



**Welcome to the February** Email news from your **Human Performance Center!**

**New February Schedules** are now available on-line. Go to [www.hpcfitness.com](http://www.hpcfitness.com) to see an updated schedule. We have events, schedules, personal trainer profiles, member testimonials, and registration information. Please use the website and help us **GO GREEN!**



And follow us on **FACEBOOK** to get updates, tips, articles, and links for exercise. **LIKE US!** Our link is below:  
<http://www.facebook.com/home.php#!/pages/Human-Performance-Center-Allentown/170944482938462>

**In case of bad weather:** We are signed up at <http://www.wfmz.com/stormcenter/index.html> in the event that weather is bad enough to warrant a change in our status. Look for us listed as **OAA Human Performance Center**

This month's Member-of-the-Month is Erin Corsa! Erin joined the HPC to regain her fitness level after her first child, Caleb, now 3 1/2, was born. She trains with Brian Hill, runs (when she's not pregnant), attends Spin class and loves Boot Camp! She enjoys being a stay-at-home mom and likes the Iron Pigs, Disneyworld, and any beach. She's looking forward to another newborn in June. She says, "HPC is the best!!" Congratulations Erin!

**The CHANNEL CHALLENGE!!! It's Back! The Channel Swim**, your challenge to 'swim the English Channel' starts February 1, through March 11! Information packets are available at the front desk. Any questions, please contact Mike Seip at [mseip@hpcfitness.com](mailto:mseip@hpcfitness.com)



**It's Healthy Heart Month!** Heart disease is the single leading cause of death in both men and women! One thing that makes this so difficult to describe is that this is a silent disease. It develops often for decades before one develops symptoms, and so if we could really look inside the heart, we'd see that many people have coronary artery disease at a very young age. A woman's risk for heart disease is 6X more than breast cancer. For more information, contact [www.womenheart.org](http://www.womenheart.org) or <http://www.womenshealth.gov/mens/health/heart.cfm>

**CLASSES are GREAT!**

- **It's DEMO DAY!! February 5, 2011.** Look on our website, or on our bulletin boards at the club or at the front desk! If you haven't tried a class and were wondering what it was like, try it out on Saturday, February 5<sup>th</sup>! Each class will be 30 minutes with a 15 minute intermission. For Reformer Pilates, you must sign up at the front desk and space is limited to 6.

#### **Studio One**

- **8:00AM: Bosu Blast with Patty**
- **8:45AM: Mat Pilates with Gina**
- **9:30AM: Triple Play with Shannon**
- **10:15AM: Circuit Commotion with Missi**
- **11:00AM: Zumba with Missi**
- **11:45AM: Yoga Basics w/ Peter**
- **12:30PM: Reformer Pilates with Ellen**

#### **Studio Two**

- **11:00AM: Intro to Cycle with Erin**

#### **Aqua**

- **8:30AM: Aquaticize with Kathie**
- **9:00AM: Pi-Yo-Chi with Kathie**

- **Cardio Kickboxing It's at 5:45PM on Tuesdays** Cardio Kickboxing is a blend of athletic drills with non-contact boxing and martial arts to create an intense total-body cardiovascular workout. It incorporates kicks, jabs, hooks and uppercuts to improve overall strength, aerobic fitness, flexibility, coordination and balance.
- **Weight Watchers!** A new session started January 6, and runs 12 weeks through March 24. The next session will start April 7. **Registration will start 3/7 and run through-3/25 for the April Session.**
- **TAI CHI** registration starts on February 18 through 2/23 and an intro to Tai Chi will be offered Monday, February 21 at 7PM and Tuesday, February 22 at 11AM. Classes start February 27. **Make up classes will be held February 7<sup>th</sup> and 14<sup>th</sup> at 12:15 and 1:30 for storm cancellations.**
- **Reformer Pilates** registration is from 2/7 -2/18 for the next session.
- **Tri-Athlete Swim Advancement Class** begins when you do. Register (required) at any time at the Front Desk.
- **CYCLE TEAM TEACHING** comes again on MONDAY, February 28<sup>th</sup>, March 28<sup>th</sup>, and April 25<sup>th</sup> at 5:00PM and 6:30PM! Spin with Martin and Stacey!
- **A Cancer Wellness Program** is now available. It offers guided exercise and support services to those affected by this disease. For more information or to enroll (either yourself or a loved one) in this program, please contact Special Programs Coordinator **Jess Gaal** at [jgaal@hpcfitness.com](mailto:jgaal@hpcfitness.com) or call 610.973.1500.

