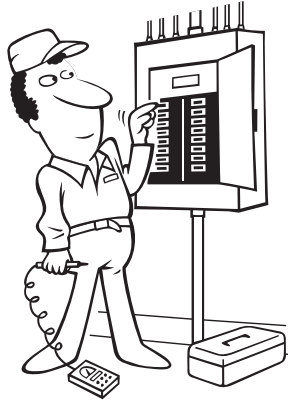


The Poughkeepsie Center Will Be Closed 5:00 am To 10:00 am On Thursday, July 12

On Thursday, July 12th (with a
rain date of Friday, July 13th)

Central Hudson Gas and Electric
will shut off our electricity from
5:00 AM until 10:00 AM. They
will be changing the electric trans-
former that supplies our building.

We **should** open at 10:00 a.m. that
day. If it rains on Thursday please call the center to confirm the
closing hours for Friday! Sorry for any inconvenience this may
cause you!



New Group Active Class Is Here!

What is Group Active?

GROUP ACTIVE is a fantastic new class specifically de-
signed for anyone, any age, getting started with exercise for the
first time or restarting an exercise program. It is also a perfect
introduction for anyone interested in trying group exercise classes.
GROUP ACTIVE is a 55-minute class with great music and terrific
instructors that combines 20 minutes of cardiovascular exercise,
20 minutes of strengthening exercise and 15 minutes of balance
and flexibility.

GROUP ACTIVE is also ideal if you are pressed for time,
since it combines all elements of a complete fitness program into
one hour! It can be an introduction to other group exercise classes
or an ongoing all-inclusive exercise program by itself.

Poughkeepsie Construction Report

The footings for the new building are underway. Once the
footings are done the concrete retaining walls will be formed
and poured next. Then the steel will begin, hopefully by the end
of July.

The project includes a 12,000 square foot addition on the
southwest corner of the building, overlooking Route 9. The top
floor of the addition will be a beautiful 4,000 square foot group
exercise room, the largest in the northeast. This will be followed
by the redesign and reconstruction of the fitness, free weight and
present group exercise areas.

The lower two levels of the new addition will house 8,000
square feet of class "A" prime office space for lease.

Rudy Fabiano, the leading interior designer in our industry,
will do the interior. Al Mauri & Associates, Architects, designed

the building.

We are always working to improve the centers for you. We
apologize in advance for any occasional inconveniences that the
next 7 months of construction may cause, but we know you will
love the final results!

Our Thanks! Mike Arteaga

Mike Arteaga's Eagle For The Month Of July

Mike Arteaga's Eagle for the Month of July
is Amara Reynolds. Amara has been working as
a lifeguard for over two years. She has had the
opportunity to work in both clubs and is a great
asset to her department. She has just finished her
junior year at Marist and will be studying in West
Africa in the fall. Amara always has a warm smile and a kind
word for all of our members.



Congratulations and thank you Amara, for all you do.

Proven Steps To Improve Your Workout Results!

Research has shown that there are simple steps you can take to
improve your workout results.

1. Exercise with a trainer. Just having a trainer on the floor has
been shown to improve program results. This is one reason why
it is much better to use the MedX circuit rather than exercise
on your own.
2. Keep an ongoing written record of your exercise program.
Doing this has been shown to improve the outcome.
3. When doing cardiovascular exercise, wear a heart monitor or
regularly use the heart monitors on the machines to keep an eye
on your heart rate. When you are aware of your heart rate, you
will generally work at a higher level and thus get more out of
your time spent exercising.
4. With cardiovascular exercise, do the machines you like. If you
prefer the treadmill over the EFX, you are much more likely
to stick with cardiovascular exercise long term when using the
machines that you like best.
5. With strengthening exercise it's just the opposite; you should
NOT avoid your least favorite machines. The machines you
like are the ones you are strongest in. The machines you don't
like are generally the ones you are weakest on and thus the
ones that you need the most. Doing only your favorites leads
to destabilizing the joints because the muscles on BOTH sides
of each joint (antagonistic muscles) are not worked!

