

NOVEMBER 2014

# THE LOOKOUT

*The official newsletter of the University Club and the Saint Paul Athletic Club*

## **SHARE THE LOVE**

We're partnering with  
Second Harvest Heartland – page 3



**IN THIS ISSUE:** A Special Ladies' Night Out – Page 10

# THE LOOKOUT

## MESSAGE FROM THE PRESIDENT

When I sat down to write this issue's letter, I couldn't escape the theme of gratitude. But I hesitated. "It's such a cliché; everyone talks about gratitude this time of year."

And then I realized: That's a *good* thing. It's a beautiful thing.

There's no such thing as too much gratitude, and we're happy to join in the effort to spread it around – especially this time of year.

We are so grateful for another incredible year at the Saint Paul Athletic Club and University Club. Every day, we get to help people reconnect, unwind, get healthy, learn something, enjoy a delicious meal, share a laugh with an old friend, or make a new one.

What's better than that?

As the old saying goes, *our cup runneth over*.

We want to share some of this spirit of gratitude. This year, in partnership with Second Harvest Heartland, the Saint Paul Athletic Club and University Club **will be collecting non-perishable food items from November 3rd – 23rd**. You will find collection boxes near the front desk at both facilities. Let's fill them up!

We have our annual Thanksgiving dinner on November 27th from 11:00 – 2:00. We invite you and yours to gather round our table to celebrate. Adults \$30.00 Children 6-12 \$15.00 Children under five, free. Call to make your reservation today.

So I'll say it again, without shame of succumbing to cliché: *Thank you*. Thank you so much for being a part of this community. We're so glad you're here.

## Contact info

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## Hours of operation

### UC: Fitness Center

Monday: 6am – 8pm

Tuesday – Saturday: 6am – 10pm

Sunday: 8am – 8pm

### Dining

Tuesday – Friday: 11am – 10pm

Saturday: 10am – 10pm

Sunday: 10am – 2pm

### SPAC

Monday – Friday: 5am – 10pm,

Saturday – Sunday: 7am – 8pm

## MEMBER SPOTLIGHT

### Daniel Revsbeck

Patient Advocate; Retired from Northwest Airlines



For some people, a hidden talent means juggling or being able to list all of the Beatles' number one hits. Dan Revsbeck says his hidden talent is: "Appreciating people's legacies, serving as a steward for people's legacies, and advocating for people who cannot advocate for themselves."

*(Suddenly, we're not feeling quite as boastful about our ability to say the alphabet backward.)*

We enjoyed speaking with Dan and learning more about the important work that he does and the many ways in which he enjoys the SPAC.

**SPAC:** How long have you been a SPAC Member?

**DR:** I used to be a member of the pre-renovation SPAC in the 1990s. As soon as it opened again, I knew I wanted to join right away.

**SPAC:** Tell us a little about the work that you do.

**DR:** I retired from a career at Northwest Airlines, and now I serve as a medical advocate for patients. My wife was a longtime volunteer and advocate for the American Cancer Society, and after she passed I picked up that torch and carried it for her. I also have the chance to speak about caregiver advocacy at different events.

**SPAC:** What's your favorite place that you've ever traveled?

**DR:** I went on a great golfing trip in Scotland. Next, I'd like to travel to Rome. I also read a beautiful article about the sherry-producing district on the Mediterranean coast of Spain, and I'd like to go there as well.

**SPAC:** What's your favorite thing to do at the Club?

**DR:** Other than the happy hours?

**SPAC:** Well, the happy hours can be your favorite thing.

**DR:** No, I like the cardio room and the pool best. And I really enjoy attending poetry readings at the University Club on the third Tuesday of the month. We have such tremendous talent in our local community. But I do like the happy hours at the SPAC, and the Scotch tastings at the University Club as well. There's always something interesting going on at these clubs. Plus, the staff is so friendly. They go out of their way to learn my name and greet me when I come in.

