

Welcome!

Welcome to the Fall 2019 issue of the Fitness Forum. The purpose of this quarterly newsletter is to keep our patrons up to date about what is happening in the Fitness Center at the DCRC. In these newsletters, you will find information regarding group fitness classes, fitness challenges, MYZONE, employee and member spotlights, health and wellness tips, and more! You can find copies of these at the check-in desk, online, or even through your email.

Fitness Center Hours

Monday - Friday: 5:30 am - 9:30 pm

Saturday - Sunday: 8:00 am - 8:00 pm

Want to be added to the email list?

Email Pat Casto at pcasto@dublin.oh.us and you will receive the quarterly Fitness Forum.



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Guest Instructor Spotlight

-Interviewed by Lindsey Pollock

Courtney Johnson

Courtney grew up in Dublin and graduated from Coffman. She went to the University of Dayton for college. Courtney is a certified group fitness trainer and personal trainer. She also coaches high school girls lacrosse. She became a mom last spring and loves spending time with her daughter, Skylar and husband, Scott.

Courtney really enjoys watching and playing sports, with lacrosse being her favorite to play. She is a Cleveland and Columbus sport fan. While she enjoys spending time with family, she also loves the outdoors, baking, arts & crafts, trying new things, and traveling to new places.

“Hanging with Mom” is a new fall registered group fitness class taught by Courtney. It is a total body workout while your baby can relax and enjoy being close to you. Workouts consist of cardiovascular and toning exercises geared toward post-natal moms’ specific needs.

When asked what motivated her to teach “Hanging with Mom”, Courtney stated that she loves teaching classes and helping others with fitness, especially women! Since she became a mom, she understands how challenging it can be to find time to stay motivated after having to take time off and going through so many bodily changes. By teaching “Hanging with Mom”, she can help other moms work towards their fitness goals, do something healthy for themselves and also bond with their little ones!

Courtney also teaches: Funky “Barbell”, Cardio Jam, and LIST here at the DCRC.

Contact information:

Website: <https://www.trainingwithcourtney.net/>

Facebook page: “Positively Fit with Courtney”

Email: coach.edwards.johnson@gmail.com

Phone: 614.905.2958

New Group Fitness Classes

Barre

Monday @ 7:30 pm with Tabatha

MyZone Challenge

Monday & Friday @ 4:30 pm with TnT

Spinning

Wednesday @ 5:45 am with Lauren

Friday @ 5:45 am with Stacey

Total Toning

Thursday @ 5:45 am with Ann D.

Class Updates

Participants will not need to sign in on paper anymore. All you need to do is scan your card at the check-in desk! Attendance will be tracked online.



Ask the Personal Trainer

-Interviewed by Lindsey Pollock

Martha Snee



SERVICES

Personal Training

A certified personal trainer can help you sift through health and fitness information and provide on-going motivation. DCRC annual pass holders may use a personal trainer from a list of sanctioned trainers.

-Employment history here at the DCRC:

"I started working here at the DCRC shortly after we moved to Dublin from German Village in the spring of 2017. I had previously trained at The Fitness Loft in German Village."

-Fitness Background:

"I was always physically active as a kid – growing up, my parents would encourage us when school was out to get outside and play – and don't come home until dinner. When I was in my twenties, I earned a black belt in Taekwondo, and participated in regional and national tournaments. After we moved to Ohio, I couldn't find a Dojo I liked, so I started running long distance races with my husband, until knee surgery put a stop to that. I became interested in Personal Training when I hired a trainer to help me lose the forty pounds I gained working as a pastry chef. My trainer introduced me to weightlifting and metabolic conditioning, and I ended up joining Crossfit. Exercise felt great – I felt healthy and energetic, so I decided to go for another career change."

I went back to school and got my AS degree in Exercise Science from Columbus State, where I interned as an assistant strength and conditioning coach. I later went to Capital University to earn my BA, also in Exercise Science. My current workouts consist of yoga, some running, weightlifting and high intensity workouts."

-Fitness Specialties:

"Many of my clients are over fifty, and are looking to maintain or enhance their quality of life so they can enjoy the activities they love. With older adults, I concentrate on training for strength, balance, posture and fall prevention, in addition to any other fitness goal they may have."

I often work with people who are new to weightlifting and want to learn to proper technique. I try to make their experience on the weight floor less intimidating so they will have the confidence to work out by themselves."

-Why Martha enjoys working at the Rec Center:

"I live in the community the Rec center serves, so I see many of my neighbors here. Being relatively new to the Dublin Area, it's a nice place to meet new friends."

-Fun Facts: Martha can fly an airplane!

-Contact Information:

Phone: 614.537.1011

Email: marthasneefitness@gmail.com



Healthy Resources

What's Cooking?:

<https://whatscooking.fns.usda.gov/>

- Cookbooks
- Recipes
- Eating on a Budget
- Seasonal Produce Guide
- Cooking for Kids

Choose MyPlate:

<https://www.choosemyplate.gov/>

- Healthy eating tips
- Customizable Eating Plan
- Guides for: students, families, professionals, and children

Apple Cranberry Salad Toss

This refreshing salad combines sweet and savory into one! Walnuts, apples, and cranberries electrify this recipe with full fall flavors. Prepare for a gathering as a side salad or as an entrée with protein added in. With only a few ingredients and instructions, this is perfect to make on the go or when in a time crunch. Feel free to mix up or swap any of the ingredients!

