



HARPER'S

Fitness



NEWSLETTER

NOVEMBER + DECEMBER 2023 | VOL 4

The Club at Harper's Point is proud partners with NRG Fitness, one of the area's leaders in Personal Training, MAT, and Wellness. Harper's Fitness, fueled by NRG, offers many services to fit your needs. Our Fitness Professionals are certified, knowledgeable, and ready to help you reach your goals.

OUR STRUGGLE WITH LESS SUN

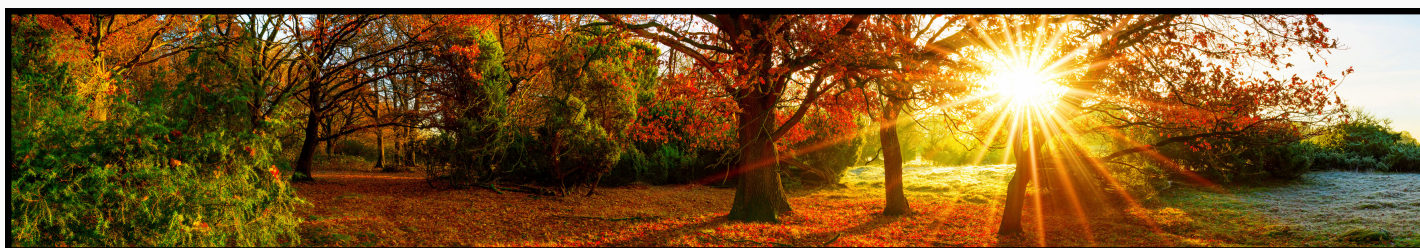
Have you ever felt sluggish once Fall hits? The lack of sun got you down? No worries. This may be something that is fixable with some easy over-the-counter help.

Vitamin D deficiency is something that affects many people. It primarily causes issues with your bones and muscles, however it plays a significant role in both your nervous system and immune system. You can get Vitamin D in a variety of ways including sun exposure on your skin and from the food you eat. **About 1 billion people globally suffer from this deficiency.** One common way to add Vitamin D is by adding a supplement.

How do I know if I am deficient? Have your physician check! When you do your normal annual blood check they can screen for Vitamin D deficiencies. **If you feel any of the following symptoms you should communicate them to your PCP:**

Fatigue | Bone Pain | Muscle Weakness | Muscle Aches | Muscle Cramps | Mood Changes / Depression

Typically we need to have a minimum number of hours (2 with fully exposed arms) to get our allotted Vitamin D, and that opportunity fades with less daylight as the seasons change. *However, a small amount of supplementation may be just enough to turn that frown upside down and get you back some of the energy you feel you are lacking.*





HARPER'S

Fitness



NEWSLETTER

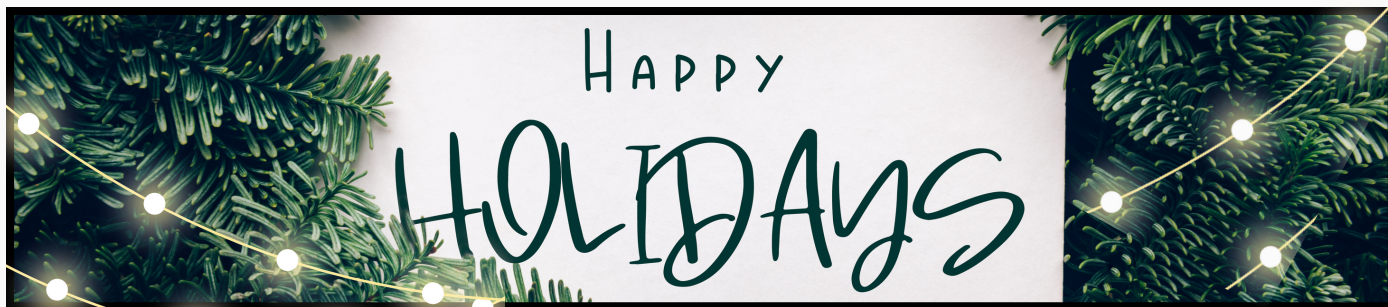
NOVEMBER + DECEMBER 2023 | VOL 4

UPGRADE YOUR WORKOUT

NRG Fitness at The Club at Harper's Point is the premium service for your body, and we are excited to offer *the highest quality small group exercise experience.*

Beginning in December, our practitioners, with over 110 years of combined experience as Certified Professionals, will be offering a **new program to help you make the breakthroughs you've been waiting for**, regardless of the reason you are showing up for exercise. Please talk to a trainer to get updates on information and times for this new experience!

