

FEB 2012

WOODSIDE UPDATES



THE SPIN ROOM

FRIDAY, FEB 17 - DJ SPIN

DJ Ashton Martin spinning records and Dylan and Mike spinning on the bikes! Hot beats and a challenging workout. Registration for this event starts 1 week prior on Friday, February 10. You can register for either one or both rounds (Round One: 5:30pm-6:30pm, Round Two: 6:30pm-7:30pm).

SUNDAY, FEB 26 - SPECIAL SPIN

Bring your "A" game and your sense of humor to Woodside's next Special Spin with Mark Schleihs and Jodie Schnakenberg from 9:30am - 11:00am. Registration for this event starts 1 week prior on Sunday, February 19. The room will be divided into red and blue, with the independents offered a spot in the middle. The presidential trivia will be a-rolling!

NEW GROUP EXERCISE SCHEDULE

MONDAY, FEB 20

Check out the new spring group exercise schedule on www.clubwoodside.com, download a copy or pick one up from our information centers.

Woodside will be offering over 100 free group exercise classes between yoga, indoor cycling and group classes.

Be on the lookout for different formats - new 15-, 30-, 45- and 60-minute classes as well as a variety of new offerings including Zumba, Strength Training 101, Short Stretch.

Also, for the first time, Cardio Tennis will be added twice a week for no fee!

FEBRUARY SPA PROMOTIONS

VALENTINE'S SPECIALS

FOR HER

This pampering head-to-toe women's facial includes aromatherapy, lip and brow wax. Finish with a peppermint foot scrub and take home a Lip Illuminator lip gloss of her choice. \$100 (\$150 value)

FOR HIM

This pampering head-to-toe men's facial includes aromatherapy and scalp massage. Finish with a peppermint foot scrub and take home a Jack Black lip balm of his choice. \$100 (\$150 value)

CUPID'S MASSAGE FOR TWO

Indulge with 2 massages including hot stone foot work. \$140 (\$160+ value)

LOVE YOURSELF

Treat yourself with 30 minutes of facial, plus a paraffin hand dip and 30 minutes of massage, with hot stone foot work. You deserve it! \$100 (\$135 value)

OTHER NEWS

BT™-MICRO FACIAL

The bt-micro™ is the latest rage in hand held professional technology and combines ultrasonic peeling with micro-current product penetration and disencrustation capabilities. \$120

PRODUCT OF THE MONTH: 20% OFF SKINCEUTICALS HYDRATING B5 MASQUE

Contains 2 forms of vitamin B5 to improve tissue repair function. Plumps moisture deprived skin. High concentration of hyaluronic acid.

NEW YEAR, NEW YOU PACKAGE

Spend some rejuvenating time at Woodside. You will be treated to a great range of sessions based around health and wellness to fulfill your New Year resolutions. Be inspired and motivated by our trainers, therapists and doctors. Find physical, mental and spiritual discipline with the help of a professional Pilates instructor. And learn how to show off your hard work with tips and tricks from our Personal Trainers. Our naturopathic doctor will also show you ways to balance your life, starting in the kitchen. Celebrate new beginnings at Woodside with New Year, New You 2012!

Package Includes: 1 hour Signature Massage, 1 hour Detox Body Wrap, 3 Pilates sessions, 4 Personal Training sessions, 1 hour medical/nutrition consult with Dr. Amanda Chaney, 1 hour M.A.T. treatment session with Dr. Ryan Stevens, 1 smoothie/juice from the earthbar and 2 guest passes.

Cost is \$499 (valued at \$1000+) - if you are interested in purchasing this package, please contact Wellness Director Dr. Amanda Chaney at achaney@clubwoodside.com or at 913.831.0034 x 138.

MASTER YOGA CLASS

KUNDALINI YOGA

Sunday, February 12 from 2pm - 3:30pm

Kundalini Yoga stems from the Hatha Yoga tradition as it is posture based and physical in nature. This style is great for beginners who have no prior background in a yoga practice and compliments any advanced practitioner.

The aim of Kundalini Yoga is to raise the Kundalini Energy. This is also known as the creative energy that lies dormant at the base of the spine. When performed with physical postures in a set or Kriya, this energy is raised up the energy centers of the body otherwise known as Chakras. Kundalini energy helps sustain and uplift your daily activities while you build strength and clear the body and mind of imbalances and distractions. This hour and a half class will leave you with a feeling of unity, clarity, balance and physical exercise.

ABOUT THE INSTRUCTOR

Arnold Prosperos journey in yoga began 10 years ago. His formal training began with Kundalini Yoga with his root teacher Miles Maeda/Murshid Masa. Arnold is currently in year 3 of the Rudra Yoga program and continuing his education in Kundalini, Hatha and Taoist yogas studying under his root teachers Murshid Masa and Murrshud, Isa Love Aragon and Murshida Rudi Kadre. He is also learning the Primary Series in the Ashtanga Yoga tradition as taught by Pattabhi Jois. Arnold teaches both yoga and fitness at the Chicago Athletic Club.