Ingredients

- 1 head of lettuce (about 10 cups)
- 2 apples (medium, sliced)
- ½ cup walnuts (chopped) – great healthy fat!
- 1 cup dried cranberries
- ½ cup green onion (sliced)
- ¾ cup vinaigrette dressing

Instructions

- Toss lettuce, apples, walnuts, cranberries, and onions in a large bowl.
- Add dressing; toss to coat. Serve immediately.

Additional Add-ins

- Grilled chicken or tofu for protein to make a salad entree
- Don't like green onion? Add ½ cup of cucumber for a refreshing crunch
- Mix it up with orange, raspberry, or apple vinaigrettes



“Spell Your Name” workout

Spell out your full name and repeat as many times as you'd like!
Easy, fun and challenging body-weight only exercises.

- A- 50 JUMPING JACKS**
- B- 20 CRUNCHES**
- C- 20 SQUATS**
- D- 15 PUSH UPS**
- E- 10 BURPEES**
- F- 45 SECOND PLANK**
- G- 30 RUSSIAN TWISTS**
- H- 15 SQUAT JUMPS**
- I- 10 LUNGES EACH LEG**
- J- 30 SECOND HIGH KNEES**
- K- 10 SKATERS EACH SIDE**
- L- 30 SECOND SIDE PLANK EACH SIDE**
- M- 30 MOUNTAIN CLIMBERS**
- N- 10 DONKEY KICKS EACH LEG**
- O- 15 TRICEP DIPS**
- P- 5 JUMP LUNGES EACH SIDE**
- Q- 10 CURTSY LUNGES EACH SIDE**
- R- 10 FIRE HYDRANT KICKS EACH LEG**
- S- 2 MINUTE WALL SIT**
- T- 20 SUMO SQUATS**
- U- 10 BACKWARD LUNGES EACH LEG**
- V- 20 ARM CIRCLES**
- W- 20 CALF RAISES**
- X- 20 LEG RAISES**
- Y- 30 BICYCLES**
- Z- 10 PLANK REACH UNDERS EACH ARM**



FITNESS ATTENDANT II SPOTLIGHT



Kyle King

-interviewed by Lindsey Pollock

When did you start working at the Dublin Rec Center?

"February of 2017."

What do you enjoy most about working at the DCRC?

"I get to make new friends and work at the same time. I have the opportunity to give input even though I'm not the main decision maker. It's cool seeing people who come often and catching up with them when I come home from breaks."

What others say about Kyle:

"Kyle is super funny, quite the team player, sells knives, is caring and the life of the party!"

Fun Facts about Kyle:

- 1. He is majoring in marketing and entrepreneurship at Miami University.*
- 2. One of his hobbies is investing into stocks and ETFs.*
- 3. Looks up to his Dad because he is also in the business world and has learned a lot of tips and tricks from him.*

Ask him about:

Technology and how to use fitness equipment.

Future Goals/Aspirations:

Finish both degrees in 4 years, become a corporate entrepreneur, own real estate, own his own business, and go into politics.





MYZONE Activity Tracker

What is it?

Myzone is an innovative wearable heart rate based system that uses wireless and cloud technology to accurately and conveniently monitor physical activity.

Who is it for?

Anyone who wants an accurate and motivating wearable fitness tracker. Myzone monitors heart rate, calories and time exercising that convert into Myzone Effort Points (MEPs), with a focus on rewarding effort rather than fitness.

How is it different than a Fitbit, Apple Watch, or other wrist trackers?

Myzone has an app and unique point system measures what matters—exercise effort. . The point system called MEPs measure “time x intensity = effort”. This measurement creates a level playing field for all users no matter age, weight or gender. Myzone is able to accurately track a wide variety of exercise movements. Because the chest strap is 99.4% accurate to an EKG machine, every effort counts.

Mary Kinzeler, a regular patron here at the Dublin Community Recreation Center stated, **“MyZone activity tracker has helped me improve my fitness level! It monitors my heart rate and shows what percent of max heart rate I am working towards. The biggest improvement for me is that now I am trying different workouts and mixing it up! I was not aware that doing the same workout repeatedly was not the best challenge for my cardio. By adding in some rowing, running and workout classes, I can see with MyZone how my heart rate increases and my fitness level increases at the same time. The TnT MyZone group dynamic is also motivating – challenging each of us to get our best workout in a fun environment.”**



**Logo by Adam Coffman*



EVERYTHING GROWS HERE.



Earn rewards and stay motivated by joining Fit52 2019, a new points system for Dublin Community Recreation Center members. Fit52 helps you achieve health goals and work toward a healthier lifestyle—52 weeks a year.

DCRC members and group fitness pass holders who join this program have the opportunity to earn 1 point every time they scan in for a class, come in to work out, or participate in a DCRC activity such as walking on the track, playing basketball, or swimming. Program participants for programs such as Hatha Yoga, Pilates, or Small Group Training can also earn points but they must be a DCRC member and scan in at the check-in desk. Points will be tracked on a monthly basis and if you come in 8 times per month, you can rank-up to a higher status. Consecutive months are not required, although to reach Hall of Fame status, you must earn 8 points each month.

Register today! Visit: <https://dublinohio.wufoo.com/forms/k1d5f1o31ata283/>

Ranks and Months Needed to Rank-Up

Rank	Months @ 8+ visits
Bronze	1
Silver	2
Gold	4
Iron	6
Platinum	8
Diamond	10
Hall of Fame	12

Contact Us

Give us a call for more information

Dublin Community Recreation Center
5600 Post Road
Dublin, OH 43017

(614)-410-4550

24-Hour Information Hotline:
(614)-410-4946

Visit us on the web at:
dublinohiousa.gov

