are very good additions to our line-up. And, for those of you who liked the old Nautilus "hip abductor/adductor", well, we are getting another one. Dumbbells and balls will still be on hand.

## **New Room Configuration:**

Well I'm not spilling the beans on this one. You'll have to see for yourself. Just let me say, it's pretty darn nice. Not to mention, almost twice the size of the old room.

## **Recipe Of The Month From Amy's Kitchen: Baked Sweet Potatoes with Ginger and Honey**

Servings-12

Prep Time: 15 min.

Cook Time: 45 min. to 1 hour

Ingredients:

3 pounds sweet potatoes, peeled and cubed

1/2 cup honey

3 tablespoons grated fresh ginger

2 tablespoons walnut oil

1 tablespoon ground cardamom

1/2 teaspoon ground black pepper

Directions:

1. Preheat oven to 400\*

2. In a large bowl, toss together the sweet potatoes, honey, ginger, walnut oil, cardamom, and pepper.

Transfer to a large cast iron frying pan.

3. Bake for 20 min. in the preheated oven. Stir the potatoes to expose the pieces from the bottom of

the pan. Bake for another 20 min. or until the sweet potatoes are tender and caramelized on the outside.

Nutritional Info (per servings): Calories 184, Total fat 2.6g, Cholesterol 0mg, Sodium 16mg, Total carbs 39.6, Dietary fiber 3.5g, Protein 2g.

## **Exercise Of The Month: Bent-Arm Barbell Pullover (Chest)**

Lie on a bench, head over the end, with your feet flat on the floor. Hold bar with hands about 14" apart. Keep elbows in at all times! In a semi-circular motion, lower the bar to the floor slowly and as far as comfortable. Pull bar back using the same path. Keep your head down and do not raise your hips. Can also be done with dumbbells or with your arms straight.

## **Stretch Of The Month: Seated Back Extension (Chest)**

1. Sit on a chair, feet firmly on the floor under your knees
2. Lock your hands behind your head, keeping your elbows high and extended back.
3. Inhale pushing your chest forward and upward while arching the spine and taking your elbows further back.

## **Martial Arts At The Building**

The Building is now offering "Tang Soo Do" The classes are Monday, Wednesday, and Friday evenings. The cost is \$50 per month and the instructor is Master Gary Josefik, a certified instructor in the World Tang Soo Do Association. If you are interested you may call Master Josefik at 814-934-2854 or call us at The Building 946-8014. The schedule for the classes

Is:

Monday	Combined Class	7:00-8:30 pm
Wednesday	Tiny Tigers	5:30-6:00 pm
	Youth	6:00-7:00 pm
	Adult	7:00-8:30 pm
Friday	Tiny Tigers	5:30-6:00 pm
	Youth	6:00-7:00 pm
	Adult	7:00-8:30 pm

Aerobics Class Schedule for the Month of November

Monday AM 11:15am	Tight N Tone	10:00-
Monday pm	Step with Aimee	5:45-6:45
Tuesday 6:15 pm	Cardio Kickboxing with Lisa	5:30-
pm	Pilates with Lisa	6:15-7:00
Wednesday AM 11:15am	Tight N Tone	10:00-
Thursday pm	Step with Aimee	5:45-6:45
Friday AM 11:15am	Tight N Tone	10:00-
Saturday 9:30 am	Cardio Kickboxing with Lisa	9:00-
am	Pilates with Lisa	9:30-10:30

(Classes are included with your Building II Membership)

Modified Hours:

Monday thru Thursday 4:30am - 9:00pm

Friday 4:30am - 8:00pm

Saturday 7:00am - 2:00pm

Sunday 7:00am - 11:30pm

We want your feedback. E-mail us at [Thebuilding2@wvdsi.net](mailto:Thebuilding2@wvdsi.net)

Visit our website for more information

[www.thebuilding2.com](http://www.thebuilding2.com)