

WINTER 2025

GROUP EXERCISE NEWSLETTER

Did You Know?

Adequate protein consumption is essential. Here are five reasons to consider adding more protein to your diet.

1. Stop the hunger. Protein ingestion triggers a specific hormonal response in the body that suppresses the appetite.

2. Increase your metabolism. Consuming greater amounts of protein increases the amount of energy the body uses to perform essential functions and physical activity.

3. Increase and maintain muscle mass. Consuming protein after a workout along with adequate protein consumption throughout the day is important for building, maintaining and repairing muscle mass when used in combination with physical activity.

4. Improve mood. What you eat may influence the way you feel. Research shows a correlation between greater consumption of protein, lower levels of anxiety and depression and higher levels of happiness, wellness and well-being. The rate of nutrient absorption may have something to do with this relationship. Eating protein slows carbohydrate absorption and increases the release of neurotransmitters and hormones that make us feel good.

5. Maintain cognitive function. According to the CDC, one in nine adults in the US will be challenged by cognitive decline. Protein intake improves working memory and executive function when task demands are high. Research shows that the source of protein may also be an important factor. When it comes to cognitive function, animal protein consumption in populations with plant-dominant diets may help to prevent cognitive decline.

Group Exercise Highlights: VAUGHAN

Restorative Yoga with Deb on the first Sunday of the month: January 5, February 2, March 2, and April 6 at 10:15 a.m.

PRISCO

Golden Fit with Karla on Wednesdays at 8:15 a.m. beginning on January 8.

Silver Sneakers participants are eligible to take group exercise classes at Prisco at no cost.


Other Fox Fitness Happenings:

Xtreme Hip Hop

**XTREME
HIP-HOP**




REGISTER
TODAY!



FOXfitness

JANUARY 7-30
6:45-7:45 P.M.
TU/TH • PRISCO
\$65(R) / \$75(N)



REGISTER
TODAY!




For schedules and more information: [foxfitness.info](https://www.foxfitness.info)
Follow Fox Fitness on social media, like and share!


Facebook: Fox Fitness, Instagram:
[foxvalleyparkdistrict](https://www.instagram.com/foxvalleyparkdistrict), Twitter: @FoxValleyParks

Exercising for Better Balance & Strength

Next session is Wednesdays from 12:30-1:30 p.m. at Prisco.



Scan Here to Register!



EXERCISING FOR BETTER BALANCE & STRENGTH

Wednesdays • 12:30-1:30 p.m.
Prisco Community Center (dance studio 117)

This class is designed to help you improve your quality of life for added strength, balance, flexibility and mobility using intentional movement for physical wellness. Those who most benefit from this class are those with balance problems or other movement disorders and those living with Parkinson's disease. All ability levels are welcome. Please bring a water bottle and tennis shoes. The class can be done seated or standing. Chairs are provided.

\$75(M) • \$100(R) • \$150(N)
Winter Specialty Fitness
 January 22 - February 26
 311403-04
Spring Specialty Fitness
 March 5 - April 9 • 411403-05
 April 16 - May 21 • 411403-06
 May 28 - July 2 • 411403-07

foxfitness.info

Scan Here to Register!




Angel - Copley



Ryan's Group Ex



Karla's Group Ex



Brett & Danielle

Member Challenges in 2025

January – Hydration challenge at Eola and Vaughan. Get a Fox Fitness water bottle. Drink one gallon of water each day.

February – Body Fat challenge at Vaughan. Get your body fat measured.

March – Rowing Challenge at Copley, Eola, Prisco and Vaughan. Row 1,000 meters in 5 minutes or less and get a Fox Fitness t-shirt.

Member Appreciation Day October 18th, 2024



Robert - Eola



Tracey - Vaughan



Janice - Vaughan

BOOst Your Fitness Routine Challenge Winners 2024 (10/25-10/31)



Fox Fitness Hoodies – \$25 while supplies last!



Quote of the Quarter:
 Take care of your body. It's the only place you have to live.

Any questions, comments or feedback regarding the Fox Fitness Department can be directed to:
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