**Due to popular demand**, we will continue our **HPC Book Exchange!** Continue to bring in **your used BOOKS!** Take something of interest. Reading during all this winter weather is a great way to exercise your brain while you exercise your body. The last day to bring books in is February 25<sup>th</sup>. We will then donate the remaining books to charity. Thanks for your desire to help others! If you would like to find other used books, CDs and some DVDs, our own HPC member Michael Hoffman is the Lehigh Valley Chapter organizer for [www.papoerbackswap.com](http://www.papoerbackswap.com). You can log on and join for free.

**Perfect For Me, The HPC: At Full Stretch-** Stretching is good for you, as long as you don't overdo it. Physically, it keeps you flexible enough to take your joints through their full range of motion, which is essential to their health. Mentally, it relieves tension and promotes relaxation. The stretch reflex allows you to hold yourself in a fixed position, like keeping your trunk upright while standing, without having to constantly think about it. Your trainers have written it into your program, your instructors for all classes, (not just yoga, tai chi, or Pilates) stretch you during your class need so you can successfully reap the benefits of all exercise without injury. Don't leave it out! **Perfect for me, the HPC.**

**Recipe of the month: THREE BEAN CHILI** Traditional chili takes on a new look with the addition of colorful roasted bell peppers and black, cannellini and Anasazi beans. Serve as a main dish with corn bread or crusty whole-grain bread.

### **Ingredients**

3/4 cup each dried cannellini or red kidney beans, black beans and Anasazi beans, picked over and rinsed, soaked overnight, and drained  
 4 cups water  
 1 bay leaf  
 1 1/2 teaspoons salt  
 2 large green bell peppers, roasted and seeded  
 2 large red or yellow bell peppers, roasted and seeded  
 3 tablespoons olive oil or canola oil  
 1 yellow onion, chopped  
 4 cloves garlic, minced

1 tablespoon chili powder  
 1 tablespoon dried oregano  
 2 teaspoons ground cumin  
 1/2 teaspoon red pepper flakes  
 4 tomatoes, peeled and seeded, then diced  
 1/3 cup chopped fresh cilantro (fresh coriander)  
 6 tablespoons shredded queso asadero or Monterey Jack cheese  
 2 green (spring) onions, including tender green tops, thinly sliced

### **Directions**

In a large saucepan over high heat, combine the beans, water, bay leaf and 1/2 teaspoon of the salt. Bring to a boil. Reduce the heat to low, cover partially and simmer until the beans are tender but still firm, 60 to 70 minutes. Drain and discard the bay leaf.

When the beans are cooked, coarsely chop the roasted bell peppers and set aside. In a large saucepan, heat the oil over medium heat. Add the yellow onion and sauté until soft and lightly golden, about 6 minutes. Stir in the garlic, chili powder, oregano, cumin, red pepper flakes and the remaining 1 teaspoon salt. Cook until fragrant, 1 to 2 minutes. Add the bell peppers, cooked beans, tomatoes and cilantro and cook until the tomatoes are heated through, 5 to 6 minutes. Ladle the chili into individual bowls and sprinkle with the cheese and green onions.

**Nutritional Analysis** per serving: Calories: 300; Protein: 16g; Carbohydrate: 45g; Total fat: 8g; Saturated fat: 1g; Monounsaturated fat: 4g; Cholesterol: 5mg; Sodium: 486mg; Fiber: 16g.

