



220 FITNESS CONCEPTS

FEBRUARY 2011

[3002 main street ★ santa monica ★ ca ★ 90405 ★ 310/314-0220 ★ www.220fitness.com]



FEBRUARY IS NATIONAL HEART MONTH



Get yourself moving and add years to your life! The American Heart Association suggests at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity). 30 minutes a day, five times a week is an easy goal to remember, however you will also experience benefits even if you divide your time into two or three segments of 10 -15 minutes per day. In addition to dietary changes, stress management, quitting smoking and weight management the simplest, positive change you can make to effectively improve your heart health is to start immediately walking. It's enjoyable, easy, social and great exercise. A walking program is flexible and boasts

high success rates, because people can stick with it. It's easy for walking to become a regular and satisfying part of life. *A great way to break into a weekly walk is by joining our FREE Community Walk on Wednesdays at 12:30 with Lisa! Stop by the front desk for more details!* We'll help make it enjoyable and easier to reach your goals. Physical activity prolongs your optimal health. Without regular physical activity, the body slowly loses its strength, stamina and ability to function well. For each hour of regular exercise you get, you'll gain about two hours of additional life expectancy, even if you don't start until middle age. Moderate exercise, such as brisk walking, for as little as 30 minutes a day has many proven health benefits.

on average 2200 Americans die of cardiovascular disease each day, an average of 1 death every 39 seconds

- * Improves blood circulation
- * Keeps weight under control
- * Helps in the battle to quit smoking
- * Improves blood cholesterol levels
- * Prevents and manages high blood pressure
- * Prevents bone loss
- * Boosts energy level
- * Helps manage stress
- * Releases tension
- * Promotes enthusiasm and optimism
- * Counters anxiety and depression
- * Helps you fall asleep faster + sleep more soundly
- * Improves self-image
- * Increases muscle strength
- * Share an activity with family and friends
- * Reduces CHD in women by 30%
- * Reduces risk of stroke by 20%
- * Helps delay or prevent chronic illnesses

★ EVENTS + NEWS ★



18th ★ ZUMBATHON PARTY HEARTY

friday – 9 to 11 – \$10 tickets
partial proceeds go to the american heart association



14th 16th 21st 23rd ★ COUPLES RETREAT

rsvp required – see front desk
turn up the heat with your sweetie in the ring!



WALKIN' WEDNESDAYS ★ FREE

get pumped + take a scenic walk



The Benefits of Walking + Physical Activity

SECOND TO NONE

★ left to right: maurice murphy, wladimir klitschko, matteo baker, mike ryan, deep roy (front)



Special thanks to all of our friends + members who ventured out to join us for our Grand Opening Party. You made our night so successful! Extra special thanks to Rod Gould, SM City Manager and member, for also joining in the festivities and ribbon cutting ceremony! Our First Annual "220 On Two-Twenty" Party is on the calendar for the end of this month... details soon!

➔ GRAND OPENING PARTY SUCCESS

↓ DID YOU KNOW?

:: 220 Fitness is the ONLY HOME for these classes on the Westside ::

Spinning classes designed to enhance athletic performance with specific training goals... 220's Endurance Rides, Strength Rides and Interval Rides will help you push your edge! ★ **Spin with a LIVE Drummer once a month!** ★ **Spin with a LIVE DJ once a month!** ★ **Vocal Velodrome!** Challenge your legs and lungs as you sing and cycle once a month! ★ **KRANKcycle** your way to a better upper body, improved posture and enhanced cardiovascular fitness! ★ **Spin Krank Circuit** gives you the best of both worlds, as you challenge your upper body and lower body for a complete workout! ★ **All Terrain Conditioning** is unique to 220! You will carry sand bags, throw medicine balls, sprint, climb, swing kettlebells and slam ropes as you unleash your inner athlete! **Gravity Training System** hits the Westside only at 220 Fitness. You'll use your body weight, cables and gravity to chisel and tone your body from the inside out. Oh Yeah! ★ **Kangoo Boot Camp** rebounds your workout and burns a ton of calories while flushing your lymphatic system. Bounce your way to a better body and bring the fun back to fitness! ★ **MMA Conditioning** makes you punch, kick, spit and scream (if you want to) while you take it down to the mat with Erick Milosevich! ★ **2X2 Conditioning** is one-of-a-kind and designed by our Fitness Director + Instructor, Aimee Nicotera. You get the resistance work and cardio conditioning all in one class. It's fast, fun and easy to follow! ★ **Strengthen & Lengthen** another unique class designed by 220 instructor, Dan White, combines Pilates, Martial Arts and Core Training. We Like. ★ **Bike Pump!** is 30 minutes of cycling followed by 30 minutes of weight training! ★ **Yo! Cycle!** is 30 minutes of cycling followed by 30 minutes of Yoga! ★ **Hip Hop Yoga** has a peaceful hip hop edge! ★ **Yoga with Weights** is designed by Lewis Victor. Add some resistance to the traditional Yoga practice. Turn up the heat and change your body! ★ **Boxervate!** is designed by Woodie Hamilton. This class prepares you for the "ring" of life! It takes dedication, motivation and perseverance!

** FREE Community Walk >>> Wednesdays at 12:30! Get Your Mojo Rising!*

★ >>>> ON THE **our members weigh in**
STREET + tell us how they really feel!
★★★★★★★★★★★★★★★★★★★★★ yelp

"Awesome neighborhood gym. It's got the upscale quality of a corporate gym - think steam showers and high tech equipment like treadmills with televisions, mixed with the friendly, everyone knows your name feeling of your neighborhood Cheers! The staff is super friendly and the gym is clean. Downstairs you will find weights and machines, all bright and new. Upstairs is the spinning studio where you can try your arms at kranking, and a separate studio for all other classes. As mentioned bathrooms are clean and include steam showers and lockers. Outside downstairs you will find boxing bags and mats to spar on. The gym boasts 90 classes including the new kangoo jumps (and on a sunny day this class is held at the beach) that are all the rave. Matteo and company did well to make me feel at home here! Michelle O ★

★ MERCHANT CORNER ★

KANGOO JUMPS

\$249 ←

you LOVE the class now buy your own pair of boots!

**no shipping charges*



➔ \$19



220 LOGO on the front and KANJI script on the back!

TSHIRTS (inquire about colors at front desk)

\$22 ←

220 LOGO on the front and SECOND TO NONE on the back!

**ladies styles too!*



FLEXFIT HATS (lots of colors to pick from!)

find out how you can get your business listed here! call us at 310-314-0220!

"Love Where You Live"

contact us for a complimentary property valuation



Heather Nesis
310-429-0057

PALM WEST
PROPERTIES

PALMWESTPROPERTIES.COM ↑

★★★★★★★★★★★★★★★★★★★★★
SUPERSTAR OF THE MONTH
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