

Ruth Stricker's the Marsh Monthly

Volume 26, Issue 8

August 2011



Balance Bylines

By Ruth Stricker

“Summertime and the living is easy,” wrote George Gershwin for *Porgy and Bess* in the '30s. We celebrate every gift of summer in Minnesota, but our weather thus far has been more edgy than easy. The cold, the rain and then the intense heat have curtailed many of our outdoor activities prompting us to crowd all of our summer intentions into the month of August. Some of us will go at unmet goals with a vengeance while others will reward themselves with lazing the days away before the tighter schedules of September come to us. We all have different ideas about that... but I would like us to think about the classic “Winnie the Pooh” story which Disney has just revised and brought to our theatres.

Pooh, as you know, has a bit of Chinese Tao wisdom in him, he ambles about and prefers just to be. In the book, the *House at Pooh Corner*, Christopher Robin has asked Pooh a question. “What do you like doing best in the world, Pooh?” “Well,” said Pooh, “what I like best” – and then he had to stop and think... “because although eating honey was a very good thing to do, there was a moment just before you began to eat which was better than when you were eating it” but he didn't know what it was called.

This voice of a child's mind tells us that while rewards and goals are fine, there also is a need for

quiet, empty spaces for savoring, anticipation, creativity and contemplation. Our perception of who we are comes from tuning into our five senses plus the sixth of intuition. Our senses are our feelings which discern and comprehend the world around us, the push and pull of our daily lives. There is no technology or app that can duplicate the affect of our senses... but if we need excuses or explanations for passing up the sensual life, there are many! Our senses are under assault in today's world

– news crawls on TV, screaming headlines and emails buzzing on iPhones, iPads, computers – something says that if we let everything in, we might just lose it... so we tune out as a defense mechanism to too much stimuli. If we shut down everything we lose the awareness of pleasure.

If we shut down we fail to truly engage in our day and become merely a participant!

The message of Pooh points to the process of living each day with great anticipation of good things to come. It is the quality of the journey by letting the

back of our minds come forward.

I recall a line from a Dag Hammarskjold speech years ago; “The more faithfully we listen to the voices within us, the better we will hear what is happening outside.”

Let us anticipate a sense-ational August,

Ruth Stricker



“Our senses are our feelings which discern and comprehend the world around us.”

On the Cover...

Marsh member Kim Mikulich (pictured on the cover) takes great pleasure in the peace and tranquility she finds at The Marsh. She says there is no better place for her to receive inspiration for her paintings.



Lobster Boil on the Deck!

Thursday, August 25

6:30 p.m. Reception; 7:00 p.m. Dinner

Enjoy a four course meal featuring a full New England-style Lobster Dinner, including all the fixings: new potatoes, sweet corn, clams, sausage and fresh lobster. Two appetizer courses, a dessert course and wine pairings also included. \$68 per person

Make your reservation at DineAtTheMarsh.com or 952-930-8560. In the event of poor weather, the event will be held indoors.

Bike Ride and Breakfast

Saturday, August 27, 8:30 a.m.

Ride the paved Dakota Trail from Mound to Mayer, Minnesota. Marsh Exercise Specialist and cycling enthusiast Diane Patridge leads this 22 mile round trip recreational bike tour. Meet at the Mound Transit parking lot on County Road 15 at 8:30 a.m. We will stop for breakfast in St. Boni on the way back. \$8/\$10 (does not include your breakfast)

Voices from The Marsh...

"My trainer makes sure I do the right exercises without hurting myself."

Merz Physical Therapy Workshop: Protect Your Back

Wednesdays, September 7 - 21, 1:00 - 2:00 p.m.

Back pain is at epidemic proportions, affecting nearly 80% of Americans at some point in their life. There are strategies that you can employ to help reduce your chances of experiencing back pain. Join Merz Physical Therapist **Shawn Marquis** for this three-part workshop. Classes focus on breathing, the lower abdominal muscles and their relationship to core strength, spinal stability and function. \$75/\$85 for the series.

Small Group Training

For Groups of 3 - 6 People. Only \$25 per hour/per person!

Enjoy the advantages of working with a personal trainer and the motivation and support of being part of a group. Small Group Training is available in many areas, including:

- Pilates Group Reformer Classes
- Yoga, Tai Chi, BodyPump, BodyJam™
- Functional Training in the Pool
- Strength and Cardiovascular Fitness Training

Form your own group, or let us know you are interested and we will find a group that is right for you. *For more information, contact Carol Peble at cpeble@themarsh.com or 952-930-8524.*

Marsh X is Back! Now featuring TRX

Saturdays, beginning August 6, 8:00 a.m.