## Updates

\*\*With the winter weather and salt, please try to keep your street shoes in the locker room and wear your fitness shoes on the equipment and in the classrooms.

\*\*We will again be supplying eucalyptus for the steam rooms. However, in the past, the overuse of the amount used caused damage to the seating benches. Please use the spray bottles appropriately and do not remove the spray lids to pour it. If we find that it is being abused again, we'll have no choice but to remove it permanently. Thanks for your help!

\*\*Please exercise on the fitness floor, in a classroom, in the pool or on the track. Save the spa areas for relaxation. Thanks! We appreciate your compliance!

\*\*To help us expedite your request, please let us know when you arrive at the club that you would like to pick up your dry-cleaning after your workout. We can then have it ready for you when you leave. Thanks so much!

\*\*Please keep your Email address up to date in order to receive monthly newsletters, emails, and E-blasts. Also make sure that you have sspatig@hpcfitness.com in your safe sender file.

\*\*Check out the HPC Fitness bulletin board to see our members in the news! Nice job everyone!

▪ **Velocity**: The exit door from HPC into Velocity Sports Performance is considered an **emergency exit** from our building. We do appreciate your respect of Velocity's business by NOT using this as a regular exit to the parking lot. Again, it is considered an **EMERGENCY EXIT** – yes, we know it's a few extra steps, but think of it as burning a few extra calories – **thanks!**

We also appreciate your willingness to share the indoor track with our Velocity Sports Performance partners (this space was – and is – designed as shared space between our 2 business entities). \*\* Hours are posted for your convenience at the bottom of the staircase. Please be flexible with respect to your track workouts during these times. The track will be closed and locked after 2:30PM.

## What about guests and visitors??

**Guest Passes**: Guests may purchase a day pass for \$12.00, a week pass (seven consecutive days) \$40.00, Student Punch Cards \$45.00 for a five punch card and \$90.00 for a 10 punch card. (Valid for 1Year, students only, can use these cards and only while on a student bridge)

We now have **Visitor punch Cards** - \$120.00 for eleven visits (buy 10 and get the 11<sup>th</sup> for free) and Valid for 6 month for any NON HPC MEMBER. For additional information please see our Member Service Desk.

We also have **Fit-for-Life Punch Cards available for age 60 and up. Good on Tuesdays and Thursdays. \$50 for 7 visits.**

## We heard you....and we are happy to announce the Member Appreciation Pass Program!

Beginning in January 2011, the **first two adult members** on your HPC membership are eligible to receive **two FREE** guest passes **two times per year!**

## FAQ

Q: How does it work?

A: Two free guest passes will be available for each of the first two adults on an HPC membership between January and June; two more passes for each of the first two adults will be available between July and December of each year.

Q: How do I receive my passes?

A: Passes will only be available from our Member Service Manager, Susan Spatig. Contact Susan the next time you are in the facility. You may also email Susan at [sspatig@hpcfitness.com](mailto:sspatig@hpcfitness.com) and request your passes for pick up at the front desk.

Q: How long does it take to receive my passes?

A: During normal business hours, Monday through Friday, pass requests require 48 hour advance notice, weekends and holidays excluded.

Q: Who may use these passes?

A: Any person you choose who is 16 years of age or older may use this pass.

Q: Do I need to accompany my guest to HPC?

A: No. Your guest may come to HPC with or without you. What will be required is the presentation of the special Member Appreciation Pass.

We appreciate our members! Thank you for wanting to share the HPC with your family and friends!