If you are struggling with knowing what to do for your workouts, **contact us in the Fitness Center to receive a complimentary assessment and goals session.** *We can plan out a process for you that is specific to your goals and needs, and fits into your schedule.* **We can't wait to see you!**



THE HOLIDAYS ARE COMING

Are you looking for the perfect gift or stocking stuffer for a loved one? *Look no further! Give the gift that keeps on giving: Fitness and Wellness!*

Talk with a Fitness Professional at The Club or contact Aaron Lakanen at: aaron@nrgfitnesscinci.com or 513.430.9939 to see which options are best for you.

Holiday Specials will be posted on social media on November 1st!

**Be sure to follow NRG Fitness and The Club at Harper's Point on social:
@nrgfitnesscinci | @clubatharpers**



HARPER'S

Fitness



NEWSLETTER

NOVEMBER + DECEMBER 2023 | VOL 4

PERSONAL TRAINER SPOTLIGHT: KELLY ANDRASIK

With 20 years of experience, Kelly has been helping people get back their life with appropriate exercise and muscle function. **As a practitioner, the most important thing to her is building trusting relationships with clients.** She wants to guide them through their journey of **reclaiming their strength for life without pain** and tightness and without intimidating and uncomfortable exercises. Whether it's aching a tennis serve, walking up and down the stairs, or picking up grandchildren, Kelly's **combined skill set of personal training and Muscle Activation Techniques** can get you back to where you want to be, from a physical standpoint, through compassionate and empathetic guidance, specified to your needs and goals.



KELLY ANDRASIK
Certified Personal Trainer +
MAT Specialist

You may reach Kelly at The Club or via email: Kelly@nrgfitnesscinci.com

QUICK + HEALTHY FALL MEAL: CHICKEN & BARLEY STEW...COZY & COMFORTING

This **chicken stew** is filled with **good-for-you vegetables and whole grains**. Perfect for those first cool nights of Autumn, this savory and satisfying **stew** takes **just thirty minutes** to make! This **hearty stew** is a sure **WIN** with your crew every time, and a perfect weeknight meal!

Ingredients

- 3 bacon slices
- 1 tablespoon olive oil
- 1 cup chopped yellow onion (about 1 medium onion)
- 1 cup 1/4-inch-thick diagonally cut carrots (about 2 medium carrots)
- 1 cup 1/4-inch-thick diagonally cut celery (about 3 stalks)
- 1 tablespoon garlic cloves, minced (about 3 garlic cloves)
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 4 (6-oz.) boneless, skinless chicken breasts
- 4 cups low-sodium chicken broth
- 1 cup uncooked quick-cooking barley
- 1 (8-oz.) package baby spinach
- 2 tablespoons chopped fresh flat-leaf parsley

Directions

Step 1: Cook bacon in a large Dutch oven over medium until crisp, about 6 minutes, turning once. Transfer bacon to a plate lined with paper towels, reserving drippings in Dutch oven. Crumble bacon, and set aside.

Step 2: Add olive oil to drippings in Dutch oven; increase heat to medium-high. Add yellow onion, carrots, and celery; cook, stirring occasionally, until tender, about 3 to 4 minutes. Stir in garlic, kosher salt, and pepper, and cook until fragrant, about 1 minute.

Step 3: Add chicken and broth to Dutch oven. Cook on medium-high until broth begins to boil, about 2 to 3 minutes. Reduce heat to medium-low. Stir in barley, and cook until chicken is cooked through and a thermometer inserted in the thickest portion reads 165°F, about 8 to 10 minutes more. Remove chicken, shred into large pieces, and return to Dutch oven. Add spinach, and stir until wilted, about 1 minute. Stir in parsley; top each serving with crumbled bacon.