**Welcome to the members who joined in October! We're so glad you're here!**

### Saint Paul Athletic Club

Robert Awsumb  
Joshua Cohen & Anna Abrams  
Warren & Anne Claflin  
Kelsey Czeck  
Geoff Fischer  
Maiya Grath & Andrew Rose  
Steven Guberman  
Kyle Hawkey  
Peter Hebig  
Jason Hellum  
David Honeybone & Michael Daly  
Carol Hunter  
Benjamin Jordan  
John Kuzma  
Brooke Lee  
Michelle Ma  
John Palmersheim & Kelly MacLennan  
Dmitri Pankratov  
Olivia Pelham  
Laura Ruhl  
Christopher Stark  
Jimmy Stokes  
Marta Takacs & Andreas Synesiou  
Daniel Zeleznik

### University Club

Scott Flynn  
Maiya Grath & Andrew Rose  
Larry Jodsaas & Lynda Macaulay  
Timothy Murry  
Chris Nicholas & Michelle Nicholas-Pierson  
Justine Virock

# LEAVE THE COOKING TO US

Spend your time enjoying your family, and we'll take care of the rest.

## **Thanksgiving Buffet**

November 27th 11:00 – 2:00

Adults \$30.00 Children 6-12 \$15.00

Children UNDER 5 FREE



## **CLEAN OUT YOUR PANTRY AND FILL THEIRS!**

In partnership with Second Harvest Heartland, the Saint Paul Athletic Club and the University Club will be collecting nonperishable food items from November 3-23. You will find collection boxes near the front desk at both facilities.

Thank you for your support.

**Together we can!**

For questions email Jason Rebeck at [jrebeck@theSPAC.com](mailto:jrebeck@theSPAC.com)

## BEVERAGE SPOTLIGHT

By Joel Nelson

Before we begin, a hearty “thank you” to those who joined us for last month’s Oktoberfest celebration! We supremely enjoyed hosting a night of German fare and Beer and we are already planning next year’s event!



As November unfolds, we turn our attention to **BEAUJOLAIS NOUVEAU**, which is released each year on the third Thursday of November after less than six weeks from harvest to bottle. This wine is best enjoyed early in its life and celebrations all over France (and the world, in fact) herald its coming. Our own celebration will be held on the evening of Friday, November 21st at the University Club! In honor of this pseudo-holiday, this month’s spotlight will meander through interesting tidbits and history regarding the grape, regions and celebration we have come to know and love.

Burgundy is a long and narrow wine growing region located between France’s beloved culinary capitals of Dijon and Lyon and famed for boasting the most premium wines worldwide from Pinot Noir and Chardonnay. While French wine law allows very few grape varieties to be grown in Burgundy, the southern-most area of Beaujolais is planted almost exclusively with the grape **GAMAY NOIR**. The Gamay grape is not quite as delicate nor temperamental as its northern counterpart, Pinot Noir, thus wines are much more reasonably priced although not inclined to be aged for lengthy periods. Among the many types of wine from Beaujolais, **Nouveau** is a style of young, swiftly fermented wine from the Gamay grape. This fresh, light and fruity wine typically has a lower alcohol content and has earned the reputation as a “quaffing” wine, intended to be drunk during late November and December as a celebratory beverage representing the first taste of the vintage. Beaujolais Nouveau’s popularity in the United States peaked during the 1980’s on the heels of a heralded marketing campaign led by renowned winemaker Georges DeBouef. While contemporary sentiment

now labels Nouveau as more or less an entry level wine, it remains an autumnal tradition and is perfect for pairing with Thanksgiving and Christmas meals due to its bright acidity and easily drinkable characteristics.

During our celebration, we will present a more complete array of wines derived from the Gamay grape, including two additional styles from Beaujolais and one from Dry Creek Valley in California. The second French style we will offer is **Beaujolais-Villages**, an intermediary level wine hailing from vineyards surrounding the premium growing villages throughout Beaujolais. This wine remains a light, easy drinking red with a brilliant raspberry hue, often characterized by floral notes and a silky mouth feel. Beaujolais-Villages undergoes a unique additional fermentation, termed carbonic maceration, which allows bright fruit character to remain highlighted above any tannic qualities the wine would otherwise demonstrate and often releases intriguing inorganic aromas of marshmallow, bubble gum or artificial blueberry. Like its younger counterpart, Nouveau, this style of wine is intended to be drunk relatively soon after its release, but may reach its peak within one to three years of age rather than immediately after bottling.

From the intermediary experience of Beaujolais-Villages, we vault our palates towards the Cru Beaujolais and **Domaine Launay** produced in the small village of Julienas, named after Julius Caesar and home to 2000 year old vineyards. In the greater region of Beaujolais, only ten small hamlets have been granted the distinction of producing Cru Beaujolais wine; their specific terroir (consisting of a mesoclimate characterized by mild temperatures and southern facing slopes with a mix of granite rich alluvial soils) allow optimal grape maturation. Within Beaujolais, Julienas lies on the northernmost edge, bordering on the famous Pinot Noir growing region of Macon. This specific wine is exquisitely fashioned to express a spicy, peppery and textured version of Gamay that is uniquely recognizable. Enjoyable with grilled meats and charcuterie, this is a medium bodied wine capable of being aged up to six to seven years, presenting moderate tannins, bright red berry flavor and the scent of peonies on the nose.

