

Highlights

Dec. 2005
Issue 6



We're Finally Moving!

Our new address is:
1424 N. High Point Rd.
Suite #102

From the studio take...

- ~Terrace Ave. towards the beltline
- ~Turn Left on High Point.
- ~Follow High Point straight through the light
- ~Turn into the second driveway on your right
- ~We are the back building, closest to the beltline.

We will be training clients at the new studio as of December 27th ...

The new studio will have shower facilities. Please bring your own towel & showering supplies. Allow ample time after your scheduled appointment, as there might be a short wait during busy times.

Please pardon our dust as we make the transition. Talk to your trainer if you have any questions.

Winter Running... What To Wear Out There

By: Rebekah Lohre

The snow is falling, the air is cold, and you have a running schedule to stick to. No problem—if you have the right cold weather gear. Don't worry, you don't have to run out and buy a new, expensive, name brand, running wardrobe. With a little looking, you probably have all the pieces somewhere in your closet. You just have to know how to put them together.

It is as simple as 4 layers:

#1—Wicking—

In order to stay warm you have to stay dry. Choose materials that are light weight and synthetic to wear next to your skin. These materials (like a thin polyester or silk) will move the moisture away from your skin. Women—be sure to choose these materials for your sports bras as well.

#2 —Thin Warmth—

This can be a cotton long sleeve T-shirt or thin polar fleece. The idea is to be able to strip down to this layer if you get too warm during your run.

#3 -Bulky Warmth —

This is when you can pull out your warm hoodie, down vest, or chunky wool sweater. Keep in mind that on most days this layer is only necessary for the first mile—be prepared to ditch it along the way. Only on the coldest winter days will you need it for the duration.

#4 -Waterproof—

When conditions are snowy or

raining, a light, waterproof shell is invaluable. Don't wear your bulky ski jacket—that will be too warm. A good jacket is breathable, has zippered vents, waterproof, and can be used year round. If you only buy one piece of running gear, this is it!

These layers apply to your bottom as well as your top, although most people prefer fewer layers on their legs. On most days a good pair of wicking underwear and a mid-weight pair of workout pants will be fine. On the bitter cold days you might need thin pants and then a layer of heavier ones on top.

When dressing keep in mind the 20 degree rule. If it is 30 degrees outside, it will feel like 50 by mile 2, so be ready to strip off some layers. If you are a little cold walking out the door, don't worry, you will warm up quick.

Don't be afraid to experiment, these are only guidelines. You might like being a little warmer during your winter runs while your running partner might strip down to shorts and a t-shirt in 35 degree weather (I am one of those crazy people).

Don't forget to top it off with a hat and some gloves. Don't hibernate inside, get out there and enjoy this winter wonderland!

With slush, ice, and salt in the streets, please help keep the studio clean by bringing clean shoes in for your workouts. Thanks!

See Reverse Side For:

Important Dates
Home Gym Planning
New Trainer Updates
New Class Updates

Welcome Our Newest
Addition to the Horizon
Family...

Amy Becher!

Amy is a certified functional personal trainer as well as a top level gymnastics coach. She has participated in gymnastics and dance for over 25 years through competition, judging, coaching, and directing programs. Her strength conditioning styles compliment the rest of our great training staff at Horizon. Amy enjoys pushing each client to their fullest potential while focusing on correct technique and body posture. In her spare time she enjoys golf, music, and especially spontaneous adventure.



Barrel record out of reach?

150 lifts is the new record...
Can you believe it? Does anyone remember when the record was 50?
Then it was 85, 95, then 100!
Then it stood at 110 for about 5 months. But now, 150!
The new record was set on December 14th, a Madison snow emergency day, by Linda Wilkins!

*Congratulations Linda...
you are our hero!*

STAY ACTIVE THIS NEW YEAR

*By signing up for a class
Try something new,
or stick with your favorite*

We currently offer:

YOGA BASICS

*Focuses on the traditional and fundamental aspects of Hatha Yoga. Incorporates a good mix of strength, flexibility, and balance while promoting self-awareness and relaxation. Includes pranayama exercises and ends with guided meditations
Great for beginner to intermediate students with some prior yoga experience.*

PROGRESSIVE YOGA

For the student looking for a more challenging yoga class, try this one. The class progresses with the students and will incorporate more complex balances and strength poses, as well as inversions and advanced planks. A great complement to our Yoga Basics class.

Pilates

A core-strengthening program designed to strengthen abs, back, thigh, and buttock muscles. This mat routine will lengthen and tone muscles and improve your posture.

Core Conditioning

Similar to our basic Pilate's class but mixed with yoga, and athletic conditioning movements designed to get your heart rate up and tone your core at the same time!

Belly Dancing

No, you don't have to show your belly! This beginner class is all about gaining confidence and comfort with your body and its natural movements. A great way to strengthen and stretch the hips and abdominal muscles.

Talk to your trainer or pick up our flyer in the studio for more details.

Don't see a class you like? Let us know what you'd like to take, and we'll try to add it to our studio offerings.

We Need Testimonials!
Calling all loyal, lovely clients...

We want your success stories and fitness experiences to pass on to potential new clients. Your testimonials will be featured on our website and in our brochures. E-mail us or give written responses to your trainer.

THANKS!

Supplement Your Workouts in the Comfort of Your Own Home

We will help you create your very own In-Home Gym. Our trainers will provide expertise to aid you in selecting good, quality equipment.

They will even help you set it up to make your in-home gym functional and complete.

Check out your options in the Horizon Pro-Shop. We can help you pick out everything from dumbbells to treadmills.

Don't buy "any old" equipment. Let us help you make smart choices that will work for your goals & your space.

— Dates To Remember —

December 20th Mike's Birthday
December 26th Free Workouts on Moving Day
December 27th New Studio Open
January 1st 5 mile "New Year's Day Dash"
January 2nd New Class Journey Begins
January 21st 5 & 10K "Freeze For Food"
January 27th Grand Opening 5:30-9:30

Further details on all events are available at the studio.