

The Building II Online

Merry Christmas To Everyone

December 2008...and yes we are OPEN. It has been a long 4 months. We are still putting the finishing touches on the new room, and making adjustments when needed, but for those of you who haven't seen the new room yet, or are thinking about getting back into a workout routine, there is no better time than right now. Beat the beginning of the year rush. Get down here and let us walk you through the new stuff. We have specials and giveaways when you purchase a membership that run out the end of the year, so don't hesitate. More on that later.

What's New At The Building II: EVERYTHING

I cannot say this enough, If you haven't had motivation to workout in a few months, wow, this is a great time to do so. Great prices, the newest fitness equipment in Altoona, new, clean, well lit facility, new treadmills and ellipticals, 5 great new bikes. If nothing else, stop by and try the new Tour Trainer bike. It's the only one of its kind in any health club in the area. If you like riding bikes outside, this is the stationary bike for you. It is amazing. Do yourself a favor and stop by to see what you're missing. On that note....

Newsletter Special For Everyone:

During the month of December we are offering a "Student Membership For All" special. **\$25 per month or \$60 for three months**. Plus if you sign up for three months from now until December 15th, you are entered in a drawing to win a new I-Pod.

You can even buy a gift certificate at that price, give it to someone else and you can be entered in the I-Pod drawing as well. You can't beat that, give something, get something.

Recipe Of The Month From Amy's Kitchen: Almond Chicken Salad

2 Servings

Ingredients:

- 8 oz boneless, skinless chicken breast
- 2 medium celery stalks
- 1 tbsp slivered almonds
- 2 tbsp fat free mayo
- 1 tsp dried dill weed
- 1 pinch salt and pepper (to taste)
- 2 pieces sliced rye bread

Directions: In a large bowl, mix together the sliced celery, chicken, slivered almonds, FF mayo, dried dill weed, and salt and pepper. Spread on rye bread and enjoy!

Nutritional Info Per Serving: Calories 266.2, Carbs 21g, Dietary fiber 3.7g, Sugar 2.5g, Fat 4.8g, Saturated fat 0.8g

Unsaturated fat 4g, Potassium 0mg, Protein 33.8g, Sodium 465.9mg,

Stretch Of The Month: Standing Torso Reach (Lats)

1. Stand straight with your feet shoulder width apart and facing forward.
2. Place your right hand on your right hip and reach your left arm over your head to bend your torso.
3. Reach until you feel a stretch through your sides.
4. Hold for 15 seconds.
5. Repeat with your other side.

Exercise Of The Month: Seated Row (Quantum Machine)

Note: For the next few months, at least, we will be reviewing the Quantum Fitness Machines in the exercise of the month section.

1. Sit facing the handles with your back straight.
2. Adjust chest pad so that your hands just reach the handles
3. Grasp **vertical** handles. Pull towards you with your elbows close to your side.
4. Grasp **horizontal** handles with an overhand grip. Pull towards you with your elbows extended outward.

Using both hand grips with maximize full use of the machine and work different parts of the back.

Aerobics Class Schedule for the Month of December

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

(Classes are included with your Building II Membership)

New Hours:

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

Friday 4:30am - 8:00pm

Saturday 7:00am - 4:00pm

Sunday 7:00am - 2:00pm

We want your feedback. E-mail us at Thebuilding2@wvdsi.net

Visit our website for more information

www.thebuilding2.com