

# Champion Fitness Newsletter

Champion Fitness Center  
Kentwood

Don't forget to visit us on the web at [www.championhealthandfitness.com](http://www.championhealthandfitness.com)



## February Training Promotion

### Training Specials

Our staff here at Champion Fitness is here to help you reach your fitness goals, so we have come up with some new incentives to help you get there. Starting February 1, all existing members will be able to purchase training sessions from our training staff for only \$25 per session! All new members who sign up after 2-1-04 have the option to buy 6 training sessions for \$190. If you purchase a 6-session training package from one of our trainers, you may qualify to get the student membership rate for the duration of your training package (some restrictions may apply). Please see the front desk staff for complete information!!

*We look forward to helping you reach your goals!!*

### New Program

Coming soon to Champion Fitness in Kentwood, we will be starting a Champion Health Challenge soon!! This is a 12 week program that will help you with weight loss, give you great ideas on new exercises to do and nutritional information. We will also be covering supplements as well (along with much more). This is a very informative class that will meet once a week and will be taught by our own Jackie Hoogerhyde. Please see Jackie or the front desk staff to put your name on the list!!



### Welcome Annie!!

Please welcome Annie Bolognino back to our staff. Annie worked at Champion a little over a year ago and has now returned to offer her expertise in personal training to our members. Annie has many certifications in personal training and will be able to help you get in shape for the summer. Please see the front desk for the many services that Annie has to offer.

Please see the inside of this issue to meet all of our personal training staff!!

Volume 1, Issue 1  
February 2004

### Special points of interest:

- *Start now to get in shape for summer*
- *Personal training can help you reach your goals*
- *Friends are free winners*
- *New billing system coming soon!*
- *Champion Welcome Wagon*
- *Valentine's Day coming soon!!*

### Inside this issue:

*Personal Training Promotion* 1

*Champion Health Challenge* 1

*Welcome Annie to our Staff* 1

*Meet the Trainers* 2

*New Welcome Wagon* 2

*Some Friendly Reminders* 3

*Weight training or Cardio first?* 3

## New Billing System Coming Soon!!!

Champion is in the process of changing our system over from ABC Financial to CSI (the same system our Rockford Facility uses now). This system will be more efficient and give us up to the minute information on your membership account!! Part of this process will entail changing everyone's billing cycle to the 1st of the month. All billing will

then be done in house, not through a third party. Unfortunately, we will no longer be able to offer coupon billing, however, you will know that any billing information you give to us, is kept here and not given out to anyone. This system will help our staff be able to serve you better!!! Any changes to your account will be available in the

system by the next business day!! All current members will receive a key tag membership card when this new system is activated. We are hoping to get the new system in this SPRING!!! If you have any questions about this transition, please talk to Tina in the Business Office.

## Meet The Trainers

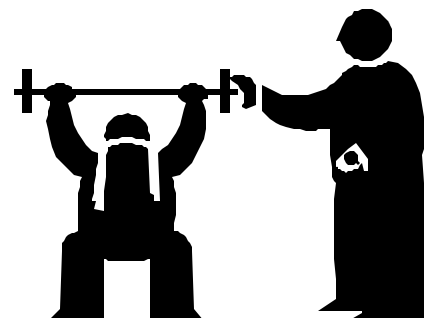
Monica Burton—Monica has been training for 14 years. She has the IFA certification and specializes in rehabilitation and teaching senior citizens how to keep healthy for a long and healthy life.

Jason Doubleday—Jason has a BS in Exercise Science/ Fitness & Wellness. He has many certifications and also is an instructor at Muskegon Community College. Jason specializes in sports medicine and sports specific training.

George Jeffries— George has 4 years weight lifting experience, 2 years of health coaching experience and 2 years modeling experience. He is currently going through ISSA training certification and specializes in programs for athletes.

Ken Trapp— Ken has been weight lifting for 15 years. He is a certified personal trainer through ISSA and specializes in Strength training, weight loss, sport specific training and sports injury training.

Annie Bolognino—Annie has ACSM-HFI, NSCA-CSCS certification. Annie specializes in weight loss programs.



## Congratulations to all Friends are Free Winners

We would like to thank all of our members who handed out their friends are free cards to their friends. We have many people who qualified for prizes and we will be contacting you soon!!!

### Level 1 Winners:

Matt Parker	Shani Sharif
Anthony Francechina	Ann Rath
Phil Martin	Renee Speed
Rachel Buiter	Nick Kaechele

Matt Tidd	Courtney Hondorp
Ana Rosas	Jerry Ranson

### Level 2 Winners:

Jeana Vander Mullen

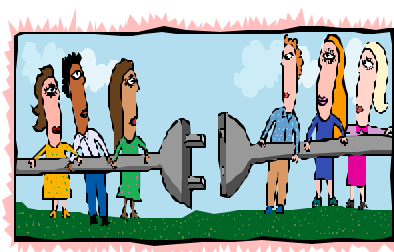
Thank you to all who participated in this program. Many of you had people who signed up here under this program, however, they did not sign up for a 1 year membership to qualify you for a prize. We are grateful for your efforts!!

**Friends Are Free Promotion Extended 2 months. Please see bulletin board by locker rooms for complete details and new prizes!!**

"True friendship is like sound health; the value of it is seldom known until it be lost."

