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February 2008



UPCOMING EVENTS:

Feb. 1st
The Take Control Challenge begins competition.

Feb. 1st - 28th
EFC Wyoming offers 30% off Personal Training Sessions with Matt. Call 616.532.7277 for details.

Feb. 10th - Feb. 16th
EFC Downtown offers "Bring a Friend for Free" to group Fitness Classes. Call 616.588.3207 for details.

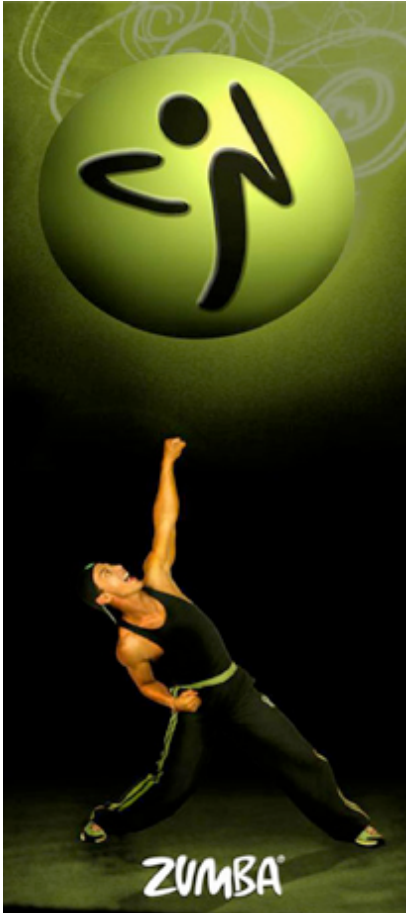
Feb. 25th
EFC Holland (*One 7 One Fitness*) offers Information/Promotional Night on Supplements. Call 616.355.0171 for details.

Feb. 27th
EFC Cascade and Nutrition Plus partner together to offer a FREE Seminar about whole food vitamins at 6:30pm. Call 616.974.9000 for details

THE
TAKE CONTROL
 Challenge

For the entire 10 weeks we will be tracking the teams' progress.

Go to www.EnduranceFitnessCenters.com to see how your team is doing!



**Are your workouts in a winter rut?
Try something different and join
us for a Zumba class!**

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO", allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind.

Zumba is a fusion of Latin and International music-dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

**Stop by one of our EFC locations for class
schedules!**

Enjoy Valentine's Day with your Sweetie!

Get outdoors, get moving, and spend some quality time together.

Cross Country Skiing	826*
Sledding	499*
Running	730*

* average amount of calories burned for a 160 pound person in one hour

Jeff's Training Tips

Take a moment and think about the way you train. Have you been following the same program for a long time? It may be time for a change in your training program.

Your body will not change if you continue doing the same routine over and over. Your body needs something different so it can adapt and change. People scratch their heads in frustration wondering why their bodies stay the same over the years, yet they do nothing different to achieve different results.

The old way of training may have produced results, but those results will only last so long. It will take something different to obtain new results.

If you are looking for improvement, then change your approach. For assistance in changing your approach, ask a trainer to help.

Jeff Hosta
BS, CSCS

YOUR BODY. YOUR FITNESS. YOUR LIFE.

TAKE CONTROL

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