Nutrition: 469 calories, 12g fat, 41g carbohydrates, 51g protein



HARPER'S

Fitness



NEWSLETTER

NOVEMBER + DECEMBER 2023 | VOL 4

2023

November & December

GROUP FITNESS



GROUP FITNESS DIRECTOR:
DEIA ELAM, ACE CERTIFIED
deia.elam@clubatharperspoint.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 am Strength & Cardio Moe	6 am Strength & Cardio Deia	6 am Tabata Moe	6 am Power Hour Pattie	6 am Indoor Cycling Pattie	8:30 am Tabata Moe	8:30 am Pedal Power Pat / Deia
9 am Power Hour Deia	9 am HIIT Strong Pattie	8 am Pedal Power Deia	9 am Cardio & Booty Bands Deia	9 am Strength, Cardio & Barre Deia	9:30 am Yoga Tracey	9:30 am Strength, Cardio & Barre Deia
10 am Pedal Power Deia	10 am Yoga Jennifer	9 am Strength & Cardio Pattie	10 am Pilates Blend Brooke	10 am <i>Rejuvenation</i> Yoga Jennifer	10:30 am Youth Yoga Kari	
Class Descriptions HERE 	5:30 pm Pilates Blend Brooke H.	5:30 pm <i>Restorative</i> Yoga Michelle	10 am Yoga Cassie	11 am Tennis Fit 2 Hit Sue	Holiday Master Classes:	
	6:30 pm Indoor Cycling Pat	5:30 pm Body Blitz Xpress Deia	5:30 pm Yoga Cassie	Friday November 24th:		
			6:30 pm Indoor Cycling Pat	Sunday December 24th:		

Group Fitness News

Holiday Master Classes:

Thanksgiving Burn-Off Master Class: Carve muscle & build strength in this post-Turkey Day workout! Class will end with "cool" down yoga & savasana. **Christmas Eve "Run From The Reindeer" Master Class:** Cardio, Strength, Barre, & Yoga. Keep your workouts going through the Holidays! Wear your favorite Christmas socks to class & we'll have a blast working out together this Christmas Eve!

Fitness Fact: Switching up your workout will help you in many ways! When you do the same workout day after day, your body adjusts and you'll often hit a plateau. Doing a mix of exercise (& group fitness classes!) with different intensities is a better way to train.

Reminder: 45 Day Group Fitness Challenge begins November 3rd. See separate flier for all the details! Are you IN?

ALL classes are included with membership! Advanced registration is required. Register up to 7 days in advance, online or over the phone. * indicate format, time, or instructor change. Cancellation policy is 24-hours. Late cancellation or no-show may result in a \$10 fee.

Thank you for your cooperation.



HARPER'S

Fitness



NEWSLETTER

NOVEMBER + DECEMBER 2023 | VOL 4

HARPER'S GROUP FITNESS CHALLENGE



45 CLASSES IN 45 DAYS

FRIDAY, NOVEMBER 3 - MONDAY, DECEMBER 13

Get Stronger | Challenge Yourself | Have Fun
Develop New Habits | Build More Metabolism

JOIN THE CHALLENGE!

How It Works:

- Sign-up on the Challenge Chart located on the clipboard at the Fitness Center desk.
- Deia will then add your name to the 45-Day Challenge board located inside the Aerobics studio.
- Starting November 3rd, participants will receive a sticker for each class in which they participate.
- If you miss a day, take 2 classes on the same day!
- No charge to participate!
- All participants who complete 45 classes in 45 days will receive a prize! One prize per winner. Winners will be recognized in The Club's Newsletter!

Succeed in your fitness goals & sign up today for the Group Fitness Challenge!



Contact Group Fitness Director,
Deia Elam w/questions.
deia.elam@clubatharperspoint.com



REGISTER NOW

REGISTER NOW

YOU Can Do THIS

YOU Can DO IT