



William G. Rohrer
Center for
HealthFitness

Email Newsletter

Now Available - Dry Cleaning Services!

Through a partnership with Short Hills Cleaners, we're now offering drop-off and pick-up services - *right here at the Rohrer Center!* To set up an account, please stop by our service desk and pick up an application - then just return your completed application to **Short Hills Cleaners** (right across the street) and they'll set up your Rohrer Center account. **From there, it's as easy as "pickup and drop off!"**

Take advantage - just another benefit of membership!



Medical Director News

From the Medical Director
Sheldon Solomon M.D., F.A.C.P.

When you perform exercise training, you are likely to experience an increase in HDL (good cholesterol) and a decrease in LDL (bad cholesterol). You might also experience a reduction in risk of high blood pressure and diabetes, and a decreased percentage of heart attacks.

The Mayo Clinic recommends that people exercise for at least 30 minutes (preferably 45-60 minutes) each day and a minimum of 5 days per week.

JFK said, "There are risks and costs to any program of action - **but they are far less than the long-range risks and costs of comfortable inaction.**"

Thank you all for taking action!

Kids Swimming Instruction

We now offer children's individual swim instruction each Wednesday and Saturday afternoon from 3 - 6 pm in our group exercise pool. All lessons are supervised, and members will still have access to the pool during these times. Those interested in lessons for your child should contact Fitness Supervisor Lisa Kulnis (856-325-5350 ext #3) or at Lkulnis@virtua.org. All appointments should be scheduled *before* a lesson can be purchased at our service desk.

<p>Fibromyalgia Wellness Program</p>	<p>Staff Profile of the Month: Pilates Reformer Instructor Debie Levine</p>
<p>To introduce you to our upcoming Fibromyalgia Wellness Program (starting in March), please join us at one of these Q & A sessions:</p> <p>Washington Township Michael Schuster, MD Thursday, Feb. 23 For more information or to register, call (856) 341-8111</p> <p>William G. Rohrer Center Stephen Burnstein, DO Wednesday, Feb. 22 For more information or to register, call (856)325-5300</p> <p>Program dates are March 5th thru May 24th</p> <p>This 12-week program includes:</p> <ul style="list-style-type: none"> • Pre- and post-fitness assessment with one of our fitness specialists • 12 Tai Chi Classes (1x/week): <ul style="list-style-type: none"> ○ Mondays (WT) 3 – 4 pm or ○ Tuesdays (WGR) 3 – 4 pm • 12 Yoga Classes (1x/week): <ul style="list-style-type: none"> ○ Wednesdays (WT) 3- 4 pm or ○ Thursdays (WGR) 3 – 4 pm • 12 additional visits (independent) • 6 educational support sessions (topics include fitness, behavior therapy, sleep, relaxation) 	<p>Q: How did you hear about the fitness center, and how did it lead to your employment here?</p> <p>A: I grew up in Cherry Hill, so I was aware of the center when it first opened. A current employee (Bonnie K.) suggested that I inquire about employment at the center when the Pilates studio opened.</p> <p>Q: List something about yourself that some of your co-workers may not know about you?</p> <p>A: I’m a neat freak</p> <p>Q: Your top 3 favorite movies of all time...</p> <p>#1 - Top Gun #2 - Shawshank Redemption #3 - Willie Wonka and the Chocolate Factory (the original)</p> <p>Q: If you could live anywhere else, where would you choose, and why?</p> <p>A: Probably southern California (Laguana Beach) - great weather, fitness oriented, and beautiful</p> <p>Q: If your best friend had to describe what kind of person you are, what would he/she say?</p> <p>A: Probably that I’m extremely loyal, supportive, honest, somewhat sarcastic, funny and a tad (well maybe a little more) neurotic.</p>
<p style="text-align: center;">Have a Question About Your Account?</p>	

If you believe we’ve erred in charging your account, please notify us immediately! We strive for perfection, but also realize that sometimes errors are made. For this reason, **ALL change of membership requests must be IN WRITING**, and all billing inquiries must be made within 60 days of the date of the alleged error. Adjustments to accounts may not be made when errors are not brought to our attention within this 60-day period.

