



JANUARY  
2016

VOLUME: 16

ISSUE: 1



## In this Issue:

### Fitness Center Etiquette

### Upside Down Indoor Triathlon

### Upcoming Pointe programs

### Recipe: Garlic Roasted Salmon and Brussels Sprouts



# POINTE FITNESS

The monthly health and fitness newsletter of the City of Ballwin, MO

## Fitness Center Etiquette

With the new year comes a natural influx of fitness center users. Many are newbies while others are making the effort to get back into a routine. No matter the reason there will be a few more bodies in fitness centers for a few months. This is a great opportunity to go over some basic etiquette that can be lost on newbies as well as fitness center veterans.

**Sharing is caring!** OK, maybe this is a bit condescending, but we've heard this since childhood and nothing has changed. Using our basic sharing skills is the number one way for all users to get in the work they want and get out in a timely manner. With strength stations this refers to allowing other users to work in between your sets. Just remember to ask after the set has been completed. Interrupting someone in the middle of a set is like trying to talk to your mom or dad while they are on the phone. You just don't do it.

**Honesty is the best policy!** When sharing cardio equipment, things change a little. Every fitness center will have different rules. The Pointe's policy is to limit your use to 20 minutes when you know someone is waiting. Some clarification may be necessary with the following example. If you plan to use a treadmill and the treadmill you prefer is being used, the 20 minute rule does not apply if other treadmills are available. Now comes the honor system. If all the treadmills are being used and you ask a user how much longer they have left, the 20 minute time does not start when you ask. Rarely does this become an issue with cardio equipment at The Pointe.

**Cleanliness is next to Godliness!** Sticking with the phrases that we hear as children, let's discuss the cleaning responsibilities of equipment users. This is a very important subject to some and regularly needs clarifying. The Pointe has "No Sweat" cleaning stations on the fitness floor. As the

name suggests, the main point is to clean up after one's self if sweat is left behind on the equipment. That would seem simple enough, but there sometimes is still confusion. The Pointe's policy does not expect a user to wipe down a station if no sweat is left behind. There are times when a user may use the leg press, for example, after warming up with a moderate walk. If no sweat is left behind, no cleaning is necessary.....GASP! Yes, you read that last line correctly. There may be times when a user gets up from a station and does not wipe it down.....DOUBLE GASP! If one is concerned, one may wipe the station before using. Fitness centers tend to be thought of differently from other public places. If some were as concerned about hygiene in other venues, they would wipe down every chair or door handle they use the entire day. The Pointe expects users to wipe off their sweat as common courtesy.....nothing more.

**This is a bully free zone!** Going back to our youth, nobody likes a bully. Fitness center bullies think that their membership fees are somehow worth more than everyone else's. The two types of bullies are the multiple station bully and the multiple set bully. The multiple station bully attempts to occupy several strength stations at one time in order to perform their specially designed routines of moving among the stations quickly with no regard for others. The multiple set bullies believe that one station belongs to them until they've completed all of their sets. Using our manners, of course, it is perfectly acceptable to politely ask a station user to work in while he or she rests between sets.

Whether you are a newbie or a veteran, it is always good to review the basics of fitness center etiquette. As you can see there is really no special etiquette other than common courtesy and following a few rules specific to the fitness center you use.



## Ballwin Race Series

### Upside Down

### Indoor Triathlon

Day : Saturday January 16  
OR

Sunday, January 17

Time: First heat at 7am

Fee: \$25

Location: The Pointe

Each participant will perform a 15 minute treadmill run, 15 minute Spin bike, and 10 minute swim. Total distance will be calculated to determine place.

## Upcoming Pointe programs!

### Basic Training

This 24-class program is sure to get your workout routine kickstarted!

Days: Mondays-Thursdays

Dates: January 4-February 11

Time: 5:45-6:45am

Fee: VIP-\$129 Reg-\$149

### Tumbling Tykes

Days: Mondays

Dates: January 4-February 8

Time: 6:30-7:15pm

Fee: VIP-\$34 Reg-\$44

Age: 4-6

### Taekwondo

Taekwondo classes are offered for beginner and intermediate students.

Days: Wednesdays

Dates: January 6-February 10

Time: Beg-6:30-7:30pm

Int-7:30-8:30pm

Fee: VIP-\$54 Reg-\$78

Age: 6 and up, including adults

### Bicycle Maintenance

Ballwin Cycles will lead you through the "how tos" of bicycle maintenance and repair. Don't be stranded on the street or the trail. Each week builds on the next from basic repairs to more complicated issues.

Days: Thursdays

Dates: January 14-February 18

Time: 6:00-7:00pm

Fee: FREE

Location: The Pointe

### Group Functional Training

Six sessions with a Pointe Personal Trainer! Choose from two times

beginning January 26!

Tuesday/Thursday, 8-9pm

Wednesday/Friday, 9-10am

Fee: VIP-\$65 Reg-\$75



### Healthy Contributions

Your insurance provider may offer reimbursements for fitness memberships to The Pointe. Go to the Healthy Contributions website to see if your provider is on the list and see how your provider can begin offering this benefit.

Go to

[www.healthycontributions.com](http://www.healthycontributions.com)

or call 1-800-317-2739.

### SilverSneakers® and Silver & Fit®

If you have a Medicare supplement or advantage plan, make sure to look for the SilverSneakers® or Silver & Fit® benefits. The Pointe at Ballwin Commons is a provider for these programs. They cover your membership to The Pointe!

## Garlic Roasted Salmon and Brussels Sprouts

- 14 large cloves garlic, divided
- 1/4 cup extra-virgin olive oil
- 2 tablespoons finely chopped fresh oregano, divided
- 1 teaspoon salt, divided
- 3/4 teaspoon freshly ground pepper, divided
- 6 cups Brussels sprouts, trimmed and sliced
- 3/4 cup white wine
- 2 pounds wild-caught salmon fillet, skinned, cut into 6 portions

1.Preheat oven to 450°F.

2.Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, 1/2 teaspoon salt and 1/4 teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.

3.Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tablespoon oregano and 1/2 teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.

6 Servings: 334 Calories, 15g Fat, 10g Carbs, 33g Protein