\$20 per Member. Sign-up at the Clubhouse front desk. If you have questions, contact Woodside Yoga Director Dana Goodale at dgoodale@clubwoodside.com.

CLEAN EATING PORTOBELLO MUSHROOM STROGANOFF

12 oz whole-wheat egg noodles
Olive oil cooking spray
1 medium yellow onion, thinly sliced
4 oz white mushrooms, thinly sliced
8 oz portobello mushrooms, thinly sliced
1 clove garlic, minced
14 oz medium-firm tofu, puréed in blender or food processor
8 oz low-fat sour cream
8 oz low-sodium beef stock
1 tbsp unsalted tomato paste
1/2 tsp Cajun seasoning
Sea salt and fresh ground black pepper, to taste
1 tsp dried dill

1. Cook noodles according to packaged directions. Drain and set aside.
2. Heat a large nonstick or cast-iron skillet over high for 1 minute.
3. Reduce heat to medium-low, mist with cooking spray and add onion. Sauté for about 8 minutes or until caramelized. Add white and portobello mushrooms and garlic. Mist with cooking spray, if needed, and sauté until cooked, about 5 more minutes.
4. Add tofu, sour cream, stock and tomato paste, and stir until smooth. Stir in seasoning, salt and pepper.
5. Pour mushroom sauce over cooked noodles. Serve topped with dill.

Nutrients per 1-cup serving: Calories: 140, Total Fat: 3.5g, Sat. Fat: 0.5g, Carbs: 18g, Fiber: 1g, Sugars: 3g, Protein: 9g, Sodium: 140mg, Cholesterol: 15mg

WOODSIDE UPDATES



AROUND THE CLUBHOUSE

SUPER BOWL WATCH PARTY - SUNDAY, FEB 5 AT 5PM

Come join us to watch Super Bowl XLVI in the Main Clubhouse. We will be offering complimentary appetizers and drink specials throughout the game. So grab your family and friends and we will see you there!

TEXAS HOLD'EM TOURNAMENT - THURSDAY, FEB 16 AT 6:30PM

Test your poker skills against other club members and their friends to see who is the last one standing in our monthly Texas Hold 'em Tournament. \$6.00 Miller Lite pitchers and snacks provided. Winner receives one free months membership dues or a 1 hour Signature Massage from the Spa at Woodside.

AT THE EARTHBAR

VITAMINS AND SUPPLEMENTS

Stop by the earthbar to pick up your supply of healthy vitamins and supplements. Earthbar offers vitamins such as B 12, which helps maintain a healthy heart and cardiovascular system and increases energy for fatigue, workouts, stress. Vitamin B 12 is needed to convert carbohydrates into glucose in the body, thus leading to energy production and a decrease in fatigue and lethargy in the body. It helps maintain a healthy digestive system. Vitamin B12 also protects against heart disease by curbing and improving unhealthy cholesterol levels, protecting against stroke and high blood pressure. It is also essential for healthy skin, hair and nails. It helps in cell reproduction and constant renewal of the skin.

Or pick up some Fish Oil. It is another beneficial supplement to take daily for its omega-3 fatty acids which the body does not produce but are necessary for good human health. Omega 3 fatty acids have been proven to work wonders for your heart and the miles and miles of arteries and veins that make up your cardiovascular system. They help to lower cholesterol, tryglicerides, LDLs and blood pressure, while at the same time increasing good HDL cholesterol.

ON THE TENNIS COURTS

ADULT TEAM TENNIS WITH WOODSIDE TENNIS PROFESSIONAL DEON BOTHA - FRIDAY, FEB 10 FROM 6:30PM - 8:30PM

Men's, Women's and Mixed Doubles - consists of 4 teams with 4 players on each team. Sign-up individually and we will assign you a team based on your skill level.
\$25 + tax per date

NEW SESSION OF ADULT, JUNIOR DEVELOPMENT AND WOODSIDE TENNIS ACADEMY - MON, FEB 6

Players can register either at the Main Clubhouse front desk or online at MyTencap Tennis located on www.clubwoodside.com under Tennis

IN THE GYM

FEEL LIKE A CHAMP IN A SMALL GROUP TRAINING SESSION

Get results with energetic, goal-oriented programs guided by the expertise of Woodside's highly-qualified personal trainers. Enjoy the benefits of highly personalized instruction along with the added motivation and social interaction that comes from training with others. Small Group Training sessions consist of 4 - 10 participants (unless otherwise specified) and cost \$20 per session. Visit our website www.clubwoodside.com/training_group.php or contact Personal Training Director Faron McNeal at fmcneal@clubwoodside.com or 913.831.0034 x 118.