<p style="text-align: center;">Boot Camp</p>	<p style="text-align: center;">Our Basketball Court</p>
<p>What is Boot Camp? Boot Camp is a challenging full body fitness workout that incorporates a combination of strength, cardio, balance and stretching. Boot Camp classes can have several different formats; we run a fast-paced circuit class that requires participants to move from one exercise to the next with little rest.</p> <p>What are the benefits?</p> <ul style="list-style-type: none"> ▶ Learn new exercises ▶ Challenge yourself ▶ Get your strength/cardio done in an hour or less ▶ Meet new people ▶ Push your mental limits ▶ Test your toughness <p>Who can take the class? Boot Camp can be taken by any healthy individual looking to add some energy or diversity to his/her workouts. Advanced exercises include jumping, running, sprinting and Olympic moves, and modifications are provided for every individual, regardless of fitness level.</p> <p>When is the class offered? There is a Boot Camp at 6:00 am each Thursday morning. Get in early to start your day off right!</p>	<p>Due to an unforeseen incident in our gymnasium on Monday evening, January 16th, use of this space is extremely limited.</p> <p>We are working to complete the damage assessment and make repairs quickly and completely.</p> <p>We appreciate your patience during this time and will keep you informed as we move forward to make the necessary repairs.</p>
<p style="text-align: center;">Kids Boot Camp</p>	<p style="text-align: center;">Please note this Early Closing</p>
<ul style="list-style-type: none"> ● Get your kids off the couch ● Fun for all fitness levels ● Tuesdays: 6:30pm – 7:15pm ● Class size limited to 15 ● Ages 8-12 years old ● \$55 for member kids and \$65 for non-members ● Registration is required at the Member Services Desk 	<p>The Center will close at 5:30 pm on Sunday February 12th so that our entire team can participate in valuable staff training. Thank you for adjusting your workout accordingly on this date.</p>
	<p style="text-align: center;">Need to Bridge?</p>
	<p>If you are temporarily out of the area (25 miles or more) or have a medical issue that prevents you from exercising, a member “bridge,” or temporary hold on your membership, is available (for relocation: a minimum of 2 months and a maximum of 6 months; for a medical hold, physician documentation is required at time of request).</p> <p>Each of these situations does require the completion of your request in writing, and <u>these requests are not honored retroactively.</u> If you are unable to come in the center to complete the necessary paperwork, please give us a call and our team will assist you with the process.</p> <p>Complete details of our “bridge” policy are available at our Member Services desk (please note that members on “bridge” are not permitted to use our facility during bridge periods).</p>

Physician Appreciation Month	FitSmart: Keep those Resolutions!
<p><u>February is Virtua Physician Appreciation Month!</u> Virtua’s Centers for HealthFitness are inviting Virtua Physicians and their spouses to these private group exercise classes!</p> <p>Wed, February 1st: SPINNING 6:00 am at WTC Sun, February 5th: Yoga 8:00 am at WGR Sat, February 11th: Yoga 9:00 am at WTC Thu, February 16th: SPINNING 6:30 pm at WGR Sat, February 18th: Zumba 8:00 am at WTC Tue, February 21st: Boot Camp 6:00 am at WTC Thu, February 23rd: Boot Camp 6:30 pm at WGR Wed, February 29th: Aqua Tone 6:30 pmat WGR</p> <p>Child Care is available (6 months to 12 years) for \$8.00/class; register for any of the classes above at our Member Services desk at each location.</p> <p>William G. Rohrer: 856-325-5300 Washington Twp: 856-341-8111</p>	<p>Every year, millions of Americans make New Year's resolutions to lose weight and eat right - but staying with these resolutions can be quite a challenge! Make 2012 the year you keep your resolutions by setting realistic goals and focusing on a total diet approach. Here are a few helpful tips:</p> <ul style="list-style-type: none"> • Assess your food choices and lifestyle. Keep track of what you eat and drink so you can identify behaviors you would like to change • Break big goals into smaller, more specific goals; then include a list of realistic changes in your daily routine to achieve these specific goals • Divide big, vague goals like "I will eat better" into smaller, more specific goals like "I will eat one more piece of fruit per day" • Make sure the goals you set are measurable and provide answers to "How much?" or "How many?" so you can easily review and track your progress • Be patient if you don't see a huge difference right away; real change takes time, commitment and encouragement!
<p>Parent’s Night Out</p>	
<p>Need a night out? Drop your children off and we will entertain and feed your kids!</p> <p>When: Friday February 17th 5:30-9 pm</p> <p>Ages: 3-12 (must be potty trained)</p> <p>Cost: \$15 per child (each sibling \$10)</p> <p>Children will get to eat dinner, play games, shoot hoops, meet new friends, and enjoy a movie. Come in pajamas and bring a sleeping bag!</p> <p>Please note that “Parents Night Out” is for members only; registration and prepayment is required at our service desk.</p>	

