New Equipment!

$40,000 worth of new equipment

New Equipment

We have added over $40,000 worth of new equipment, over the last 3 months, for our members and guests to enjoy. This includes (but is not limited to) two treadmills and two ellipticals from Cybex, a lobster tennis ball machine, ping pong tables & paddles, precor ellipticals, child sized rock climbing harness’, and a monitor and DVD player for exercise videos. We also just got a slack line that is available for use.

We also have added new equipment to the weight room pictured below. Including TRX system, Landmine, Ropes, and a dip station.
Tania Kalamara earned her Bachelors degree in physical education and sports science at Aristotelion University of Thessaloniki in Serres, Greece. She is a lecturer and personal trainer in the Department of Exercise and Sport Science at MUM. She has over 12 years of experience in personal strength training.

Tania Kalamara

She has worked in fitness centers throughout Greece. Her specialties are rhythmic gymnastics and gymnastics, track and field, swimming, adapted physical education and Tae-Bo. She also has extensive training and experience in various types of yoga such as Iyengar Yoga, Viniyoga and Ashtanga Yoga. She has also completed many certificates and training in dances from throughout the world; including Modern Dance, Hip-hop, African Dancing and Fusion. Along with this she is trained in traditional Greek dances from many regions throughout Greece.

Tania's Classes

Join Tania’s Classes enjoy group workouts and don’t forget your bottle of water, possibly a towel as well.

Tania is currently offering three classes every week including Body Pump, Power Calisthenics and Total Body with Weights. By participating in her classes students will be able to heal their bodies and aid in restructuring the muscles and bones for better alignment. Body pump is offered every Monday evening; this class consists of weight training with barbells and it is a dynamic program that can help improve muscle strength. On Tuesdays she offers Power Calisthenics; it’s a great class to help with posture and to gain flexibility. This class is also a dynamic program in which students conduct symmetric exercises and learn new techniques to gain better balance while in and out of the workout room. Power Calisthenics is also a great class for those who suffer from osteoporosis. The third class she offers is Total Body With Weights, offered every Thursday evening. In this class students use dumbbells and elastic bands to improve cardio and gain muscle tone. By participating in this class students are also able to better control their weight.

Bicycles

It’s Spring!! Bicycles are now ready to be rented from the Recreation Center. We have new policies this year. A new system has been put into places to ensure everyone’s safety. All bike rentals last until 6pm or 1800 the following day. Rentals cannot be renewed, if another bike is available you may rent a different bicycle. All bicycles are inspected before they are rented out. We are also looking into buying more bikes because of the shortage of bicycles currently available, the policy for renting bicycles will not be adjusted due to more bicycles being available because of the misuse of bicycles in the past. Also, fees will be attached should the bike not be in working order and is apparent damage from current renters usage. New bikes to arrive and be available for rent soon.
We are currently working on getting the pool ready to open in the middle to end of May. Draining has begun and cleaning will begin as soon as the pool is drained and cleaned.

Thank you Tania Kalamara, Ken Daley, Soren Pearson, Nevin Kepler, and Belinda Wise for assisting with this Newsletter. Without contribution from all of you this Newsletter would not have been possible.

Colin Burpee
Publisher