



RPM NEWSLETTER

FITNESS

NOVEMBER 2022

POWERED BY:



WORKOUT PROGRAM OF THE MONTH: **TURKEY** **TABATA**

As we saw during the isolated periods during the pandemic, there are so many ways to move your body for exercise. From calisthenics to running, there are so many ways to achieve an invigorating, efficient workout.

Join us this month for Turkey Tabata: an intense, high intensity workout with a 2:1 work to rest ratio. This workout can be completed in club with no equipment. Workouts will be updated weekly to help combat the sluggishness that can come with enjoying our favorite holiday foods.

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NOVEMBER MEMBER OF THE MONTH

**Congratulations to Lowell
James for being selected
to be our November
Member of the Month!**

Member of the Month is a random selection from members who check in at least 8 times in a month. Winner receive a shoutout in our newsletter and media, as well as a complimentary Member of the Month locker contract for the month they are selected.



InBody

See what you're made of



InBody Body Composition Scans

\$25



InBody uses advanced BIA technology to assess a client's body composition accurately and helps provide insight for lifestyle change recommendations, health program adequacy, and overall body composition tracking.

Stop by RPM Fitness and schedule your InBody scan at a special rate of **\$25**.

EMBRACING THE HEAT: BENEFITS OF DRY SAUNA ROUTINE BY: JASMINE RILEY

During the cooler months, there is a desire to snuggle up in warm clothes, consume seasonal warm beverages, and enjoy cozy nights by the fire. It's also a great time to add another warm tradition to your routine: sauna. There are many surprising benefits to starting a sauna routine. Skin health improves drastically due to increased sweating that purges pores and allows for the easy removal of dry skin. There are Muscular benefits as well, including muscle mass preservation and reduced inflammation.

When starting a sauna routine, start slow, with 10-15 minute sessions over the course of the first few months. Contrary to popular belief, you don't have to be fully disrobed in order to get the full benefits of the sauna. You may wear clothing that is absorbent, and remove the clothing upon the completion of the session

Some conditions, such as skin conditions, vertigo and high or low blood pressure, are contraindications for sauna routines. Individuals with these conditions should talk to their medical providers before beginning a sauna routine.

Our saunas are one of our many amenities to amplify your health and wellness experience here at RPM Fitness. Try a sauna session today!



HEALTHY FALLS CONFECTIONS

SWEET POTATO PUDDING

Sweet potato pudding is a fun, fall spin on the popular smoothie bowl. Garnish with healthy fruits, chia seeds, or pepitas.

INGREDIENTS:

- 5 LARGE SWEET POTATOES ABOUT 2.5 POUNDS
- 2 TEASPOONS PUMPKIN PIE SPICE
- ½ TEASPOON SEA SALT
- ½ CUP SOY MILK OR OTHER PLANT-BASED MILK
- 1 TABLESPOON MAPLE SYRUP

1. Bake sweet potatoes whole at 350 F for 90 minutes, until very soft. Allow to cool and then peel.
2. Add peeled sweet potatoes to food processor. After cooking and peeling, you should have about 2 pounds (or 5-6 cups packed cups) of cooked sweet potato.
3. Add remaining ingredients to food processor. Process until very smooth. Taste and adjust seasonings (salt, maple syrup), as needed.
4. Serve chilled.

YOGA HAS A NEW DAY: **MONDAY**

Start your week the right way with RPM Fitness!

Starting this month, Yoga has a new day: Monday at 12:15 PM! Join Michael as he leads you through an intense, Vinyasa flow-type yoga session that will challenge and relax the body and mind.



NEW CLASS ALERT: **ANIMAL FLOW**

Animal Flow is a ground-based, bodyweight movement system designed to improve a range of skills including speed, power, endurance, flexibility, mobility, and stability. This unique class can be described as a cross between breakdancing, yoga, and gymnastics. This class is perfect for individuals would like to build stamina, fortify core musculature and improve flexibility. Join Karen as she leads you through this one-of-a-kind workout every Tuesday at 12:15pm!



GROUP FITNESS SCHEDULE

Monday



12:15PM Yoga: A mixture of Yin and Vinyasa yoga to improve balance, mobility, and flexibility

Tuesday

12:15PM Animal Flow: Join us at RPM Fitness as Karen takes you on a strength and mobility journey through this unique workout class!

Wednesday



12:15PM HIIT: Interval training with high-intensity exercises. Improve cardiovascular fitness while improving muscular strength and endurance

5:30PM Step to the Max: High volume, low impact resistance training which is led to promote muscular endurance and cardiovascular benefits

Thursday



12:15PM Total Body Strength: Strength training for all fitness levels focusing on technique and increasing lean body mass