## Champion's Welcome Wagon

Perhaps some of you have noticed the signs that have been posted around the club for our members who are business members to be able to provide information about their business to all of our new members. This is a great way for our current members to advertise their business or service to the new members coming in. There are forms at the front desk for anyone who would like to participate. Please see Deneen Huff in the Marketing Dept. for more information.



Get plugged in!!

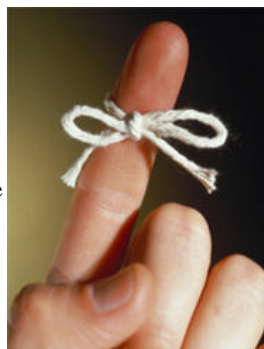
Don't forget that Valentine's Day is coming up!! Give the gift of health to your Valentine! Gift Certificates are available through the Business Office.

## Some friendly reminders

Just some friendly reminders about some policies and procedures here at Champion.

- Please note that members are not allowed behind the front desk. This will make it easier for new members to know who the staff is and who the members are.
- Although we aim to please all of our members, the music is not by request. This is to keep our staff from spending a lot of time changing stations to please everyone. We try to keep the music to stations that the majority of our members like.

- It is important for everyone to always check into the club when you enter. This is not only for your safety (if an emergency should arise), it is also to make sure that everyone entering the club has a membership.
- Please make sure that you are respectful of other members and guests working out around you. This would include re-racking all weights and equipment you



have used, keeping the noise level down as to not distract other members, not slamming weights down to the floor, and profanity is not allowed at any time.

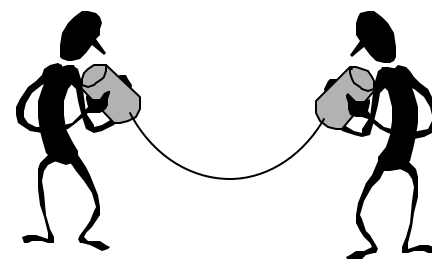
- Street shoes are not allowed in the weight room or on equipment.

Thank you for all of your cooperation in these matters!! Together we can keep this facility a great place for everyone to work out!!!

## Thank you for all of your comments!!

Thank you to all of our members who have put comments in our comment box at the front counter. We are continually working to make this a great place to work out and thanks to your comments, we have made many improvements. Since some issues may take longer to address than others, we do appreciate your ongoing patience with these matters.

new people or just to sit down and relax before heading out into the wonderful Michigan weather. **Please let us know what you think!!**



We hope that you all have had a chance to take advantage of our new seating area. We think that this will give you a better chance to meet

### Aerobics or strength training: Which should I do first?

Most people at my health club lift weights first and then do aerobic exercise. Because my goal is fat loss and then muscle toning, I do the opposite. Does it make a difference which you do first?

Alan / California

No scientific evidence shows that it makes a difference whether you do aerobic exercise or strength training first. It probably doesn't matter. But if you do a vigorous aerobic workout first, make sure your muscles aren't too tired to maintain proper technique and body posture and position during your strength-training workout. Strength training is very effective

for weight loss. The more muscle mass you have, the more calories your body burns. Add stretching exercises after your workout, and you'll have a well-rounded program that should help you achieve your fitness goals.

Source:  
Mayoclinic.com

**Champion Fitness Center  
Kentwood**



**Group Exercise Schedule  
Begins February 1, 2004**

[www.championhealthandfitness.com](http://www.championhealthandfitness.com)

MON	TUE	WED	THU	FRI	SAT	SUN
5:30 AM BODY PUMP Jessica	5:30 AM Precision Cycling Jessica	5:30 AM Step Circuit Jessica	5:30 AM Precision Cycling Kevin			
8:30 AM Pilates Debby	8:15 AM Pi/Yo Cheryl			8:30 AM Pilates Debby		
9:15 AM BODY PUMP Debby	9:15 AM TURBO KICK Debby	9:15 AM Yoga FLEX Debby	9:15 AM BODY PUMP Janet	9:15 AM Double Step Debby	9:00 AM Step Challenge Debby	
10:15 AM Step Express (30 Minutes) Debby		10:15 AM Precision Cycling Debby (45 Minutes)	10:15 AM Precision Cycling (30 Minutes) Janet		10:00 AM BODY PUMP Debby	
					11:00 AM Precision Cycling Paula/Pamela	
4:30 PM Precision Cycling Susie	4:30 PM BODY PUMP Debby	4:30 PM Step Challenge Lori	4:30 PM BODY PUMP Debby			
5:30 PM Step Challenge Paula	5:30 PM Step Express (30 Minutes) Debby	5:30 PM TURBO KICK Janet	5:30 PM Dbl Step Xpress (30 Minutes) Debby	5:30 PM Precision Cycling Susie		
6:30 PM BODY PUMP Janet	6:00 PM Precision Cycling Jennie	6:30 PM BODY PUMP Paula	6:00 PM Pilates (1 Hour) Cheryl			
7:30 PM Basic Step  Janet	7:00 PM Yoga Flex (1 Hour) Jennie		7:00 PM Precision Cycling Pam			

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**Hours:**  
Sun: 10am-5pm  
M-Th: 5am-10pm  
Fri: 5am-8pm  
Sat: 7am-6pm