This one-hour, high intensity, cross-training class will get your heart pumping and muscles burning to maximize your results.

- High intensity cardio and muscle blasting strength training in each class
- Fun, varied workouts including cycling, Bosu Ball, TRX and more!

\$15/\$20 per class. Limited to 10 participants. Register in advance by calling the Marsh X / TRX Hotline, 952-930-8597, ext. 5555.



*Team Marsh members (from left to right)
Shelly Forkrud, Kevin Hanstad,
Rhonda Forkrud and Ilga Cimbulis*



**Team Marsh
Events**

Interested in being part of a Marsh group participating in one of these upcoming 5Ks?

- **Hennepin-Lake Classic**
Saturday, August 7
- **Lupus Walk/Run**
Saturday, September 10

Sign up at the Training Center Desk.

Unless otherwise noted, register for classes and events at TheMarsh.com or the Front Desk at 952-935-2202.

BIOMETRICS[®]

ONE • ON • ONE

Weight Loss at The Marsh: Innovative, Integrated, Personal

The Marsh's innovative Biometrics One-on-One weight loss program combines personal training, nutritional counseling, meal planning, health assessments and a wide array of group exercise opportunities in a one-of-a-kind six-week program that helps you lose weight, feel better and live healthier. When you enroll in Biometrics, you work with a highly trained health services team, including a master's-level dietitian, a Ph.D.-level exercise physiologist, and an exercise specialist selected especially for you. *Learn more or sign up by calling Joel French at 952-930-8512 or Kim Plessel at 952-930-8545.*

Next month, we'll be showcasing the many dimensions of our integrated Biometrics One-on-One Weight Loss Program with a special day of activities and information at The Marsh. Watch for details.

Drop Off School Supplies for IOCP

We are now collecting new school supplies for Interfaith Outreach Community Partners' (IOCP) annual Back to School Program. IOCP serves eight west suburban communities and has identified 600 students in need of supplies. Pick up a list of supplies needed at our Front Desk or find them on our website. We will accept supplies through August 17.



Blood Drive

We need you now more than ever! Only 38% of Americans are eligible to donate blood and of those only 8% do. Every day, 38,000 pints of blood are needed for patients across the United States.

Register for The Marsh's 8th Annual Blood Drive,
Monday, August 8, 12:30 – 5:30 p.m.

To schedule your donation time, simply visit www.redcrossblood.org (Sponsor Code 5971) or call the Front Desk, 952-935-2202.

Voices from The Marsh...

"I cancelled my membership two weeks ago and I miss it already. Please UN-cancel. I'd rather give up a bottle of wine and my weekly Caribou so I can stay here!"



Member's Story...

In February, **Deb Jones** went online to look for a personal trainer. What she found was a weight loss program that has changed the course of her life, and a community of health conscious, motivating and knowledgeable people to keep her moving down the right path.

When visiting our website, Deb's attention was drawn to the integrated approach of our One-on-One Biometrics weight loss program and she decided to give it a try. Biometrics includes personal training, a meal plan and nutritional counseling and health assessments that go way beyond measuring inches and pounds, all wrapped into a six-week program.

"This time, my primary goal was not to 'lose weight' but rather, to get healthy and to learn how to stay healthy going forward," she said. At the end of six weeks, Deb had lost 9 pounds and 18 inches, increased her body strength by over 100%, improved her VO₂ by 30% and reduced her total cholesterol by 41%, plus, she is no longer considered pre-diabetic.

"I've tried dieting and exercising on my own... this time I went with a 'team' approach."

"The encouragement and knowledge of dietitian Kim Plessel, the skill and motivation of exercise specialist Peter Elsham, the opportunity to try out a variety of studio classes, the warmth and welcoming attitude of your members, all combined with the environment of The Marsh, were key to my initial and now ongoing success," she said.

In June, Deb decided to become a Marsh member, noting, "I'm choosing to continue to take active steps to improve the quality of my life today and down the road."

Unless otherwise noted, register for classes and events at TheMarsh.com or the Front Desk at 952-935-2202.



Friday Night Jam Sessions August 12 & 26

Our Friday Night Jam Sessions are a great way to work off the stress of the week and work up a sweat while moving to the beat of the hottest new sounds in BodyJam™. Learn the moves, dance away your stress, and when the dancing is done, relax and enjoy the summer night on our deck.

