



# November Newsletter

## 5 TIPS FOR STICKING TO YOUR WORKOUT DURING THE HOLIDAYS

by Amy Revell, Master Personal Trainer

November is often a time of celebrations and obligations, and hectic schedules tend to leave little room for consistent workouts. Here are tips to help you stay motivated and on track during the busy holiday season.

**Schedule your workout like an appointment.** Whether adding your workout to your phone, calendar, or planner, you're more likely to stick to it if it's official. Find a group exercise class, try a free fitness workshop, or book a session with one of our certified personal trainers for something new.

**Set a goal.** Maybe you want to run a 5k, do 10 pull-ups, or perform the perfect deadlift. Aiming for a specific goal keeps you motivated even amid the holiday madness.

**Maximize your time.** On especially busy days, break up your workouts. Take the stairs, park in a far spot while running errands, and take a 15-minute walk during your lunch break. Every step counts, and it all adds up.

**Treat yourself.** It's OK to indulge a bit, as deprivation in the face of much-loved holiday foods can actually lead to overeating. But, do your research. Find out the ingredients in your favorite foods and drinks, and only choose the treats that you truly can't resist.

**Ask yourself, "Have I ever regretted a workout?"** The answer, of course, is "NO." Even amidst holiday shopping, lavish dinners, parties, and last-minute rushing, you will not regret a single minute spent on taking care of your health – it's the best gift you can give to yourself.

### Club Hours

Monday-Thursday, 5AM-10PM

Friday, 5AM-9PM

Saturday and Sunday, 6AM-8PM

### Thanksgiving Holiday Hours

Club, 7AM-4PM

Kid's Club/Blast, 8AM-12PM

### Wednesday, November

**3, 10 and 17, 9AM-10:30PM**

Start Smart Sports Camp

### Friday, November 16

**5:30PM-8PM**

Parents' Night Out

### Thursday, November 22

**Turkey Day Boot Camp**

**9-10:15AM**

**Churn and Burn Spinning**

**9-10:15AM**

**Reformer Class**

**9:30AM**

**Thankful Yoga**

**9:15-10:30AM**

**Water Fitness**

**9:30-10:30AM**

## Shake Your Tail Feathers

**FREE GUEST ACCESS  
NOVEMBER 12-19**

Contact Membership to find out more about this free opportunity.

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# CACI Pilates Instructors Receive Fitting Awards

by Karen Eagleton

I became a Pilates convert five years ago. While healing from an injury, I began attending reformer classes weekly—and began to see measurable results. Perhaps what impressed me most, though, was the quality of instruction we have at CACI.

So I wasn't surprised to learn that two of our instructors recently received impressive awards from Wellbridge: Natalie Gennett for Pilates Coordinator of the Year in the State of Colorado and Jennifer Lynn Busby for Pilates Instructor of the Year in the State of Colorado.

Natalie Gennett, a Nationally Recognized Instructor Trainer of Stott Pilates, serves as the Pilates Coordinator for CACI. In her job, Natalie oversees 6 instructors, schedules classes, maintains and updates the reformer studio, teaches mat and reformer classes as well as private clients, attends numerous training sessions each year to stay abreast of current

instruction, and trains both new and veteran instructors who come to CACI, one of only three Stott Pilates Corporate Training Centers in North America, to learn from her.

Students in Natalie's classes know how deserving she is to be recognized for the outstanding job she does. Jim Reed, a 5-year Pilates student, calls Natalie "the best" and appreciates her consummate professionalism and the extra effort she puts into her classes. He cited her New Year's Day class with mimosas and her summer class with the reformers moved outside as just some of the special touches she includes to make Pilates fun. Jackie Peebles, another Pilates enthusiast, expressed how the program at CACI has improved under Natalie's guidance, from the equipment maintenance to the organized schedule and variety of classes to the outstanding staff.

Jenny Lynn, a Nationally Recognized Instructor

Plus, recently moved to Colorado from Florida and serves as Pilates coordinator at the CAC Tabor Center facility and also teaches classes at CACI. Jenny Lynn is a terrific addition to an already solid group of instructors. Student Stephen Driggers refers to Jenny Lynn as the "queen of cues" because of her ability to cue individual students with "spot on" instruction in a full class of people. Jim Reed has also taken Jenny Lynn's classes and calls her "exacting, excellent, and professional."

I have taken both Natalie's and Jenny Lynn's classes—and I will definitely continue to do so. I admire them for their passion for both Stott Pilates and their clients, their professionalism, and the breadth of their knowledge. Most of all, I appreciate their expertise and their warmth, which make their classes not only effective but also fun. Congratulations to both Natalie and Jenny Lynn for their well-deserved awards.

## Additional Opportunities To Engage This Month

### November 3, 10 and 17, 9-10:30AM Start Smart Sports Camp

Introduce your kids to a variety of sports! Through fun and engaging games your children will learn the basic skills of throwing, catching, running, tagging, hitting, kicking and more! Your children will also learn the fundamentals of basketball, football, volleyball, soccer, and baseball!

### Friday, November 16, 5:30-8PM Parents' Night Out

Drop your kids off to enjoy one of our exciting themed Blast! parties. While your kids run, play, and have fun, you can enjoy a night out on the town, catch a movie, or simply relax at home. Let us give you a break! The kids will spend their time playing, eating pizza and cookies, and having a Blast!

### Begins Friday, November 16 STOTT PILATES Intensive Mat Plus Instructor Training

Provides the solid foundation needed to develop effective and motivating personal training and group programs. Learn to design and teach Essential & Intermediate Matwork exercises, integrate light equipment and props to meet the needs of clients. 40 hours classroom instruction. Contact 1.800.910.0001 ext. 300 for information and to register.

### Thursday, November 22, 9:30AM Thanksgiving Day Pilates Reformer Class

Release stress, work out, and stretch your body too. Limited to 10 people. Enjoy mimosas and sparkling water after class. Sign up at the front desk or contact [ngennett@wellbridge.com](mailto:ngennett@wellbridge.com). Regular pilates equipment pricing applies, Members and guests welcome.

### Thanksgiving Day

The average American consumes 3,000 and 229 grams of fat in one Thanksgiving meal. So you may want to join us for one of our Group Exercise classes before you head off to your feast with family and friends. Not only will you burn some calories, but you will also relieve some of the stress that can go along with the holidays.

9-10:15AM, Turkey Day Boot Camp  
9-10:15AM, Churn and Burn Spinning  
9:15-10:30AM, Thankful Yoga  
9:30-10:30AM, Water Fitness

### Friday, November 23, 9:30AM The "Day After" Pilates Cardio Tramp Workout

Burn the indulgence off with Natalie in this intense pilates and cardio combo class. Limited to 10 people. Enjoy mimosas and sparkling water after class. Sign up at the front desk or contact [ngennett@wellbridge.com](mailto:ngennett@wellbridge.com). Regular pilates equipment pricing applies, Members and guests welcome.



**SHAKE YOUR TAIL FEATHERS**  
**NOVEMBER 12-19**

Visit the Hospitality Desk for a list of upcoming events.