

6 YEARS

Yep...That's right. It's been six years on February 6th that Keystone Health Club & Café opened. There have been changes along the way as we continue to strive to meet the needs of our members. But also, we keep the original mission we opened with. To maintain a facility that is inviting, non-intimidating, and serious about health and wellness. To continue to be Your Friendly Neighborhood Health Club. To live up to the honor of being voted **Best of the 'Burgh** two years in a row.

Some of the recent changes include last month's announcement of Connie as our Group Exercise Coordinator. She hit the ground running and has taken on a lot as you will see in her new column here: **Connie's Corner** on the back of this newsletter.

Another addition is the arrival of **KeystoneX**. Most of you have probably witnessed the constant addition of new training equipment in the backroom (Studio 4) area. Diane & Chuck have just returned from Columbus, OH with their Cross Fit certifications. Beginning in March, we will launch **KEYSTONE-X TRAINING SESSIONS**. There will be additional charges for these high-intensity varied functional exercise training sessions led by Diane & Chuck. Look for more on this soon.

Hours of Operation

CLUB:

Monday thru Thursday: 6am to 9pm
Friday: 6am to 8pm
Saturday: 8am to 3pm
Sunday: 10am to 3pm

CAFÉ:

Mon thru Friday: 8am to 3pm

SENIOR NEWS

Thursday 2nd- Our eat-in **luncheon**- Join us right after class for a delicious lunch at the Cafe. Order on your way to class and have it already for you right after class. What a good way to shake the winter blahs away; good food and a fun hour or so. After lunch we split into two groups and have a game of trivia. We laugh more than we answer the questions; and nothing is better for us than a morning of exercise and laughter. You're getting the exercise but what about the laughter?

Monday 13th- We are celebrating our **Birthday's** a week early This month. So we can also celebrate **Valentine's Day**, at the same time. Get all dressed up in your best red outfit. If your B-day is in February you have twice the reasons to come and party. Bring your best Beau or come alone and hope that cupid finds you a match! Either way we are sure to have a great time. When we get together love is always in the air. So don't let Valentine's Day come and go without celebrating it. I know for a fact there will be lots of kisses available, so don't miss out on yours.

Thursday 23- Our **traveling luncheon**- If you missed January's luncheon you really missed a good time. Twenty-Two of us had a great time. Don't let another month go by with out joining the fun. It is a good way to try new or different restaurants. We don't go too far and we always get separate checks. We meet right after class so there should be no reason you can't make it. We'll look for you there. Where we are going this month will be announced by the 15th.

CONNIE'S CORNER

Hi everyone! Welcome to Connie's corner. Last month GM/Owner, Doug Ripper, announced my position as Group Exercise coordinator. This position will enable me to organize the best selection of classes at times that will be appealing to you, our members.

A survey was designed, which can be found at the front desk, to get feedback from you about the classes we currently offer and a few we might in the future. Thank you for taking the time to complete and turn in the schedule; this has already provided me with a lot of valuable information. Feel free to add comments; this is a chance to communicate to us what you may feel hesitant to say in person. Please be sure to pick up February's group-ex schedule; there are a few time changes as well as an additional Morning Mix class taught by Diane on Wednesdays @ 10am!

Organizing the Group Ex department is one of my new responsibilities, as well as assisting in promoting Keystone through special events both inside & outside the Club.

The first event is taking place on **Sunday, February 26th** & it is open to both members & guests immediately following the two Sunday morning classes (Body Sculpting & X- Bike).

Dana Grau, owner of TADA Fitness & Nutrition, creator of "10/10 **Muscle Muffin Mix**" will be speaking on how to eat a balanced, healthy diet to build & maintain lean muscle mass. Samples of her delicious muffins will be available. Karen Novak from **McGinnis Sisters** will be presenting a healthy cooking demo with some of the delicious products you can find in their stores. Samples of the dishes will also be available.

Please sign up for this event at the front desk so we can let both of these lovely ladies know how much food to bring!

SAVE THESE DATES;

March 10th & 11th Zumba Instructor, Lisa Reed, is coming from California to lead TWO very special 90 minute **Zumba Toning Master Classes**. These classes are open to both members & guests. Secure your tickets at the front desk \$15 in advance & \$20 at the door. There is limited space, so please sign up early! Come & learn from one of the BEST Zumba Toning Instructors in the country!

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March 24th, Aubrey Worek, long time member & fitness competitor has joined with Andi Martin to present "**Pittsburgh Savage Seminar**". If you have ever thought of competing in fitness, bikini or figure, this seminar is for you! Cost \$35 at www.cathysavagefitness.com. Savage Head Coach & national fitness finalist, Andi Martin, will lead a functional workout, followed by posing & walking, nutrition information and Q & A. session. Let this be your first step in your journey to the stage!

Well, that's it for this month's edition of Connie's Corner, but before I leave I'd like to share this quote I read recently in a very inspirational book, "Our lives change when our habits change". My wish for you is that you make it a regular "habit" to walk through the doors of Keystone Health Club. This will bring about the change towards a healthier YOU!

----Connie

VALENTINE'S MASSAGE SPECIALS

Share the health benefits AND the feel good benefits of massage. Our massage therapist, AMY, is very experienced, well-trained and universally respected by those among us who have participated in her massage therapy at KEYSTONE. Consider buying a GIFT CERTIFICATE for your sweetie, or just treat yourself. For the month of February, We will discount our massages:

SWEDISH ½ HOUR Reg. \$35...SPECIAL \$25

SWEDISH 1 HOUR Reg. \$60...SPECIAL \$45

DEEP TISSUE ½ HOUR Reg \$45...SPECIAL \$30

DEEP TISSUE 1 HOUR Reg \$75...SPECIAL \$50

these specials expire 2-29-12