- **5:30 - 6:00 p.m.** Instructors run through all the moves so you can get the most out of the class
- **6:00 - 7:00 p.m.** BodyJam™ Class (complimentary/\$15)
- **7:00 - 8:00 p.m.** Guitarist/Singer Rick Noland
- **7:00 - 8:00 p.m.** Xbox Kinect Dance Central in the Studio
- **8:00 p.m.** Prize drawings
- **4:00 - 8:00 p.m.** Happy Hour

Fall Class Schedule Begins September 6

Our new fall class schedule debuts on September 6. The printed schedules will be available for pick-up at the Front Desk and posted online on **August 8**.



Voices from The Marsh...

"I just got my first job, and I'm excited to use my first paycheck to join The Marsh."

New! Rhythm Ball Demonstrations

Be one of the first in Minnesota to experience this fun, yet challenging, Rhythm Ball class. Developed in 1991 by a Chinese professor, Rhythm Ball was designed to preserve all the benefits of Tai Chi while adding athleticism, feedback, teamwork and FUN to any fitness and wellness program. It is fun and entertaining to watch, although you won't be able to watch for long without wanting to try it for yourself!

Come play with us! Join **Heather Reade** and **Liz Anema** and give Rhythm Ball a try. *15-minute demonstrations*

- **Wednesday, August 17, 11:15 a.m.** • **Friday, August 19, 12:15 p.m.**
- **Monday, August 22, 9:00 a.m.** • **Thursday, August 25, 11:30 a.m.**

Yoga Nidra

Friday, August 19, 7:30 - 9:00 p.m.

Yoga Nidra is like nothing you have experienced before. Deeper and more relaxing than sleep, Yoga Nidra is a non-movement class where you experience the profound release of chronic stress. Sometimes called "yogic sleep", Yoga Nidra takes you to that sweet place between sleep and wakefulness where your body can find the peace and restoration that it needs. This practice completely relaxes the nervous system, releasing physical, emotional and mental tension. Instructor: Sharon Hills-Bonczyk, a 500-hour certified Kripalu Yoga instructor. \$20/\$30

Mindfulness Based Stress Reduction

Complimentary Information Session - Saturday, August 27, 9:30 a.m.

Mindfulness Based Stress Reduction (MBSR) will teach you to deal with stress, pain, illness, and the demanding challenges of everyday life. *Next session begins Monday, September 19, 6:30 p.m.*

Franklin Method: Agile Arms with Angela Kneale

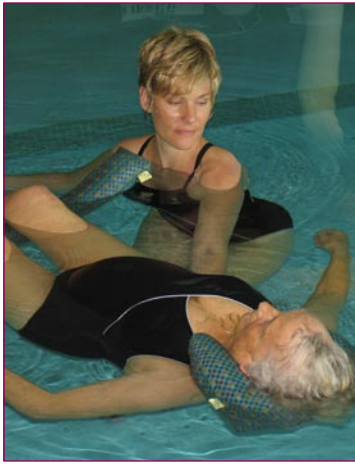
Thursday, August 25, 7:00 - 8:30 p.m.

Try to eat without using your elbow! Now you know how important your elbows are to the function of your arms. This class will help you improve function and movement in this part of your body by teaching:

- **Experiential anatomy:** In this case, we'll learn about the design and interaction of joints and muscles of your shoulder, elbow and wrist
- **Power of imagery:** Creating an awareness of the organic causes of tightness and muscular rigidity will help you to visualize and support correcting/changing your movement patterns

You will learn to use Franklin balls and elastic bands to help you improve your movement.

Taught by Occupational Therapist, **Angela Kneale**, the only second-level certified Franklin Method instructor in Minnesota. *Space is limited to 20 participants; please register in advance at TheMarsh.com. \$30/\$40*



Try Watsu® Aquatic Bodywork!

Thursday, August 11, 9:00 - 10:00 a.m.
Wednesday, August 24, 5:00 - 6:00 p.m.

If you've ever wondered what Watsu Aquatic body work is all about, this is your perfect opportunity. Our certified Watsu Practitioner Nicola Kapala will do an informal presentation about Watsu, followed by 15-minute experientials.

Performed in our 94-degree warm water Therapy Pool, these experientials give you

a hint of the subtle healing potential of this Shiatsu-based massage. While anyone can benefit from Watsu, it is especially helpful for people diagnosed with Fibromyalgia, arthritis, Parkinson's Disease and cancer. It is also beneficial for individuals who have sore, stiff muscles, pain, sleep disorders, stress, or have difficulty relaxing. *Call the Spa at 952-935-8905 to reserve an experiential time, or for more information. \$10/\$15*

Spa Summer Sizzler Sampler offered until the end of the month!

