

# The Building II Online

Vol. 22

June 2009. How is your spring going so far? Oh mine...not too bad. I've been sick for about a week. No, not Swine flu. I took precautions. But enough about me. What do you have planned for the summer? Vacations, weekend getaways, day trips? Me...oh yea, we're all going to the beach...should be fun. Are you thinking about how you'll get your workout in? Well there are ways to get a quick workout in with sacrificing your precious time off. In this issue we'll try to give you a few tips on what to do when time is a factor. In keeping with the time saver theme this month, this newsletter will be short and to the point, but we'll still give you a recipe and some stretches...if you're nice to us. But I don't want to hear any arguing back there, or I'll turn this newsletter around and go right back home.

## **New Look For The Newsletter**

Ok not really new...I just changed the font. For those of you who don't care, or it doesn't show up in the format I type it in, then you all think I'm goofy, but I changed from "Comic Sans" to "Century Gothic". How exciting. Hey it's the little things in life, right? Next month I'm thinking of going from 11pt to 12pt. Watch out I may run with scissors too.

## **Building II Superfluous Spectacular Super Summer Specials**

Join in June and get 3 months for the low price of \$20 per month. We're calling it our "Super Summer Special" Open to new, returning, or current members. Don't delay, stop in and get your membership today. We're also running a "Student Summer Special". High school or college students can get a summer membership for only \$55 from now until they return to school. Another good deal.

## **Boot Camp - Now drop and give me 20**

We're in the very early planning stages of conducting a one day boot camp for members. We're hoping to do it at some place like Canoe Creek or Glendale, but we're not positive yet. We're thinking, moving tires, carrying heavy stuff, moving large objects, putting rocks in your backpacks, you get the picture. We do have some large rocks in the back parking lot that we need moved...but anyway. We still need to scout locations, and get the proper clearances, maybe, but we are hoping that this may happen by the end of summer. If you have any ideas, or property that you may wish to donate for a few hours, let me know, drop me an e-mail.

## **Exercise Of The Month - Time Saver Workout**

We've talked about saving some time in the summer months, well here's a workout that may help you save time for other summer activities...you know cutting grass, weeding, digging holes, building a deck...whatever. You have 40 minutes...ready...steady....GO

Equipment Needed: Dumbbells or bands, and a yoga ball.

5:00 - Warm-up with light cardio – biking, walking, etc.

5:00 - Light Stretching

5:00 - More intense cardio – stair climber, elliptical, etc.

6:00 - (One minute per exercise)

- 1) Lunge with bicep curl
- 2) Bent over row with tricep kickbacks
- 3) Narrow stance squat with lateral raise
- 4) Walking lunge with overhead press
- 5) Plank on ball with leg extension
- 6) Push up

5:00 - Intense cardio - Jumping rope, running, etc.

6:00 - Do another circuit of exercises for one minute each.

5:00 - Cool down - stretching, light walking, etc.

That's it...your done in under 40 minutes. Now get back to tending the garden. NO EXCUSES.

### **Stretch Of The Month - Combination Stretches**

- 1) Calf and shoulder- Combine the Shoulder Strangle stretch and the Calf raise.
- 2) Adductors and oblique - Combine the Side Lunge with a stretch to your shoulders and oblique by extending one arm up straight above your head.

There are many more combinations of stretches. Basically if you can do a leg stretch, you can

combine it with an upper body, to save time.

### **Recipe Of The Month From Amy's Kitchen - Grilled Chicken With Tomato Avocado Salsa**

Ingredients - Salsa

- 4 ripe plum tomatoes, chopped or 12 cherry tomatoes, halved
- 1/2 small red onions, finely chopped
- 1 jalapeno chili pepper, seeded and diced
- 2 tablespoons chopped fresh cilantro
- 1/4 cup fresh lime juice
- 1/2 avocado

Ingredients - Chicken

- 1/2 cup non-fat, plain yogurt
- 1/2 small red onion
- 1/4 cup fresh lime juice
- 1/4 cup fresh cilantro
- 4 boneless, skinless chicken breasts, about 4-6 oz. each
- Salt to taste
- Freshly ground black pepper

Cooking - Salsa

- 1) In a small bowl, combine the tomatoes, red onion, pepper, and cilantro
- 2) Chop the avocado and sprinkle it with 2 tablespoons of lime juice to keep it from browning.  
Add the avocado and remaining lime juice to the bowl and toss to combine.

### Cooking - Chicken

- 1) In a small food processor, puree the yogurt, red onion, lime juice and cilantro to make a yogurt marinade
- 2) Transfer the marinade to a shallow bowl or a plastic bag. Add the chicken and coat well with the marinade. Refrigerate for 1 hour or up to 8 hours.
- 3) Preheat the grill to medium high.
- 4) Remove the chicken from the marinade, discard the remaining marinade and season the chicken with salt and pepper. Grill the chicken on both sides until it is cooked through, about 6 min. each side.

Nutritional Info per 4 servings: Calories 283, Carbs 16g, Fat 6g, Fiber 4g, Protein 43g, Saturated fat 1g, Sodium 341mg

### **Aerobics Class Schedule For June**

All Classes are included with your membership

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

### **Summer Hours**

Monday - Thursday	4:30 am - 9:30 pm
Friday	4:30 am - 8:00 pm
Saturday	7:00 am - 2:00 pm
Sunday	7:00 am - 12:00 pm

**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)**