

Latest Club News & Events!

When and what is the Cat Club Challenge Party? Parisi eval session the last Monday of every month...Amy was doing a basket and give-a-way for it.

► Walk Competition “Spring Break Destinations” Update

The Walk Down South is a FUN team event. Each person will wear a pedometer throughout the day tracking their steps. As a team they will turn in their average steps for the week which will be calculated to miles. There are several destinations down south they will be walking towards, there will be a map tracking their current status. At the end of the 10 weeks they will receive a T-shirt stating what spring break destination they walked to down south. The competition will begin in February and last 10 weeks.

► Brand new PRECOR equipment is here!

Any day now we will be receiving our new PRECOR equipment. Take a look at the pictures of the new equipment in the lobby

► Les Mills BodyFlow

We have officially launched our next program from Les Mills – BodyFlow, on Saturday, January 30th. BodyFlow is the Yoga, Tai Chi, and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm. Controlled breathing, concentration and carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance. Check out the new class!

► SVAC Sponsors “Soles 4 Souls” Shoe Drive Update

Thanks to everyone that helped out with our first shoe drive. It was a huge success and we collected over 150 pairs of shoes!! What an amazing accomplishment! The shoes that were donated are distributed to people in over 125 countries, including Kenya, Thailand, Nepal and the United States.

Each shoe cost \$1.00 to ship. We need help with the shipping costs as each pair costs \$1.00 to ship. If you would like to help and donate, please contact Shannon Harrington at 610-678-0484 or sharrington@svathleticclub.com.

► **BLAST IT OFF....THE ULTIMATE WEIGHT LOSS PROGRAM**

The program includes:

12- week "Take it Off" Weight Loss Program - Each week your weight is measured and your coach reviews your personal journal.

(12) 30-minute Personal Training Sessions (research shows that interval workouts give the best results for weight loss. A personal trainer can give you a weight training or cardiovascular interval workout to maximize calorie expenditure during and post exercise).

(2) Group Fitness Classes a week - Specific classes recommended based on goals and fitness level.

All packaged into one discounted price!! For more information, please contact Melissa Hummel at (610) 678-0484 or mhummel@svathleticclub.com.

► **Get Started with the Members4Ever Program**

As a new member of Spring Valley Athletic Club, your Member4Ever Fitness Coaches will teach you the latest techniques in health, fitness, and healthy eating. You'll meet with a Fitness Coach each week during our step-by-step approach to making healthy and fitness an enjoyable way of life. You'll have the opportunity to ask questions and get vital information that can make all the difference in your success. For more information, please contact one of our membership team members.

► **TAKE IT OFF... Weight Loss Program**

Take it Off is a program that educates you on how to make informed choices on quality and quantity of grocery store foods, so that you can begin to make some realistic lifestyle changes. This three-month weight loss program provides you with the knowledge on how to utilize grocery store foods to better your nutrition, clearly outlines portion sizes, and provides specific meal guidelines. We provide you with weekly one-on-one coaching for accountability, a three-month easy to follow journal, educational handouts and healthy recipes. Options include the weight loss program only with the choice of meeting your coach once or twice a week for a convenient 15-minute sessions, or the weight loss program plus one 30 or 60 minute personal training session a week. Take it Off is an open enrollment program which allows you to begin at any time. Contact membership for more information on package pricing at 610-678-0484.

► **Advocare Products On Sale at SVAC**

Spring Valley Athletic Club and The Parisi Speed School are proud to partner with Advocare, a premier health and wellness company offering world-class energy, nutrition and sports performance products. The products are formulated by their distinguished Scientific and Medical Advisory Board with more than 250 years of combined experience. Professional and Olympic athletes such as Drew Brees and Wes Welker are amongst their unpaid endorsers, strengthening their careers through the use of Advocare products. Check out the products at www.advocare.com/09032404 and place your order. For a free consultation or your personal product recommendation, please contact one of our Spring Valley Athletic Club Advocare Advisors at (610) 678-0484.

► **SVAC has a new FACEBOOK and TWITTER page!**

We will continually be listing events and discounts and special events going on at the club. Please become a fan to get all the latest news at...

[Spring Valley Athletic Club Facebook Fan Page](#) or
[Spring Valley Athletic Club Twitter Page](#)

► **Remember to join us for the monthly MEMBER4EVER Party on Monday, February 28th from 6pm to 8pm at the club. All are welcomed!**

► **Reminder of our Snow Delay Policy...** We follow the Conrad Weiser School District delay system. Here is what it means for us:

1 hour delay=NO 5:30, 7:30, or 8:30 am classes.

2 hour delay=SAME AS ABOVE plus no 9:30 class. The 10:30 and 11:30 classes will be taught on days with a 2 hour delay.

Early dismissal=NO PM GF classes

No School=usually means no GF although there are exceptions to this rule. In this instance the best policy would be to call the club.

