

FITNESS PROGRAMS & PERSONAL TRAINING

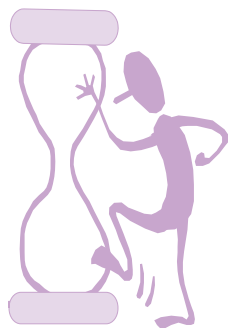
Kick Start to Fitness Small Group Personal Training

This program is designed to encourage those who need extra motivation to maintain a healthy life-style. Whether you are a beginner or simply have a hard time sticking with an exercise program **Kick Start to Fitness** is for you! A nationally certified personal trainer will give you the guidance, knowledge and tools to reach your fitness goals in a safe small group setting!

The Program Includes:

- * **Membership** - benefits for the duration of the program, plus all of the instruction listed below to assure your success! (does not include Spinning)
- * **Small Group Personal Training**
Monday & Wednesday, 1-2 pm
- * **Fitness Evaluation** - pre & post evaluations to determine fitness level including body composition, strength, flexibility and cardiovascular level.
- * **Nutritional Guidance** - two 1/2 hour sessions with our certified dietitian.
- * **Cardiovascular Training** - learn what your target heart rate is and how to train in the right heart rate zone plus a complete review of all machines in the cardiovascular room.
- * **Strength Training** - learn specific exercises for upper & lower body using machines & free weights.
- * **Functional Training** - learn effective ways to use mats, balls, versa discs, medicine balls and resistance bands to strengthen your body.
- * **Stretching** - learn proper stretching techniques and why stretching is so important.
- * **Fitness Log** - to track individual progress.

Oct 1 - Nov 21
Monday & Wednesday
1:00 - 2:00 pm
just \$179
Membership included!



Kick Start 2

Once you have completed **Kick Start to Fitness**, continue your fitness program by joining **Kick Start 2**. This program will take you to the next level with more advanced exercises and challenge participants to improve their fitness level even more.

Oct 1 - Nov 21
Monday & Wednesday
10:00-11:00 am
\$179
Membership included!

Sign-up for a membership before the end of your program and get a renewal discount on memberships of 3 months or longer.

Personal Training at the CCBA

Our nationally certified personal trainers are available to help you reach your personal fitness goals. One-on-one attention can motivate you to maximize your workout potential. You and your trainer can arrange times that fit your busy lifestyle. Monthly packages are available. For more information, contact Larry Ruffing, Fitness Director.

	Individual	Partner Training
Member	\$40/hour	\$30/hour/person
Non-member	\$55/hour	\$45/hour/person

Bulk packages are available.

Individual Nutrition Counseling

Individuals interested in nutrition counseling should contact Joanna Graber, Group Fitness Coordinator and Registered Dietitian to schedule a one-on-one evaluation session. Joanna can be reached by calling 448-6477 ext. 44. Member \$40/hour Non-member \$55/hour.

Pan-Roasted Scallops with Sesame Sauce

Prep: 2 minutes Cook: 6 minutes
Makes 4 servings

Cooking Spray
16 large sea scallops (about 1-3/4 pounds)
1 sliced green onion (white and green sections reserved separately)
2 garlic cloves, minced (about 1 teaspoon)
2 tablespoons low sodium soy sauce
1 tablespoon rice vinegar
3 teaspoons sugar
1/2 teaspoon cornstarch
1 tablespoon sesame oil
1/8 teaspoon crushed red peppers
1 teaspoon canola oil
1/8 teaspoon black pepper

1. Remove scallops from the refrigerator, and bring them to room temperature (about 10 minutes). In a small mixing bowl, add the white onion pieces and the next 7 ingredients (through crushed red peppers); stir with a whisk to combine, and set aside.
2. Warm the canola oil in a large nonstick skillet over medium heat. When hot, add the scallops; sprinkle scallops with the black pepper. Cook scallops about 3 minutes on 1 side until golden brown. Using tongs, flip the scallops and cook 2-3 minutes or until browned. Transfer scallops to a plate, and cover with foil. Keep the skillet on the heat.
3. Whisk the sauce again, and add it to the pan. Cook until the sauce boils and thickens slightly (about 45 seconds); then remove the pan from heat. Divide scallops among 4 plates, drizzle some of the hot sesame sauce over each portion, and garnish with a sprinkle of green onion pieces. (Serving size: 4 scallops and 1-1/2 tablespoons sauce)

Calories 246 (28% from fat); Fat 7g (sat. 1g, mono 3g, poly 3g); Cholesterol 65mg; Protein 34g; Carbohydrate 9g; Sugars 3g; Fiber 0g; Iron 1mg; Sodium 587mg; Calcium 53mg
Health, June 2007