Pool, Pump & Pedal For a Healthy Heart

Saturday, February 25, 2012

Support the American Heart Association by participating in one or more of these fun activities at the William G. Rohrer Center (all events are open to the public)

3-hour SPIN Journey	7:30 am
1-hour SPIN Exploration	11:30 am
Zumba Party Marathon (2 hr)	9:00 am
Aquatic Fitness Fiesta (2 hr)	9:30 am
Mind/Body Experience (2 hr)	9:00 am

Join us later in the evening for "Party Hearty"-This special evening's entertainment includes The Weekenders Band, music by DJ's Available Sound & Lighting, a Silent Auction (with Flyers and Sixers tickets), sports memorabilia, restaurant gift certificates, spa and fitness packages, and more! Local restaurants will be present and will provide *A Taste of South Jersey*, accompanied by wine and beer tastings.

Must be 21 or older to attend this event.

All proceeds to benefit the American Heart Association
For tickets or information, please stop by our Member Services desk or call 856.325.5300



Recipe of the Month	Swim and Gym
<p><i>February is Heart Month – check out</i> Cranberry/Walnut Oatmeal (serves 4)</p> <p>Ingredients 1 cup steel-cut oats 1/3 cup sweetened dried cranberries 1/4 teaspoon salt 1/4 teaspoon ground cinnamon 2 cups water 4 teaspoons chopped walnuts 4 teaspoons firmly packed brown sugar</p> <p>Directions: In a saucepan, combine the oats, cranberries, salt, cinnamon and water. Bring to a boil over high heat; reduce the heat to low and simmer, uncovered, until the oats are tender (about 20 min). Spoon the oatmeal into warmed individual bowls and sprinkle each serving with 1 teaspoon of the walnuts and 1 teaspoon of the brown sugar. Serve immediately.</p> <p>Nutritional Analysis (per serving): 215 calories 4 g total fat 40 g carbohydrate 1 g saturated fat 6 g protein 1 g monounsaturated fat 4 g fiber 150 mg sodium 0 mg cholesterol</p>	<p>February 29th, from 6:30 – 8:00 pm Swim & Gym is offered to <i>members</i> and <i>their immediate</i> families - Come out and have a splashing good time in the pool and on the basketball court - all ages are welcome! Check out these event details:</p> <ul style="list-style-type: none"> ◆ Swim time/basketball court is available 6:30 - 7:45 pm; snacks from 7:45 -8:00 pm ◆ Pre-registration fee \$10 per person (\$15 walk-in on the night of the event) ◆ All participants are required to shower before entering pool ◆ Families should provide “floaties” and “swim diapers” for younger children; children must be supervised at all times ◆ Parents should accompany their children in the locker rooms at all times; if you need to assist a child of the opposite sex (all ages), please use our assisted changing rooms ◆ Fitness equipment, sauna, steam room, and whirlpool areas are not available during this event ◆ Center staff reserves the right to dismiss anyone from the Swim and Gym program that does not follow these rules <p>So that we can adequately plan for this event, your pre-registration fee is non-refundable; please pre-register at our service desk by Friday February 27th</p>
<p>New SPINNING BIKES!</p>	

We're pleased to *finally* be able to offer new equipment in our SPINNING studio! We appreciate your patience, as like a new pair of shoes, some of these new bikes will need to be "broken in" (these minor adjustments are expected with this type of equipment). Also, please note that for the safety of our exercising members, our SPINNING studio will only be available during scheduled classes. For those who wish to SPIN at other times, please feel free to access one of the SPIN bikes we've added to our exercise floor. *Thanks!*

We appreciate your membership at Virtua’s **William G. Rohrer Center for HealthFitness**, our area’s most complete wellness center - and the only area center accredited by the Medical Fitness Association.

Health. Life. Virtua. We’re glad you’re with us!