► **Congratulations & Thank You to the following members who referred a new member to Spring Valley:**

Gloria Claman

Zach and Megan Haas

Parisi

► Adult Parisi 12 Days of Christmas December Challenge Results:

Congratulations to Tara Focht who won the Challenge. Her name was entered into a drawing for attending 12 or more Parisi classes during the month of December. She won a \$25 Gift Card to SVAC. There were 4 Adults who attended 12 or more classes during the month. Other drawings took place throughout the month for attending 3 or more classes per week. Great Job and Thank You to all who participated in the challenge!

► Speed Kills, Strength Punishes:

Every athlete needs speed and strength. Mainly athletes forget the importance of a strength program. One of the quickest ways to get fastest is through a speed specific strength program. Very often athletes work out in a crowded weight room at school without having much supervision or a personalized strength training program. The Parisi Speed School has been training athletes on SPEED and STRENGTH for 18 years. Let our professional Performance Coaches create a strength program that will not only help your athlete get stronger but will teach them the proper technique so when they are lifting at school, they are doing it properly. Parisi is introducing the strength membership which provides an affordable option for athletes to do speed and strength training. Please contact Jamie at jguzman@svathleticclub.com or 610-678-0484 for more information.

► Parisi Presents Titleist Golf Fitness Program

Utilizing the Titleist Performance Institute Golf Fitness physical screening process, we measure your ability to generate and transfer speed and determine the most efficient energy transfer throughout your body. We will isolate any physical limitations, correlate these findings to your swing technique and prescribe a custom-conditioning program. Factors like strength, flexibility, balance, endurance, nutrition, stability, power, vision and posture all influence the body's mechanics.

Titleist Golf Fitness Assessment and One (60 minute) Personal Training Session
\$90

5 pack- 1 hour sessions \$230

10 pack- 1 hour sessions \$440

12 pack- 1 hour sessions \$514

**If the Titleist Performance Institute Golf Fitness Screening was not already administered then it would be performed in the first session.*

These one-on-one training sessions are individualized to improve your golf game. The golf fitness program is developed based on the results of the TPI Golf Fitness Assessment. A program is developed with correction exercises which directly relate to your swing. If you are currently working with a Golf

Professional, the fitness specialist will work closely with them to make sure your exercises are complimenting your swing. For more information, please contact Melissa Hummel, Titleist Performance Institute Golf Fitness Instructor Certified American College of Sports Medicine Health Fitness Specialist Certified at (610)-678-0484 or mhummel@svathleticclub.com.

▶ **Free Speed Class**

Whether you are looking to help your athlete improve their athletic abilities help your child develop healthy exercise and fitness habits, or you are an adult looking to get in shape or achieve your training goals, the Parisi Speed School has a program for you. Come try a free class. Ages 3 to Adults. Call Jamie at (610) 678-0484 or email her at jguzman@svathleticclub.com to schedule your free class. Classes are available Monday-Saturday.

▶ **Cat Club Challenge Dates:**

_____ classes are held at 4:30pm and 6:30pm. Email Jamie Guzman at (610) 678-0484 or jguzman@svathleticclub.com.

▶ **We are offering some GREAT Parisi specials for the Winter...**

Adult Punch Cards - \$79 for 10 sessions

Refer someone that enrolls in Parisi and receive a Parisi Speed Kills shirt and \$10 as a referral gift

Parisi Evaluations – discounted to \$50 (originally \$65) for the month of January

▶ **Need to rent Turf or Sport Court?**

Did you know that you can rent out the Turf & Sport Court? Space is filling up quickly. Contact Jamie at (610) 678-0484 or jguzman@svathleticclub.com for dates & rates!

For more information on The Parisi Speed School Programs,

Contact Jamie Guzman

at (610) 678-0484 or jguzman@svathleticclub.com.

Kid's Activities

▶ **Kids Night Out is back!! February 19th**

Ages 3 -10

5- 9pm

Games, Craft, Movie and More!!

Pizza and a Drink

Member Cost: \$20 for first child, \$18 for 2nd, \$12 for third, and \$10 for four or more of the same family.

Sign-Up in Kids Court Today!

► **Tiny Tigers/Little Dragons Karate News**

At Top Kick Karate we offer a wonderful program for children ages 4, 5, and 6. At our studio your little ones will learn real martial arts in a fun and exciting way. Through training your children will learn better focus, respect, and self-control. Top Kick Karate gives these little ones a place to get out their energy in a structured and positive way. All classes are taught by Master Adam White. Master was a Kindergarten teacher in the public school system for five years. He is currently a second grade teacher. Come see the quality Top Kick Karate has to offer to your little ones! We always offer a free two week trial so join anytime. At Top Kick Karate we don't have contracts just the world's best traditional martial arts instruction. For more information please contact Spring Valley Athletic Club or Master White at 610-368-8616.

► **Birthday Parties**

With the colder weather, dates are filling-up fast!! Kids Court has an amazing atmosphere with the Kidsmazium for those birthday parties...and we do all the clean up!! Call or stop by today to reserve your date. For more information, please inquire at Kids Court.

► **Carousel of Dance News**

New Classes are starting... Sign up at front desk or contact Miss Kim, Dance Instructor at misskim@svathleticclub.com or 610-678-0484, ext. 105.

