

# **FIT 4 LIFE**

fitness center

900 W. Romeo Road, Romeoville, IL 60446 [www.romeoville.org](http://www.romeoville.org)



## Holiday Hours

**Saturday, December 24 & Sunday, December 25**

Rec Center & Fitness Closed

**Saturday, December 31**

Rec Center Closed

Fit 4 Life Fitness Center Open from 8am-12pm

**Sunday, January 1, 2017**

Rec Center & Fitness Closed



*Qualify for prizes by visiting us*

# DECEMBER 4-31

The member who visits the most times overall will win a free month.

Every member who visits 12 times or more receives a guest pass and is entered to win a variety of other prizes!

Stay motivated by entering this fun & friendly contest!

**DECEMBER/JANUARY**

# Personal Training Sale



Reach your 2017 goals with our help!

Tone up, break a plateau, achieve a goal or take the first step to physical fitness with our certified personal trainers!

Buy 2 - Get 1 FREE!

From January 1 - March 30, 2017 you can get 1 FREE session for each 2 you purchase! All levels of fitness will benefit from the motivation, guidance and instruction insuring a safe and efficient workout. Personal training includes an initial fitness assessment and goal setting with your trainer.



## PERSONAL TRAINING PRICING

PACKAGES	MEMBER		NON-MEMBER RESIDENT		NON-MEMBER NON-RESIDENT	
<b>Individual Training</b> <i>For one person - one hour per session</i>	<i>Look at these deals!</i>					
<b>One Session</b>		\$34		\$43		\$51
<b>Three Sessions</b>	<del>\$102</del>	\$68	<del>\$129</del>	\$86	<del>\$153</del>	\$102
<b>Six Sessions</b>	<del>\$204</del>	\$136	<del>\$258</del>	\$172	<del>\$306</del>	\$204
<b>Nine Sessions</b>	<del>\$306</del>	\$204	<del>\$387</del>	\$258	<del>\$459</del>	\$306
<b>Group Training (Up to 5)</b> <i>Prices are per person - one hour per session</i>	<i>Call 815.886.6222 to set up appointments</i>					
<b>One Session</b>		\$22		\$28		\$33
<b>Three Sessions</b>	<del>\$66</del>	\$44	<del>\$84</del>	\$56	<del>\$99</del>	\$66
<b>Six Sessions</b>	<del>\$132</del>	\$88	<del>\$168</del>	\$112	<del>\$198</del>	\$132
<b>Nine Sessions</b>	<del>\$198</del>	\$132	<del>\$252</del>	\$168	<del>\$297</del>	\$198

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MORE INFORMATION ONLINE AT [WWW.ROMEOVILLE.ORG](http://WWW.ROMEOVILLE.ORG)



**FIT 4 LIFE NEW MEMBER**

**REFERRAL PROGRAM**

**GET ONE MONTH FREE MEMBERSHIP!**

We have a BRAND NEW Referral Program at the Fit 4 Life Fitness Center starting January 2nd! Existing members will get a FREE month when a friend signs up for an EFT membership. The new member will get the 2nd month free.\* Workout together in the Fitness Center, join various group classes, or enjoy open gym in the gymnasiums.

**JANUARY 2 - MARCH 31**

ASK THE FITNESS ATTENDANT OR CALL 815.886.6237

*\* The new member's credit card needs to be charged for the 1<sup>st</sup> month to establish membership.*

**DECEMBER/JANUARY**

# FITNESS GROUP CLASSES

January 8 - March 11 & March 19 - May 20 No classes 4/16.



Registration begins 1/21!

## MORNING

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30am - 9:15am: Adult Strength	8:00am - 8:50am: Cardio Resistance	8:30am - 9:15am: Senior Strong <sup>New</sup>	9:30am - 10:30am: Zumba	7:45am - 8:35am: Chair Body Works	8:00am - 8:45am: Tabata	9:00am - 10:00am: Single Station Training
	8:30am - 9:15am: Metabolic Effect Workout	9:15am - 9:45am: Step Express <sup>New</sup>	9:30am - 10:30am: Fit Flow	10:45am - 11:30am: Zumbini* <sup>New</sup>	9:30am - 10:30am: Single Station Training	9:30am - 10:30am: Zumba	10:15am - 11:15am: Zumba
	9:15am - 10:00am: Pilates/Stretch	9:30 - 10:30am: Fit Flow					
	9:30am - 10:15am: Adult Strength		5:00pm - 5:45pm: F.A.S.T.	5:00pm - 5:40pm: TRX			
		5:45pm - 6:30pm: Strength, Tone, Core, & More	6:00pm - 6:55pm: Hatha Yoga Beginner*	5:45pm - 6:30pm: Cardio Kickboxing with Abs	4:00pm - 4:45pm: F.A.S.T. <sup>New</sup>		
		6:30pm - 7:15pm: Zumba	6:40pm - 7:40pm: Get Fit (English)	6:30pm - 7:15pm: Core, Abs, & Back	5:30pm - 6:30pm: Zumba		
		7:25pm - 8:10pm: Fitness Boot Camp	7:00pm - 8:15pm: Hatha Yoga Continuing*	7:25pm - 8:10pm: Fitness Boot Camp	6:40pm - 7:40pm: Get Fit (Polish)		
		8:15 - 9:00pm: Triple Threat <sup>New</sup>	7:45pm - 8:45pm: Get Fit (Polish)	8:15pm - 9:15pm: Zumba <sup>New</sup>	7:45pm - 8:45pm: Get Fit (Polish)		

