



**JAN/FEB
2013**

S.I.M GYM

New Year New Classes!

Please join us in some new classes at the S.I.M GYM!

Our New Express Strength Class is a 30 minute strength training only class! Work the five major muscle groups and learn proper form!

Express Yoga Class will be a 30 minute yoga class.

	Monday	Tuesday	Wednesday	Thursday	Friday
7:45am		ZUMBA			
8:00am				SPIN	
8:15 am			BALANCE		
8:30 am		STRENGTH TRAINING		STRENGTH TRAINING	
9:00 am	HI/LO		HI/LO		HI/LO
9:30 am	YOGA		MENS STRENGTH	EXPRESS YOGA	TAI CHI FITNESS
10:30am	EXPRESS STRENGTH				EXPRESS STRENGTH
12:45pm	TAI CHI FITNESS	SPIN	BEGINNERS YOGA	SPIN	ZUMBA
1:30 pm		GENTLE STRENGTH TRAINING		GENTLE STRENGTH TRAINING	
1:45 pm	SIT AND BE FIT		SIT AND BE FIT		SIT AND BE FIT
2:30 pm	BEGINNERS BALANCE				

With all the new classes we must be mindful not to over do it!

Cardio can be done everyday and strength training 2-3 times per week on non-consecutive days. We will still be using the tag system for the classes so please arrive thirty minutes before your class to receive a class tag!

February is Heart Month...

So lets take care of our hearts! We are challenging you to challenge yourself this month! To receive a S.I.M Gym bag all you need to do is get 8 stickers on your heart on the bulletin board! Your challenge is to work out on the cardio machine of your choice 2 times a week (for 4 weeks) for 20 minutes each time in your target heart rate zone! How do you figure out your Target Heart Rate Zone?

Please see the information below!

Checking your Pulse

To check your pulse, using the first and second fingertips, press lightly over one of the blood vessels on your neck, just to the left or right of your Adam's apple. You can check your radial pulse by pressing on the artery inside your wrist, just below the base of your thumb.

Count your pulse for a 10 seconds and multiply by 6. Check your pulse from time to time to determine if you are exercising within your target heart rate zone.

Finding Your Target Heart Rate

- 1) Find your pulse
- 2) Count your pulse for 10 seconds (starting at 0)
- 3) Multiply this number by 6

Maximum Heart Rate $220 - \text{Age} = \text{MHR}$
Target Heart Rate 60-80% of MHR

Age	Target HR (60%-80%)	Maximum HR
50	102-145	170
55	99-140	165
60	96-136	160
65	93-132	155
70	90-128	150
75	87-116	145
80	84-112	140
85	81-108	135