

# DECEMBER 2017



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RESOLUTION FITNESS

AT 191

470-346-2580

[www.facebook.com/191ResolutionFitness](http://www.facebook.com/191ResolutionFitness)



# DECEMBER

## Holiday Hours:

Friday, 12/22: 5am-4pm

Saturday, 12/23: CLOSED

Monday, 12/25: CLOSED

Tuesday, 12/26: 8am-8pm

Saturday, 12/30: CLOSED

Monday, 1/1: CLOSED

## 12 Days of Fitness

Participate in this challenge to stay in shape before the Holidays! Complete the challenge each day to receive points. The member with the most points wins! Be sure to log your challenges at the front desk after completing them each day.

## Share Your Soles

It's that time of year to clean out your closet! This year we will be donating shoes. Please join us in supporting those in need by dropping off any gently worn or new shoes of any kind. Your donations matter! We will also be donating all lost & found items on December 20th! See front desk if you are missing any items!

## Kangoo December 14th, 12:45-1:30

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

## 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](mailto: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](mailto:harriswa@191resolutionfitness.com) to schedule your appointment today!

# JANUARY

FitTrip is back even better than ever! Be on the lookout for sign ups for our annual 12-week body transformation challenge! Varied Velocity is coming back! See front desk to sign up!

# GROUP FITNESS SCHEDULE / December 2017

## 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
12:45-1:30p Kettlebell Conditioning Julie	Studio 1
12-12:45p 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 Spin Estella	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**  
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



# DECEMBER

## Roasted Butternut Squash Mash

Justin Wills, Good Measure Meals Executive Chef

Corporate Health Unlimited, Inc. 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!

Serves 6

### Ingredients:

1 Butternut squash (peeled and seeded- cut into ¾" cubes)  
1/3 cup olive oil  
1 Tbsp kosher salt or 2 tsp table salt  
1 Tbsp fresh chopped sage  
1 tsp chopped fresh thyme  
1 tsp black pepper



### Directions:

Preheat oven to 350°F

Prepare squash – Wash squash and cut in half lengthwise, scoop out seeds with spoon, peel squash with knife or vegetable peeler, cut into even cubes about ¾ inch

Toss the salt and pepper, sage and thyme with the cut squash until evenly dispersed

Toss squash with olive oil until fully coated

Place on a wax paper lined pan in a single even layer

Cook in oven for 30 – 45 minutes (depending on your oven), squash is done when fork tender and edges have caramelized

Remove from oven and let sit for 5 minutes

Place squash in large mixing bowl and mash with a potato masher or fork – serve immediately

**Calories 103; Total Fat 9g; Saturated Fat 1g; Protein 1g; Carbohydrate 6g; Fiber 1g; Sugar 1g; Sodium 390mg**



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## Hours of Operation

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

Saturday from 8:00am until 2:00pm

Sunday — CLOSED

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