Our final Gamay wine offers a domestic version grown and vinified from a small half-acre plot on the western side of Dry Creek Valley in California. Since 1981, Deborah and Andy Cutter (a Minnesota native!) have been perfecting the American manifestation of this French varietal. In their own words, “our Gamay Noir is bigger (in style) than a typical Gamay Beaujolais, having more tone and body of a Zinfandel, it has plenty of fruit without being too jammy or hot.” After visiting with these winemakers personally this past August and dining with them overlooking their vineyard, I am especially proud to present the Duxoup Gamay Noir!

We look forward to welcoming you all, especially all you oenophiles out there, to our Beaujolais Nouveau celebration to sample a flight of Gamay wines while enjoying live music and French hors d’oeuvres. *See you at the Club!*

## FOOD SPOTLIGHT by Chef Chris Gerster

We are now officially in the midst of fall and, for me, this is one of the best times to be a chef – the smell of wood burning in fireplaces, the crisp air, and the natural sweetness found in so many of our fall harvest items. Brussel sprouts and hard squashes (like butternut and kabocha) are highlights at the Farmers Market this time of year – partly because the early morning frosts serve to concentrate their sweetness.

This sweetness is at its peak after several frosts. Most of these vegetables are grown outside the city so once we've had our first frost, it's likely that will have already had several. That's the perfect time to enjoy them!

The other benefit to the concentrated sweetness is that it makes them perfect to roast in the oven – they get a sweet caramel like quality that pairs nicely with roasted and braised meats. Here's a flavorful recipe that's sure to be a crowd pleaser.

### Roasted Brussel Sprouts with Shallots and Thyme

2# Brussels sprouts, root end trimmed and 1/4rd, (save the leaves that fall off the sprout as well)

3 TBSP Extra Virgin Olive Oil

2 Shallots, minced very fine

1 TBSP Thyme Leaves - preferably fresh or 1/2 TBSP dried

1/2 TBSP Kosher Salt (seems like a lot, but trust me)

Preheat the oven to 375 degrees. Toss the Brussel sprouts, olive oil and salt in a bowl. Spread onto a baking sheet that will fit the sprouts in a single layer. Roast for about 15-20 minutes. When the sprouts are soft but not falling apart and have some caramelization, sprinkle the shallots and thyme over the tray. Return to the oven for two minutes to blend the flavors. Remove from the oven and serve. This recipe would pair well with pork, beef, chicken, and even fish.





**EXCLUSIVE**

**CLUB MEMBER DISCOUNT!**

Order by Oct 31st and save \$10

Use discount code **FEAST10**



Travel back in time to 1843 where you will be a guest at one of London's most famous Christmas parties!

Laughter and song greet you as you arrive for a night of revelry and a Victorian feast. Fezziwig's annual party, famous for live music, dancing, and gourmet food, has a special surprise this year...

Fezziwig and his staff will perform Charles Dickens' "A Christmas Carol" live for you while you dine!

**ONLY THREE PERFORMANCES!**

Wednesday, Dec. 10, 7:00 pm

Thursday, Dec. 11, 7:00 pm

Friday, Dec. 12, 7:00 pm

Location: Grand Ballroom  
Saint Paul Athletic Club

Tickets: 800.838.3006  
[actorsmn.org/feast](http://actorsmn.org/feast)

## RECIPROCAL CLUB SPOTLIGHT

**The University Club of Portland** was founded in 1898. Its clubhouse, completed in 1913, is one of the finest examples of Jacobean revival architecture in Oregon and was listed on the National Register of Historic Places in 1979. The elegant Tudor-style Main Dining Room on the second floor and convivial Grille on the first floor serve lunch and dinner weekdays. A wonderful library on the second floor is a quiet haven, with its overstuffed leather chairs, well-stocked magazine rack, newspapers, and, on chilly days, a roaring blaze on the hearth. The clubhouse is open 8 am to 10 pm Monday through Friday. The club is located in downtown Portland at the corner of Sixth Avenue and Jefferson Street, two blocks east of the Park Avenue cultural corridor. The club does not have overnight rooms, but has arranged for special rates at nearby hotels for reciprocal members.