► **NEW - Chipmunk Club**

This is a new interactive club for the kids to join. They will receive the following benefits:

Chipmunk club t-shirt

Membership Card

Card on Child's birthday

10 free passes to Kids Court per year per child

Discounts on Kid's Night Out

Specials within the club - smoothies etc.

All for only a \$10 yearly fee!!

For more information or to register your child, please contact Jamie at (610) 678-0484 or jguzman@svathleticclub.com.

► **Little Kickers**

Little Kickers Soccer Academy is for boys and girls ages 3-7 years old. Every Thursday from 5:30pm – 6:30pm. Cost is \$15 per session. Must bring a soccer ball and shin guards are suggested. To register contact Jamie Guzman at (610)-678-0484 or jguzman@svathleticclub.com.

► **Upper 90 Soccer Academy**

Upper 90 Soccer Academy is for boys and girls ages 9-15 years old. Every Saturday through March 13th from 9am – 10am (girls) and 10am – 11am (boys). The purpose of the Academy is to help build soccer skills. All skill levels welcomed! To get more information or to register, contact Jamie Guzman at (610)-678-0484 or jguzman@svathleticclub.com

Club Sports

► **Take advantage of our Buddy Training Packages!**

If you are bored with your workout and need a change let one of our personal trainers show you a new routine. Working out is more fun when shared with family and friends; you can save some money by signing up for Buddy Training. If you are interested please see membership or a personal trainer for details or to sign-up.

► **VIP Pass**

FREE class admission ticket. Spring Valley Athletic Club encourages you to bring your non-member friends to ANY group fitness class. If you do, your name will be entered in a drawing to win a \$25 gift card. Pick-up your pass at the front desk and invite your friends out for a great workout!

► **Top Kick Karate News**

At Top Kick Karate you will learn the world's premier Korean Martial Art from world class certified instructors. Start your two week free trial now and see what we have to offer!

Congratulations to 35 students who tested and were promoted to their next belt rank during the months of January and February! Special congratulations to Kaitlyn Grace and Drew Clark on their promotion to Cho Dan Bo or Black Belt Candidate.

Please contact Spring Valley Athletic Club at 610-678-0484 or Master White at 610-368-8616 or topkickteacher@yahoo.com for details on classes and times.

- ▶ Open Gyms – Contact Jamie to register at jguzman@svathleticclub.com
- Adult Men's Pick-up Basketball – Every Tuesday night from 7:30-9:00pm. Free for members; \$10 for non-members.
- Adult Women's Open Play Basketball – Every Thursday night from 6:30 – 7:30pm. Free for members; \$10 for non-members.

Fitness News

*Exercise of the Month:

Squat - Front w/ Barbell

Difficulty Level : Intermediate to Advanced ●

Muscle Group(s) : Legs
Quadriceps

Modality : Strength

Equipment : Barbell

Benefits :

- Highly integrated total body stability and strength production, with obvious emphasis on the low back and lower extremities.
- Hypertrophy of the Quads, Hams, Glutes, etc. (relatively).

Pre-Requisites :

- The client must have adequate total body flexibility throughout the Kinetic Chain.
- The client must also demonstrate adequate proficiency at the **unloaded** overhead squat **prior to** loading the movement.

Preparation :

- Stand with feet pointed STRAIGHT AHEAD with a barbell placed comfortably on the top of the shoulder musculature.
- Be sure to position your head up over shoulders and shoulders in line with hips,

(i.e. neutral spine).

Movement :

- From the start position, draw your belly button inward toward your spine.
- Maintaining tone in the deep abdominal musculature, descend slowly by bending at the knees and hips.
- During the descent, maintain weight distribution between the mid-foot and heels. *Do not allow the feet to cave inward or shift outward.*
- While maintaining tone in the lower abdomen and optimal kinetic chain alignment, “drive” through the feet extending the ankle, knee, and hip joints while your weight is evenly distributed between heels and mid-foot. *Do not allow body weight to shift toward the toes.*
- The knees should track over the second and third toe.
- Perform downward reps slowly and concentrate on the eccentric (descent) and the isometric (squat position) alignment of your body.
- Descend as far as you can control. Partial squats should progress to full squats as neuromuscular efficiency improves.



Special Offers

▶ Valentine’s Day Massage Special – need info.....

▶ Promote Your Business to Spring Valley Members

We offer the entrance atrium display area on a weekly basis and are now booking for September. If interested, please contact Jamie Guzman at jguzman@svathleticclub.com.

▶ **A Running Start Shoes Discount** - All employees and Spring Valley members will receive 10% off all shoes at A Running Start. They carry a diverse line of athletic shoes and will provide you individual attention based on your needs. All you need is your SV scan tag to receive the discount. You can reach them at 610-320-9097.

▶ **CASH FOR REFERRALS** - Refer a friend that joins for a year and receive a \$50 gift card!!

▶ **FEBRUARY SMOOTHIE SPECIAL**

Heartbreaker!!

Strawberry & Raspberry

½ OFF ALL MONTH

16 oz. \$1.75

24oz. \$2.75