6. With strengthening exercise, each exercise should always be performed in a slow, deliberate manner! This will strengthen a larger portion of the muscle because momentum is reduced, requiring more muscle fibers to do more work!
7. Remember, the habit of regular exercise is the important thing; not just an individual workout. If you really don't feel like working out on a particular day, or you are very tired, take it easy that day, but keep up the habit! Go for an easy swim and a whirlpool, for example, but keep the habit going!

Mike Arteaga

New Research Indicates Mirrors Can Be Bad For Your Workout

Researchers at McMaster University in Ontario found that women who exercised in front of mirrors felt less energized, less relaxed, less positive and upbeat than women who worked out without seeing their reflection! Those who didn't have mirrors in the room reported feeling less physically exhausted by the end of their workouts! Even those women who felt good about their bodies experienced negative effects after seeing their reflections. "The findings suggest the phenomenon isn't unique to women with poor body images. The recommended practice of placing mirrors in exercise centers may need to be reconsidered," said McMaster kinesiology Professor Kathleen Martin Ginis.

Instructors who teach in clubs both with and without mirrors also report that participant exercise form is actually better in the rooms without the mirrors! Their theory is that the participants who don't have mirrors tend to watch the instructor with correct form, rather than watching themselves with poor form!

Cell Phone Courtesy!

When using your phone, please be considerate. If you have a long call or you tend to speak loudly, please step into the hall. One member asked, "How would they like it if I was next to them on a treadmill and started to read out loud"? Good point! Thanks for your consideration!

Have You Heard Of Mike Arteaga's Cancer Wellfit Program?

It's a completely free three-month membership for cancer patients who are within one year of treatment.

Research shows that a cancer patient's quality of life is improved by exercising regularly. Even at an easy level, they are better able to tolerate their medications, participate more fully in daily activities and improve their ability to enjoy life. If you know someone who could benefit from the program, please speak to a coordinator.

What's New?

In both Ulster and Poughkeepsie centers:

- The New **BTS Group Active** class will be starting in July. This

class is designed for anyone who is getting started or restarted with an exercise program!

- Instructor training for the new **BTS Group Kick classes** (kick-boxing) will be conducted in August!

In the Poughkeepsie center:

- Foundation for the new addition is started! It will begin with the construction of a 4,000 square foot group exercise room (twice the size of our present room). When that is completed, the fitness area, cardio area and free weight areas will be rebuilt.

In the Highland center:

- The MedX Medical equipment is here for the Healthy Back and Neck program that will be starting in Highland next month.



Want A Racquetball Game?

A new racquetball "find a game" bulletin board has been put up on the lowest level in the Poughkeepsie Center near the entrance to court #3, to help those who would like to find someone new to play.

Did you know that your children and grandchildren up until their 16th birthday have free memberships?

Did you know your children 14 years and older can now use the fitness areas?

Mike Arteaga's Appropriate Dress Etiquette While Using The Club

- Wear clean athletic shoes and clothing.
- Limit perfume, cologne, and body lotions.
- Wear loose fitting, comfortable clothing.
- Wear tops that cover the midriff area and shorts that reach mid-thigh.
- Wear tank tops that fit snugly under the arms to absorb perspiration.

Not appropriate:

- Low cut tops, bra-tops, or exposed cleavage.
- String tank tops for men.

Please, be courteous when using the MedX and free-weight machines. If your shirt is soaked with perspiration, either cover it with a dry shirt or change into another shirt. Please clean every machine after each use. We appreciate all of our members helping to make one another comfortable here.

Each month we send out a short summary of recently published health studies.

We do not share your e-mail address with anyone. If you are interested in receiving it, please e-mail me at marteaga@libertybiz.rr.com or give your e-mail address to a front desk team member. Good Health! Mike Arteaga