## SPAC MEMBER NIGHTS!

Grab your friends/coworkers and join us at SPAC on Thursday nights in Butler's Café (2nd floor). From 5:30 – 8 pm, we have free appetizers, a cash bar, lots of laughing and ...

### Save the Date:

- Thursday, November 6th – Trivia
- Thursday, November 13th – Remote Control Car Racing (\*in the Ballroom, 3rd floor\*)
- Thursday, November 20th – Game Night
- Thursday, November 27th – \*SPAC will be closed for Thanksgiving\*

If you have not been to a SPAC Member Night yet, please join us – we promise you will have a great time!

## G.K.CHESTERTON SOCIETY

Dale Ahlquist

In November, we will be discussing a selection of essays that Chesterton wrote for the *New Witness*. These have never been reprinted since their first appearance about 100 years ago.

The topic will be economics and justice and common sense! For copies of the essays, please email the Acting Czar at [info@chesterton.org](mailto:info@chesterton.org)



# GREAT BOOKS DISCUSSIONS!

by Margaret King



**Wednesday, November 19th at 7:30**

*Confessions of a Fallen Standard-Bearer*,  
by Andreï Makine.

Must any political ideology serving the interests of the majority advance by the destruction of individual rights? Do the needs of a collective outweigh the needs of a few, or one? Explore these themes in our Great Books selection for November, Andreï Makine's novel *Confessions of a Fallen Standard-Bearer*. The narrator Alyosha, hearing news of his boyhood friend Arkady, begins a sudden journey into the past, giving us glimpses of Soviet-era Russia during World War II and the Cold War. A former Communist scout, he looks back on his childhood and attempts to rescue it from Soviet perversion. Andreï Makine composes this world in less than 150 pages.

Makine is often compared to Boris Pasternak, and in the coming of age of Alyosha and Arkady is a common theme: the clash of ideology and the individual. Why are individual rights sacrificed for the good of the community? How do we live with memories or past experiences that threaten to undermine any belief in humanity? These are just some of the disturbing questions that Makine forces us to consider.

Andreï Makine was born in Siberia in 1958 and grew up in Novgorod. He was granted asylum by the French government while studying in Paris in 1987. In 1995, Makine won both the Prix Goncourt and the Prix Medicis, two of the most prestigious French awards in literature, for *Dreams of My Russian Summer*.

Join other convivial readers for this interesting discussion! Great Books Discussions meets on Wednesday, November 19, 2014 at 7:30 pm, in the Casual Room. We hope to see you there!

For more information,  
email Margaret King:  
kingmuelken@q.com

Public Arts Saint Paul Presents:

## READINGS BY WRITERS SERIES

Carol Connolly Saint Paul Poet Laureate curates

**Free and Open to the Public Third Tuesday of the month 7pm**

5:00 dinner, not connected to the performance.

Reservations at 651-222-1751. You do not need to be a member.

Bar is open and serves throughout the evening.

**Eight amazing poets will be showcased at  
November's Readings by Writers.**

Mary Kay Rummel

Warren Woessner

Bette Hammel

Jim Lenfesty

Sandy Beach

Dudley Riggs:

Sharon Chmielarz

*Circus performer turned founder  
of the Brave New Workshop  
Comedy Theatre.*

Nick Coleman

Every reader is a published poet, except for Bette Hammel who has published a book on the houses of Summit Avenue, and Dudley Riggs, who will be reading the work of the late John Berryman. Please join us!



# ROBERT BYRD'S DOCUMENTARY NIGHT

The Saint Paul Athletic Club is the new home of Robert Byrd's Documentary Night. This free series of finely curated documentaries are assembled by Robert, film expert and Program Director at the Jerome Foundation.

In his travels to various film fests as well as his work providing grants to excellent filmmakers, Robert has the opportunity to select those stand-out documentaries from around the globe that generate great conversation and leave a strong impression. This series happens approximately every six weeks throughout the Fall.

Anyone from SPAC or UC wishing to be included in the invitations can email [danielle.palmer@twincitiesfilmfest.org](mailto:danielle.palmer@twincitiesfilmfest.org).

## FOCUS ON FAMILIES by Sue Katsiotis

The University Club is a place to gather, enjoy a meal, share traditions, make memories and spend quality family time. The University Club has a long standing history of amazing summer programming, and we are excited to extend this programming year round. In addition to our monthly Family Fun Nights, the club is adding activities the whole family can enjoy including pasta nights, year-round swimming, educational hands on fun and more! Complete details and sign up information coming soon...

