

FALL 2024

GROUP EXERCISE NEWSLETTER

Did You Know?

Women often have a misguided perception that strength training will make them look bulky, but it won't! When people have extreme gains and look remarkably muscular, it's because they've combined a number of factors: nutrition, supplements and really specific and strategic training. Strength training will make you strong and powerful, but resistance workouts alone won't build a bulky body. Research shows that high repetition strength training generates a lactate response, a subsequent increase in growth hormone, and a long-term calorie burn effect that helps you build strength without the bulk.

Group Exercise Highlights:

VAUGHAN

Zumba Toning with Charity Thursdays at 6:45 a.m.

Zumba with Karla Tuesdays and Thursdays at 9:30 a.m.

Barre Above with Katie Fridays at 5:15 p.m.

Restorative Yoga with Deb on Sunday, October 6, November 3, and December 1 at 10:15 a.m.

EOLA

Strength & Stretch Express with Charis Mondays at 8 p.m.

Pilates Mashup with Paula Thursdays at 9 a.m.

PRISCO

Zumba Toning with Charity Mondays 6:45 a.m.

Other Fox Fitness Happenings:

Exercising for Better Balance & Strength

– next sessions are Wednesdays from 2:30-3:30 p.m. at Prisco

Oct. 23-Nov. 27

Dec. 4-Jan. 15 (no class Dec. 25)

BOOst Your Fitness Routine Challenge

(Oct. 25-31) - Take as many classes as you want at Vaughan, Eola and Prisco during the weeklong challenge. After class the instructor will give you a skull egg. Inside the skull is either an instant winner swag ticket or a raffle ticket to enter to win a \$50 Target gift card! (One winner per location). Winners will be notified on November 1st.

November Member Challenge – Planksgiving (ask the fitness desk for details)

Member Appreciation Day! Visit any of our 4 Fox Fitness locations on Friday, October 18 from 8 a.m.-7 p.m. for a free Fox Fitness drawstring bag and healthy snacks! (while supplies last) Enter the raffle to win a \$50 Amazon gift card (1 winner per location) or enter the raffle at Vaughan to win a personal training package! (3 - 1 hour sessions valued at \$150)

Fox Fitness T-Shirts for sale \$12 (while supplies last)

Scan Here to Register!



Quote of the Quarter:

Time is free but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it you can never get it back.



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