- 25 minute Massage • 35 minute Refreshing Facial
- 25 minute Express Pedicure • Spa Lunch (\$15 value)

Call 952-935-8905 to schedule your appointment. \$117/\$135



Pilates Mat Classes

Pilates Mat classes provide an economical way to learn Pilates. The format allows you to progress at your own pace.

- **Beginning**, Tuesdays, August 2 - September 20, 10:30 - 11:30 a.m.
- **Intermediate/Advanced**, Mondays, August 1 - September 19, 6:45 - 7:45 p.m.
- **Intermediate**, Thursdays, August 4 - September 22, 10:30 - 11:30 a.m.

\$95/\$150 for the series. Please register in advance for these classes.

Reminder: Pilates Mat Classes are FREE to anyone who purchases personal training packages (10 or 15).

Voices from The Marsh...

"I need rehab now in your therapy pool. I'll focus on fitness later. Fortunately, I can do both at The Marsh."



New Fall Fashions in The Shop

Jody Vitelli models new fall fashions from The Shop

Stop by The Shop and discover a variety of new fall fashions, including Dolman Sleeves, Vests, Capes, High-waisted Pants & Skirts, A-line Skirts, and Flared Pants & Jeans.

Colors of the Season

Red • Burgundy • Hunter Green • Blush
Navy • Camel • Charcoal • Pumpkin • Brown

Fabric Trends and Patterns

'70s inspired prints • Snakeskin • Plaids
Houndstooth • Stripes • Silk • Argyle • Leather

Pilates Open Doors

The Marsh has several Pilates program. Come to an Open Door and learn about all of our programs, try out the equipment and discuss what program is best suited for you. This month's Open Door sessions are: **Monday, August 8, 10:00 a.m.** and **Saturday, August 20, 11:00 a.m.**

Pilates Barre Series

Tuesdays, August 2 - 23, 8:00 a.m.

Taught by Marsh Pilates instructor Lesley Koehnen, this four-class series has its foundation in traditional ballet where proper alignment and form is essential. Join the movement – you will improve your posture and increase strength, flexibility and muscle tone.

\$30/\$45 for the series, \$10/\$15 per class.

New Faces on Our Staff...



Chandra Huffman, Meeting & Events Director
formerly the Conference & Catering position held by Betsy Ellwanger
 Prior to joining our staff, Chandra held similar positions at the Herb Box in the Eden Prairie Lifetime Fitness, the Historic Concord Exchange in St. Paul, and the Croixwood on the St. Croix. She is eager to help you with meetings and events here at The Marsh. Chandra and her nine-year-old son, T.J., currently live in Bloomington.



Steve Person, Restaurant Service Manager
 Steve's varied experience includes working for a real estate management company, as a tennis pro and as a restaurant server. A graduate of Mound Westonka High School and Bethel University, he is pursuing a degree in Marriage & Family Counseling. In his personal time, Steve enjoys fitness activities of all kinds, including hockey, volleyball and yoga sculpt. He shares his passion for fitness with young people as a volunteer for Bolder Options.



Kathleen Lynch, Massage Therapist
 Kathleen comes to us with more than two decades of experience. She specializes in the following massage modalities: neuromuscular, pregnancy, sports, Swedish, trigger point, scalp and healing touch. She is now taking appointments on Tuesdays and Saturdays. *Call 952-935-8905 to schedule an appointment!*



Rebecca Sitzmann, Esthetician
 A certified paramedical esthetician, Rebecca comes to us with 24 years of experience in both clinical and spa settings. She is now taking appointments on Saturdays and Sundays. *Call 952-935-8905 to schedule an appointment!*

Let's Talk Books

ROOM by Emma Donoghue

This book will challenge you – the format, the writing style, the characters, the mother-son relationship, the plot, the intrigue – everything about it. Read it and come to balance your reactions against those of others in the group. All opinions honored – we really DO discuss! **Tuesday, August 13, 7:00 p.m. and Tuesday, August 20, 1:00 p.m.** *Complimentary.*

Voices from The Marsh...

"My kids are gone, time for me... thank you Marsh!"

Members' Corner...

• **Pool Closings:** Please be aware that our pools will be closed for cleaning during the following times.

Therapy Pool: Monday, August 15 - Sunday, August 21 at Noon

Lap Pool: Monday, August 22 - Sunday, August 28 at Noon

Please note the pools are closed on alternate weeks so that one is always available to you.