### **Family Fun Night**

November 14th 5:00 – 8:00 Varsity Grill

This month's Family Fun Night will feature make and take paper craft with member and craft expert Heidi Anderson-Isaacson.

Please RSVP at 651-842-9084

### **Thanksgiving Buffet**

November 27th 11:00 – 2:00

Adults \$30.00 Children 6-12 \$15.00

Children UNDER 5 FREE



## **SANTA BRUNCH**

Sunday December 7th 11:00 – 2:00

This family favorite tradition with amazing food, make and take crafts and the annual pictures with Santa dressed in his Victorian finery.

Make your reservation today



UNIVERSITY CLUB  
SAINT PAUL

The University Club of St. Paul Invites You to  
**LADIES NIGHT OUT!**

## HOLIDAY SHOPPING PREVIEW

Sounds of the season performed by local pianist Steve Anderson

Handcrafted items for home and holiday giving

Raffle supporting Hope Chest for Breast Cancer

Local and specialty fashion must haves!

**EVERYONE WELCOME!**

TUESDAY NOVEMBER 11, 2014 | 6:00 – 9:00

\$10.00 Admission

(includes small bites, a glass of wine or champagne and admission to the event)



# INVESTMENT CLUB (THE ICLUB) By Eugene Mason

The monthly meeting agenda always includes time to discuss companies on the "watch list" (as well as the stock portfolio). Generally companies are placed on the "watch list" because there may be a paucity of facts or insufficient information to make a buy decision. During the October meeting a number of new companies were added to this list-HP Fuller (FUL), Roche Holding (RHHBY), and Whole Foods (WFM).

H.B. FULLER produces and supplies specialty adhesives for retail and industrial applications. ROCHE HOLDINGS AG operates in the pharmaceuticals and diagnostics businesses worldwide. WHOLE FOODS MARKET, INC. operates as a retailer of natural and organic foods.

These three companies are added to the "watch list" that includes TESLA, DASTY, USBANK and GASLOG. This should provide for a full agenda for future meetings. Other agenda items for further discussion include a look at investment opportunities in the banking industry more specifically regional banks that may see a revival in commercial loan demand.

It is interesting to note that with the extreme volatility of the stock market during the first two weeks of October (the market lost about 5% of its value during the roller coaster ride), the ICLUB'S portfolio only was hit with a 2% decline. Wall Street pundits claim the market down-draft was attributed to geo-political reasons. Corporate earnings for the period ending on September 30 generally were in line with expectations. The economy is going in the right direction. Therefore, the market should bounce back. Keep your fingers crossed!

The ICLUB meetings are scheduled for the second Wednesday of every month. All meetings begin at 5:30 PM and adjourn at 7:00 PM giving the members time to have a "post-game" discussion in the Ramsey Room. Please join us. Contact Gene Mason at [eugene.mason@comcast.net](mailto:eugene.mason@comcast.net) if you would like to know more about the ICLUB.

## THE HISTORIC DACOTAH BUILDING



Architecturally distinguished, this building is located at Western & Selby Avenues in Saint Paul's Historic Cathedral Hill neighborhood. Woodburning fireplaces, hardwood floors and views of the St. Paul Cathedral and above

W.A. Frost & Company. **Rates from \$450 per month.**

Contact: Debbie Burgwald

**651-261-7897**

[dburgwald@commonwealthproperties.com](mailto:dburgwald@commonwealthproperties.com)

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SECOND FLOOR WEST WING

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Available fully furnished for long or short term stays

\$2,100 per month

BUILDING AMENITIES:

Wireless Internet  
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Phone Lines

Full use of the University Club  
Facilities  
Housekeeping Services Available  
Catering Services Available  
Off Street Parking  
Stay Free at Stout's Island Lodge



For more information and to schedule a showing, please contact  
Debbie at [dburgwald@commonwealthproperties.com](mailto:dburgwald@commonwealthproperties.com)

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*Charming, Historic Stone*  
**CARRIAGE HOUSE**



**Two Bedroom Carriage House  
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Situated high on a bluff overlooking Downtown St. Paul and the Mississippi River. Includes University Club Membership during your stay. Perfect for the Bride and Groom. Minimum 2 night stay.

