



RESOLUTION FITNESS

AT 191

IN THIS ISSUE

Kangoo	p2
Blood Pressure Screening	p2
FitTrip	p2
DVD Rental	p2
Group Fitness Schedule	p3

FEBRUARY 2018

470-346-2580

www.facebook.com/191ResolutionFitness



FEBRUARY

Kangoo February 15th, 12:45-1:30

Kangoo is back for more fitness and fun! Sign up at the front desk to secure your spot!

Blood Pressure Screening

February is American Heart Month. Did you know that cardio exercise increases heart function? Stop by to get your blood pressure checked to insure you are monitoring your heart health from 12-1pm on Tuesday, 2/13 in the Peachtree Center South Tower 5th floor and Wednesday, 2/14 in the 191 Peachtree Tower West lobby.

FITTRIP

Start your New Year with a pledge to a better you by participating in our 12 week body transformation, healthy lifestyle challenge.

- Two DEXA Body Scans
- FitTrip T-shirt and MORE prizes than ever before.
- Team Competitions
- Nutrition Workshop with your club's Registered Dietitian
- Online guidebooks with helpful tips and challenges
- Goal Setting, Tips and More.
- CHANCE to WIN a \$2,000 American Express Travel Card

Contact Watson at
harriswa@191resolutionfitness.com for more
details!

Weigh-Ins:

February 12th

February 15th

February 19th

DVD Rental

Check out a P90X or T25 DVDs from the front desk to get the most out of your workouts! Contact the fitness center to reserve Studio 2 for your workout **TODAY!**

Membership Amenities:

Personal Training/Reformer Pilates:

Interested in Personal Training or Pilates? Private and semi-private sessions available! See front desk for pricing. Contact Noel at noelr@191resolutionfitness.com for more information!

Nutrition Consulting

Good Measure Meals has partnered with Corporate Sports Unlimited to provide members with access to **Registered Dietitian**, Alissa Palladino, who is available for consultations at the fitness center. Alissa is available for Initial Nutrition Assessments, Follow Up Consults, MedGem Resting Metabolic Rate Analysis, and Nutrition Lunch and Learns.

Massage Therapy

Chair Massage/Stretch Sessions: Wednesdays between 11:40am-1:40pm, Sign ups in the fitness center lobby, Cost is \$1 per minute up to 30 minutes. Table Massage: Swedish, Deep Tissue or Stretching appointments available in 60 or 90-minute increments, 24-hour appointment notice required.

Personal Coaching Sessions/Equipment Orientations

Schedule a one-time complimentary personal coaching session to measure your muscular endurance, cardiorespiratory fitness, flexibility, and body composition. Then, take advantage a free equipment orientation! Learn how to use the strength and cardio machines properly to maximize your exercise efforts. Contact Watson at harriswa@191resolutionfitness.com to schedule your appointment today!

MARCH

Go Green Month, FitTrip Continues, Nutrition Workshop, new group fitness classes and more!

GROUP FITNESS SCHEDULE / February 2018

MONDAY

6:15-7a	SPIN Keith	Studio 3
6:45-7:30a	Vinyasa Yoga Channing	Studio 1
12-12:45p	Kettlebell Conditioning Julie	Studio 1
12:30-1:15p	Trek and Tone Emma	Fitness Floor
12:45-1:30p	Kettlebell Conditioning Julie	Studio 1
1-1:45p	TriggerPoint Yoga Karen	Studio 2
6-6:45p	BARRE Katie	Studio 1

TUESDAY

6:15-7a	SPIN Michael	Studio 3
7-7:30a	Core Power Devin	Studio 1
12-12:45p	Rip N'Ride Lenee	Studio 3
12-12:30p	SHOCK Devin	Studio 1
12:30-1p	SHOCK Devin	Studio 1
5:30-6:15p	Zumba Lilia	Studio 1
6:30-7:45p	Vinyasa Yoga Frani	Studio 1

WEDNESDAY

6:15-7a	SPIN Keith	Studio 3
7a-7:30a	SHOCK Devin	Studio 1
11:15a-12p	Barre Fusion Lilia	Studio 1
12-12:30p	SHRED Sam	Studio 1
12-12:45p	Rip N'Ride Nicole	Studio 3
12:30-1p	Core Crusher Sam	Studio 1
1-1:30p	Octane Cross Circuit Noel	Fitness Floor
1-1:45p	Ballet Strong Sam	Studio 1
6-7p	Power Pilates Michael	Studio 1

THURSDAY

6:45-7:30a	Kettlebell Conditioning Watson	Studio 1
12-12:45p	Power Pilates Monique	Studio 1
12-12:30p	Trekking Gwen	Fitness Floor
5:30-6:15p	Beat Boss Keisha	Studio 3
6:15-7:00p	Total Body Blast Keisha	Studio 1

FRIDAY

6:15-7a	SPIN Keith	Studio 3
7-7:30a	SHRED Keith	Studio 1
11:15a-12p	Zumba Lilia	Studio 1
12-12:30p	Tabata Power Gwen	Studio 1
12:30-1:15p	Yoga Channing	Studio 1

SATURDAY

11a-11:45a	Vinyasa Yoga Michael	Studio 1
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RESOLUTION FITNESS
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RESOLUTION FITNESS
191 Peachtree Tower, Third Floor
191 Peachtree Street,
Atlanta, GA 30303
470.346.2580

CLASS DESCRIPTIONS

Ballet Strong: This 45-minute Pilates workout incorporates ballet as you work up a sweat!