## EVENING

# FIT 4 LIFE

## fitness center

Note: Dates are subject to start and end on different dates depending on the sessions. Please refer to the program brochure to find out more information. Classes added outside of the session will be subject to group fitness drop in rates (\$5/residents & \$7/non residents). \*This class is not included in EFT membership, or eligible for class passes or drop in.

- Aerobics Room**
- Fitness Center**
- Bodine Room**

# Making Your New Year's Resolution Stick

LOSE WEIGHT? CHECK. START EXERCISING? CHECK. STOP SMOKING? CHECK.

It can be daunting when your list of New Year's Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.

However, it is important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes. "Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for," says psychologist Lynn Bufka, PhD. "Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time."

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. APA offers these tips when thinking about a New Year's resolution:

## START SMALL

Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

## CHANGE ONE BEHAVIOR AT A TIME

Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

## TALK ABOUT IT

Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

## DON'T BEAT YOURSELF UP

Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

## ASK FOR SUPPORT

Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

ARTICLE COURTESY OF  
[HTTP://WWW.APA.ORG/HELPCENTER/RESOLUTION.ASPX](http://www.apa.org/helpcenter/resolution.aspx)



# Make a Holiday Favorite! Low Fat Egg Nog

*Photograph by Yunhee Kim*

## DIRECTIONS

Combine 1 1/2 cups milk and the citrus zest in a medium saucepan. Split the vanilla bean lengthwise and scrape out the seeds; add the seeds and pod to the saucepan and bring to a simmer over medium heat. Meanwhile, whisk the eggs, egg yolk, sugar and cornstarch in a medium bowl until light yellow.

Gradually pour the hot milk mixture into the egg mixture, whisking constantly, then pour back into the pan. Place over medium heat and stir constantly with a wooden spoon in a figure-eight motion until the eggnog begins to thicken, about 8 minutes. Remove from the heat and immediately stir in the remaining 1/2 cup milk to stop the cooking. Transfer the eggnog to a large bowl and place over a larger bowl of ice to cool, then chill until ready to serve.

Remove the zest and vanilla pod. Spike the eggnog with liquor, if desired, and garnish with nutmeg.

## INGREDIENTS

2 cups nonfat milk  
2 large strips orange and/or lemon zest  
1 vanilla bean  
2 large eggs plus 1 egg yolk  
1/3 cup sugar  
1 teaspoon cornstarch  
White rum or bourbon (optional)  
Freshly grated nutmeg, for garnish

## PER SERVING (1/2 CUP)

Calories 90; Fat 2g (Saturated 1g); Cholesterol 96mg; Sodium 59 mg; Carbohydrate 13 g; Fiber 0g; Protein 5g

RECIPE COURTESY OF FOOD NETWORK MAGAZINE

[HTTP://WWW.FOODNETWORK.COM/RECIPES/FOOD-NETWORK-KITCHENS/LOW-FAT-EGGNOG-RECIPE.HTML](http://www.foodnetwork.com/recipes/food-network-kitchens/low-fat-eggnog-recipe.html)

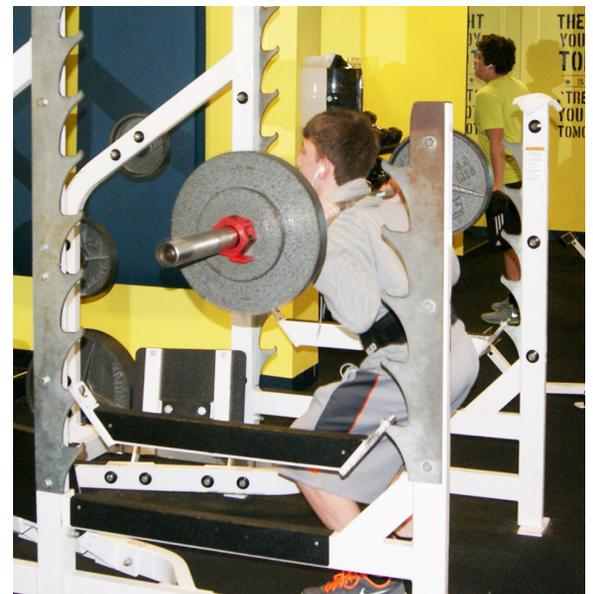
## A Friendly Reminder...

### EQUIPMENT

Please re-rack your weights and return all equipment to where it was found.

### CELL PHONE USE

Please limit phone use. If you need to use the phone, please step aside so others can use the equipment.



**6** MORE INFORMATION ONLINE AT [WWW.ROMEOVILLE.ORG](http://WWW.ROMEOVILLE.ORG)