• **Enjoy "Grand Finale" of Wildflower Blooms**
 August is the perfect time to sit on our deck or walk the trail and enjoy the "grand finale" of wildflower blooms. Here is a sampling of what you will see: Asters (including New England and Silky Asters), Rigid Goldenrod, Rudbeckia Triloba, Common Rudbeckia, Liatris and Gray Headed Cone Flowers.

• **Labor Day Hours - September 5:** The Training Center and Pools will be open from 7:00 a.m. to 3:00 p.m. *The Shop, Spa, Restaurants and Kids Club will be closed.*

New Members...

Sally Anderson	Christina Gregory
Linda Bean	Rachel Guyn
Walter Bera	Deb Jones
Wally Brandt	Brian Jones
Sheila Callander	Myra Juster
Allan Callander	Susie McCarty
Jane Carlson	Lyn Orr
Launisse Cousins	Peg Roessler
Paula Evanich	Mary Schulz
Carol Grabowski	Kathy Share
Anna Granat	Lloyd Sigel
Shannon Green	Jody Spurduto
Jim Gregory	Frank Trestman
	Olivia Weinrich

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AUGUST

2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p> Denotes special events that may affect parking</p> <p> Represents complimentary programs for members</p>	<p>1</p> <p>∨ Knit and Nosh 4:00 p.m. ∨ Int./Advanced Mat class 6:45 - 7:45 p.m. ∨ BodyJam 7:15 p.m.</p>	<p>2</p> <p>Pilates Barre 8:00 a.m. ∨ Beginning Mat class 10:30 - 11:30 a.m. TRX Training 7:15 - 7:45 p.m.</p>	<p>3</p> <p>TRX Training 12:30 - 1:00 p.m.</p>	<p>4</p> <p>∨ Intermediate Mat class 10:30 - 11:30 a.m. Pasta Night - 5:00 - 8:00 p.m.</p>	<p>5</p> <p>Fresh Catch Friday</p>	<p>6</p> <p>Marsh X featuring TRX 8:00 - 9:00 a.m. Happy Hour with Music 5:00 - 8:00 p.m. Prime Rib Special</p>	
<p>7</p> <p>Tema Marsh Event: Hennepin-Lake Classic 10K & 5K 7:55 a.m.</p> <p>TRX Training 4:15 - 4:45 p.m.</p>	<p>8</p> <p>TRX Training 7:00 - 7:30 a.m. ∨ Pilates Open Door 10:00 a.m. ∨ Blood Drive 12:30 - 5:00 p.m. ∨ Knit and Nosh 4:00 p.m. ∨ Int./Advanced Mat class 6:45 - 7:45 p.m. ∨ BodyJam 7:15 p.m.</p>	<p>9</p> <p>Pilates Barre 8:00 a.m. ∨ Beginning Mat class 10:30 - 11:30 a.m. TRX Training 7:15 - 7:45 p.m.</p>	<p>10</p> <p>TRX Training 12:30 - 1:00 p.m.</p>	<p>11</p> <p>∨ Watsu Info Session & Experiential 9:00 - 10:00 a.m. ∨ Intermediate Mat class 10:30 - 11:30 a.m. Pasta Night - 5:00 - 8:00 p.m.</p>	<p>12</p> <p>Friday Night Jam Session with X-Box Kinect 5:30 p.m. - Dance Class 6:00 p.m. - BodyJam Class 7:00 p.m. - Dance Central Fresh Catch Friday</p>	<p>13</p> <p>Marsh X featuring TRX 8:00 - 9:00 a.m. Happy Hour with Music 5:00 - 8:00 p.m. Prime Rib Special</p>	
<p>14</p> <p>TRX Training 4:15 - 4:45 p.m.</p>	<p>15</p> <p>TRX Training 7:00 - 7:30 a.m. ∨ Knit and Nosh 4:00 p.m. ∨ Int./Advanced Mat class 6:45 - 7:45 p.m. ∨ BodyJam 7:15 p.m.</p>	<p>16</p> <p>Pilates Barre 8:00 a.m. ∨ Beginning Mat class 10:30 - 11:30 a.m. ∨ Let's Talk Books 7:00 p.m. TRX Training 7:15 - 7:45 p.m.</p>	<p>17</p> <p>∨ Rhythm Ball Demo 11:15 a.m. TRX Training 12:30 - 1:00 p.m.</p>	<p>18</p> <p>∨ Intermediate Mat class 10:30 - 11:30 a.m. Pasta Night - 5:00 - 8:00 p.m.</p>	<p>19</p> <p>∨ Rhythm Ball Demo 12:15 p.m. ∨ Yoga Nidra 7:30 p.m. Fresh Catch Friday</p>	<p>20</p> <p>Marsh X featuring TRX 8:00 - 9:00 a.m. ∨ Pilates Open Door 11:00 a.m. Happy Hour with Music 5:00 - 8:00 p.m. Prime Rib Special</p>	
<p>21</p> <p>Therapy Pool reopens at Noon</p> <p>TRX Training 4:15 - 4:45 p.m.</p>	<p>22</p> <p>∨ Rhythm Ball Demo 9:00 a.m. TRX Training 7:00 a.m. ∨ Knit and Nosh 4:00 p.m. ∨ Int./Advanced Mat class 6:45 - 7:45 p.m. ∨ BodyJam 7:15 p.m.</p>	<p>23</p> <p>Pilates Barre 8:00 a.m. ∨ Beginning Mat class 10:30 - 11:30 a.m. ∨ Let's Talk Books 1:00 p.m. TRX Training 7:15 - 7:45 p.m.</p>	<p>24</p> <p>TRX Training 12:30 - 1:00 p.m. ∨ Watsu Info Session & Experiential 5:00 - 6:00 p.m.</p>	<p>25</p> <p>∨ Intermediate Mat class 10:30 - 11:30 a.m. ∨ Rhythm Ball Demo 11:30 a.m. Franklin Method: Arms 7:00 - 8:30 p.m. Lobster Boil 6:30 p.m.</p>	<p>26</p> <p>Friday Night Jam Session with X-Box Kinect 5:30 p.m. - Dance Class 6:00 p.m. - BodyJam Class 7:00 p.m. - Dance Central Fresh Catch Friday</p>	<p>27</p> <p>Marsh X featuring TRX 8:00 - 9:00 a.m. Bike Ride 8:30 a.m. MBSR Info Session 9:30 a.m. Happy Hour with Music 5:00 - 8:00 p.m. Prime Rib Special</p>	
<p>28</p> <p>Lap Pool reopens at Noon</p> <p>TRX Training 4:15 - 4:45 p.m.</p>	<p>29</p> <p>TRX Training 7:00 - 7:30 a.m. ∨ Knit and Nosh 4:00 p.m. ∨ Int./Advanced Mat class 6:45 - 7:45 p.m. ∨ BodyJam 7:15 p.m.</p>	<p>30</p> <p>Pilates Barre 8:00 a.m. ∨ Beginning Mat class 10:30 - 11:30 a.m. TRX Training 7:15 - 7:45 p.m.</p>	<p>31</p> <p>TRX Training 12:30 - 1:00 p.m.</p>	<p>Upcoming Events...</p> <ul style="list-style-type: none"> • Labor Day Hours - September 5 - 7:00 a.m. - 3:00 p.m. The Shop, Spa, Restaurants and Kids Club will be closed. • Active Aging Week - begins September 25 • <i>Unlearn Your Pain</i> - September 21 • Protect Your Back Series - begins September 10 			<p>Lap Pool closed</p>