**OUR BIKES:** Please DO NOT switch the monitors from bike to bike because they are set to work with the bike that they are on. Switching the monitor won't make it work. Just let the instructor know after class if your monitor isn't working. AND PLEASE hit the STOP button to stop the time on the monitor before you exit the bike so the monitor doesn't keep going. The only adjustments members are permitted to make DO NOT require tools. Help us keep our equipment in good working condition! *Thanks so much!*

### **PLEASE Consider every HPC member with these Healthy reminders:**

- The volume for the microphones and music for aqua classes need to be at a consistent level so that the students can hear and the instructor can teach. Thanks for your tolerance and scheduling your swim accordingly.
  - Please leave the towels here! Under no circumstance should they leave the HPC. *Thanks!*
  - Please don't use the elevator and go into the PT area to use machines. They are for patients of OAA Physical Therapy Department to use.
- When using our Child Minding/Kidz in Motion services, please don't leave the premises.** If you need to see a physician or go to PT on our campus, leave your cell number and location of your appointment so if there is an emergency, we will be able to locate you promptly. And remember, there is a 2 hour time limit on your child's visit to the Kidz in Motion.
- **Please reserve our lap pool for those who are swimming laps and for those who need the correct temperature for their condition. Members with MS need a cooler pool while those with arthritis, lupus, or fibromyalgia need warmer water.**
  - **Please turn your cell phone OFF** in our locker rooms and in our exercise areas. Our main lobby area is available for your cell phone use –
  - **Lose something?** We keep "found" items for approximately 30 days (we keep valuable items much longer), so stop by and ask us if we've found what you lost!
  - **Cleanliness:** Thanks for taking time to wipe equipment down after use (pre-moistened wipes are strategically located on the fitness floor) – and for using our hand sanitizer wherever you feel so inclined (also available at "most every turn"). We thank you – and so do other members!
  - **Closing times:** The Center's main doors close on Monday through Thursday at **10:00 PM**, Fridays at **9:00 PM**, and weekends at **7:00 PM** – We appreciate your understanding of and compliance with these times and ask that you plan your post-exercise activity **so that you depart from the building** at (or before) these times.
  - The **Student Bridge policy** has changed. You should have received an email with the details. If you have additional questions, please contact Member Services.

### **Have a question about HPC? Answers abound....**

- ✓ **If you stop by our Member Service Desk**, we will gladly record any account information changes or contact Cathy in accounting. **If you believe we've erred in charging your account**, please notify us immediately! **ALL change of membership requests must be IN WRITING** and all billing inquiries must be made within **60 days** of the date of the alleged error.
- ✓ **Our pre-paid services (personal training, massage, and others) do have an expiration date;** please be sure to check your receipt for this date (it's printed on each slip) so that you use all purchased visits within this time period!
- ✓ **All children under the age of 13** are invited to use our Kids in Motion area while you exercise (a fee does apply for KIM utilization).

### **HPC vendor partners – It pays to belong to HPC, in so many ways!**

- **PRN Nutraceuticals:** Use your "connection" to HPC to take advantage of special discounts on these healthy products! Just go to <http://www.prnomegahealth.com> and use partner code **HPC10** when you order, and you'll earn a special discount off your order!
- **American Dry Cleaners:** We offer drop-off and pick-up of your professional dry cleaning. Complete an application (they're located at our service desk) and return it directly us; we'll send it along, and ADC will contact you to let you know your account is ready to go – from there, *use HPC for this special service!*
- **Lube on the Spot:** Contact **Lube on the Spot** at 484-863-4187 or [www.lubeonthespot.com](http://www.lubeonthespot.com) and they'll come right to IHC and change your oil *while you work out!* Take advantage of a special **HPC discount** available to our members!
- **Emmaus Aquatic Club:** EMAC offers children's and adult swim lessons here at HPC (schedules vary, according to the season) – please contact EMAC at **(610) 965-5800** directly for information or to register. **As a reminder, classes are held in our activity pool and schedules are posted in our glass info boards located throughout the center.**



We appreciate your membership at the Human Performance Center, the Lehigh Valley's premier health and fitness facility!

Check us out at [www.hpcfitness.com](http://www.hpcfitness.com)! (610) 973-1500

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