

# Beyond Fitness Newsletter

April 2014

Two Locations in Paradise: Skyway 877-7500, Pentz 872-2232

## Announcements

Spring is here! Starting April 1st we will begin to reheat the small aqua pool at Skyway. Please read the Pool Guidelines for pool etiquette and safety.

Ready, Set, Swim! We have swim lessons at our Pentz location, text Tricia 541-399-6220 or call/text Allison 591-7110. Lessons will start at Skyway in the summer.

Coming up in May we have a special two day intensive workshop to release stress, remove weight and return to freedom with Michelle Hastie! See the flyer around the club for more details.

We have a brand new Website! Visit us at [beyondfitnessclub.com](http://beyondfitnessclub.com) where you can access all the class schedules and monthly newsletter. Thank you for supporting us as we go paperless with our schedules. Those without computers will still be able to pick up a schedule at the front desk.

### Meet your Yoga Teacher—Dr. Paula Barros



We are fortunate to have Dr. Paula Barros as part of our Yoga Family at Beyond Fitness. Paula's classes reflect her love and commitment to the practice. Paula has been practicing and studying Yoga since 1976. She spent 4 months studying with BKS Iyengar in 1979. Paula is a certified instructor affiliated with Anusara Yoga. Since 1985 Paula has also been a healer and a Doctor of Chiropractics.

Paula brings her strong Yoga background, Chiropractic training, and spirituality to her classes. She teaches Monday and Wednesday Mixed Yoga from 8:00– 9:30am and would love to introduce more of our members to Yoga.

### Back to the Basics-Compound Lifts

It doesn't matter if you're trying to lose weight, increase your strength, or build muscle; everyone could benefit from compound lifts. Compound lifts are strength training exercises that incorporate multiple joints and multiple muscles. These types of movements/lifts more accurately simulate real life activities, resulting in a greater improvement in quality of life and/or better athletic performance when compared to isolation exercises. Many athletes and bodybuilders will only use compound lifts for their training programs.

The 6 basic compound exercises are squats, deadlifts, rows, bench press/push-ups, pull ups/lat pull down, and military press. These can be done with weights or with bodyweight alone, depending on your particular fitness goals.

Although everyone could benefit from using these exercises as the foundation of their exercise program, we recommend getting trained on how to perform them properly by a certified personal trainer, or even better an exercise physiologist or strength and conditioning specialist.

If you are interested in bringing your fitness to the next level, sign up to see one of our personal trainers who specialize in strength training.

## ACHIEVE BETTER HEALTH AT ANY AGE WITH KUK SUL MARTIAL ARTS HERE AT BEYOND FITNESS

You may have seen Samuel Yanez assisting Master Chuck Duran with his Kuk Sul Martial Arts classes at Beyond Fitness. Recently Yanez was awarded a black belt in Kuk Sul. Five years ago, at the age of 50, he was looking for a way to stay healthy and ease the pain of past injuries.

“I realized that if I didn’t do something to stay physically fit, serious injuries from my youth would compromise my health as I approached 60,” says Yanez. He tried basketball and gym memberships, and remembered taking Kuk Sul classes, a Korean martial art and sought out information on classes.

His research brought him to Master Chuck Duran of Chico Kuk Sul Academy. Yanez liked the physical training he received in Kuk Sul but did not understand the differences between the types of martial arts. With Master Duran, he learned about internal martial arts and the importance of breathing and the development of Ki or Chi also referred to as universal life force or energy.

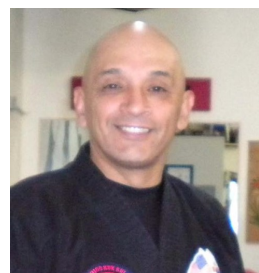
Says Yanez, “I’ve been building my health from the inside out. Kuk Sul has improved the health of my internal organs in the process much like Yoga. The nerves become healthier with the physical demands and the body responds with an improved nervous system with muscles becoming stronger.”

Another benefit of Kuk Sul training is “calmness” added Yanez. He used to have a short fuse but that’s changed. Yanez says the meditative aspect to training in the forms has had a great calming effect which carries through to the rest of his life.

Yanez likes that Master Chuck Duran’s Kuk Sul class is focused on personal development not personal glory. “It’s not about being better than anyone else but about being the best you can be—your personal best.”

Like all physical training, results come slowly over time with disciplined effort. Yanez says he was told it would take years to see the changes, and it was slow. But now, despite his injuries he says he is faster and stronger with more endurance. He also appreciates the spiritual and mental benefits that have come with the disciplined training.

Kuk Sul classes are open to all ages and available here at Beyond Fitness at the Skyway location on Fridays, and at the Pentz location on Tuesdays and Thursdays for \$40/month with the first month free on a trial basis.



Master Chuck Duran also gives Beyond Fitness members the opportunity to take additional classes at Chico Kuk Sul Academy. For more information on Kuk Sul training, call Master Chuck Duran at 321-9923 or try one of his classes here at Beyond Fitness.



## Class Updates & Workshops

An Evening with a Weight Loss Expert

### Think Yourself Thin With Michelle Hastie

Thursday, April 3rd

6:35pm at Skyway

Free to Attend!

### Yoga Long Practice With Jon Lee

Sunday, April 13th

10:00am-1:00pm at Skyway

\$25 members/ \$30 non-members

### Spirited Motion With Debbe

Saturday, April 26th

10:00am at Skyway

Free to Attend

### Kuk Sul

#### With Chuck Duran

Tuesdays Beginners 4:30-5:15pm @PZ

Tuesdays Advanced 5:15-6:15pm @PZ

Thursdays All Levels 4:30-5:30pm @PZ

Fridays All Levels 7:00-8:30pm @SKY

### Belly Dancing

#### With Tammi Fabris

Tuesdays 7:00-8pm at Skyway

Free for members/ \$7 for non-members

### Weight Loss Boot Camp With Michelle Hastie

*This is not your typical boot camp. . .*

11:30am on Mondays at Skyway

OR 6:00pm on Tuesdays at Pentz

FIRST class is Free

We are having fun on Facebook, come join us!