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TRX Suspension Training

Last month we introduced TRX Training and the response was incredible. A fun and challenging new way to use your own body weight to strengthen your core, chest, back, arms and legs, TRX Suspension Training was originally designed by a Navy SEAL to help our troops stay fit in the deserts of Iran. TRX Training classes have now been added to the Studio schedule.

- **Mondays, 7:00 - 7:30 a.m.** (beginning August 8)
- **Tuesdays, 7:15 - 7:45 p.m.** (beginning August 2)
- **Wednesdays, 12:30 - 1:00 p.m.** (beginning August 3)
- **Sundays, 4:15 - 4:45 p.m.** (beginning August 7)

We can only accommodate five people per class, so you must register in advance by calling the TRX Hotline, 952-930-8597, ext. 5555. No experience required. \$15/\$25 per 30-minute session.

Coming in September!

Howard Schubiner, MD, author of *Unlearn Your Pain*

Wednesday, September 21, 7:00 - 8:30 p.m.

Dr. Schubiner demonstrates that the underlying reason for much chronic pain is nerve sensitization and learned nerve pathways, rather than actual tissue destruction. He has developed a new program that has proven to be effective in reversing pain. *Complimentary to all. Books available in the Shop.*

Co-sponsored by The Marsh and Park Nicollet.