Barre: Try this toning class that focuses on strengthening and lengthening your muscles. It's the perfect way to switch up your routine!

Core Crusher: This class will challenge you to the core! Get rock-hard abs and gain overall strength in your mid-section with this challenging core workout.

Kettlebell Conditioning: Tone your entire body with kettlebells in this sculpting class that combines cardio and strength training for an intense full-body workout.

Power Pilates: Improve your core strength, flexibility and posture while conditioning and toning your entire body. This class adds more power to your Pilates routine by utilizing light free weights, Pilates rings, and your own bodyweight.

TriggerPoint Yoga: This class blends self-applied trigger point treatments with functional yoga poses. Relieve muscular tension and prepare your body to safely stretch with this unique style of yoga.

Rip N'Ride: Improve your cardiovascular condition, increase muscle tone and have fun in this heart-racing cardio class mixed with free-weight toning exercises.

SHOCK: Challenge yourself with this high-intensity interval training class! Be prepared for anything as you complete cardio drills and strength training moves throughout class.

SHRED: Challenge yourself in this strength and muscle conditioning class that uses bodyweight and fitness tools to work the entire body!

Octane Cross Circuit: 30 minutes of intense cardio and strength training on the Octane Ellipticals with Powerblocks!

SPIN: If you are looking for a heart racing, cardiovascular-strengthening, interval class – Then you've found your solution! Get a great cardio workout in 45 minutes on the bikes.

Tabata Core: A strong core is integral to overall strength, posture, and daily life. This class combines intervals of intense abdominal work with a multiple of functional exercises. In just 30 minutes, you'll burn fat and strengthen your core.

Tabata Power: Push yourself to the max with this high-intensity interval class, designed to give you a total body strength and cardio workout in a quick 30 minutes.

Total Body Blast: This full body interval class will help you improve your cardio and strength all in one 45 minute class.

Trekking: Get your heart pumping and watch your cardiovascular fitness increase with this treadmill workout. Go the distance with sprint intervals and hills, but be ready for *anything!*

Vinyasa Yoga: Vinyasa means "breath-synchronized movement." Through guided instruction, you will flow from one pose to the next seamlessly in this 45-minute class.

Yoga: Lengthen and tone your muscles as you find your center in this lunchtime Yoga class.

Zumba: Add some international zest to your workout! Dance your way into a better body by burning tons of calories with easy to follow moves and fun Latin beats!

*Indicates new class or instructor

Resolution Fitness is professionally managed by



FEBRUARY

Corporate Health Unlimited and Alissa Palladino are proud to partner with Good Measure Meals™ to provide professional nutrition services to help you achieve your best self. Each month we will feature a favorite Good Measure Meals recipe.

Enjoy!

February

Curried Butternut Squash, Lentil and Kale Soup

Olivia Bubri, MS, RDN, LD

Serves 4

Ingredients:

1 tablespoon olive oil
1 large yellow onion, diced
2 whole carrots, sliced
1 yellow bell pepper, diced
3 garlic cloves, minced
~3 cups butternut squash, chopped
1 cup lentils
4 cups vegetable broth
1 13.66-oz. can lite coconut milk (I used Thai Kitchen)
2 tablespoons curry powder
1/2 teaspoon ground ginger (you could also use fresh ginger)
1/2 teaspoon ground turmeric
1/2 teaspoon cinnamon
1-2 teaspoons brown sugar
Pinch of cayenne pepper
1 teaspoon salt
Ground black pepper, to taste
Handful of dark, leafy greens such as kale or spinach (I used a mix of baby kale and spinach)
Fresh cilantro, for garnish

Directions:

Add olive oil to a large, heavy bottom pot, on medium heat. Add chopped onions and carrots, stirring to evenly coat with oil. Sauté for about 6-8 minutes, until onions are almost translucent. Add spices (curry powder, ginger, salt, pepper, turmeric, cinnamon, black pepper) and stir mixture together.
Add minced garlic and sauté for 2-3 minutes. Add veggie broth, lentils, and squash and bring to a boil. Reduce heat to simmer and allow veggies to cook through, until almost soft – about 15-20 minutes.
When lentils are almost tender and squash is soft, stir in coconut milk and add diced yellow pepper, followed by some brown sugar. Allow to simmer for 5-10 minutes until everything is soft and cooked through. Before serving, throw a handful of dark leafy greens into the pot. Gently mix into soup and serve while warm. Add chopped cilantro for garnish.



Calories 376; Total Fat 12g; Saturated Fat 7g; Protein 18g; Carbohydrate 55g; Fiber 16g; Sugar 11g; Sodium 1367 mg



Hours of Operation

RESOLUTION FITNESS
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Monday thru Friday from 5:00am until 8:00pm

Saturday from 8:00am until 2:00pm

Sunday — CLOSED