RESERVATIONS AND INFORMATION

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[dburgwald@commonwealthproperties.com](mailto:dburgwald@commonwealthproperties.com)

# GROUP FITNESS Schedule

For the month of: **November 3<sup>rd</sup> – November 30<sup>th</sup> 2014**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
6:15	Barbell Strength Ex. Jason (9A)	Warrior Sculpt Emily (4A)	Cycle Ex. Karren (5C)	Cardio Fusion Karren (9A)	Barbell Strength Ex. Jason (9A)								
8:00	<div><p>Working out is your Chocolate.. Get ADDICTED!</p></div>												
9:00												Cycle Ex. Georgene (5C)	Vinyasa Yoga Jared (4A)
10:00												Total Barre Jill W, (4A)	
11:00												Mat Pilates Jill W, (4A)	Gentle Yoga Jill A, (4A)
11:45	Cycle Ex. Jason (5C)	Barbell Strength Ex. Jason (9A)		Barbell Strength Ex. Jason (9A)	Cycle Ex. Jill W, (5C)								
Noon	Vinyasa Yoga Barie (4A)	Total Barre Jill W, (4A)	Vinyasa Yoga Lauri (4A)	Mat Pilates Jill W, (4A)	Vinyasa Yoga Cara (4A)								
5:00				Meditation Marc (4A)									
5:30	Barbell Strength Jason (9A)	Cycle Ex. Karren (5C)	Barbell Strength Jason (9A)	Cycle Ex. Terrance (5C)	Barbell Strength Rotation (9A)	<b>Class Locations:</b> 4A = Yoga Studio 4 <sup>th</sup> Floor  5A = Reformer Studio A 5 <sup>th</sup> Floor  5B = Small Group Training Studio 5 <sup>th</sup> Floor  5C = Cycle Studio 5 <sup>th</sup> Floor  9A = Group Fitness Studio A 9 <sup>th</sup> Floor  <b>Schedule subject to change.</b>							
6:00	Insanity Georgene (4A)	Vinyasa Yoga Jill (4A)	Warrior Sculpt Ashley (4A)	Vinyasa Yoga Jared (4A)									
6:30		Total Body Conditioning Linda (9A)	Insanity Nicole (9A)		Candlelight Yoga Every 3 <sup>rd</sup> Friday (4A)								
	Vinyasa Yoga Lisa (4A)	Total Barre Jill V, (4A)											
7:00													



**Barbell Strength** • Full body strength training using free weights and barbells. The focus is on low weight loads and high repetitions; you'll burn fat and calories, gain strength and quickly produce lean body muscle conditioning.  
*Duration:* 55 Minutes    *Express:* 45 Minutes  
*Level:* All Levels

**Cycle** • An indoor cycling class on state of the art Free Motion bikes that is physically as well as mentally challenging. Each individual controls the intensity by adjustments made to the bike. Get the most out of your classes and training workouts by tracking progress with a heart rate monitor and utilize the on board computer to track output.  
*Duration:* 55 Minutes    *Express:* 45 Minutes  
*Level:* All Levels

**Meditation** • Meditation can help you change your brain and relieve the strain. This weekly session practices powerful meditation techniques that can bring you peace of mind and greater clarity. We'll explore basic breath meditation, pure sitting, walking meditation, loving kindness meditations and gratitude practices. This class is appropriate for beginners and long time meditators alike.  
*Duration:* 55 Minutes  
*Level:* All Levels

## Announcements

- **Clean Out Your Pantry and Fill Yours:** We will be collecting non perishable food items from **November 3<sup>rd</sup> - November 23<sup>rd</sup>.**
- Thanksgiving weekend (Friday-Sunday) we will be running a modified schedule. Stay Tuned.

**Warrior Sculpt** • Combination of yoga inspired movements and free weights for increased muscle endurance. This power up session builds strength, stamina, and flexibility. Our Warrior Sculpt is, a total body workout designed to tone and sculpt every major muscle group. Free weights serve as your own personal adjuster as you move through sun salutations and other yoga postures, enabling extra length and depth in each pose.  
*Duration:* 55 Minutes    *Level:* All Levels

**Insanity** • The same mind blowing, home DVD workout in a group class setting! Prepare to be constantly challenged in this extreme fitness class that will take you through long bursts of high intensity exercises followed by short breaks. This class will leave you breathless, sweaty and feeling fabulous.  
*Duration:* 55 Minutes    *Express:* 45 Minutes  
*Level:* Intermediate

**Total Barre** • Total body workout that strengthens, lengthens, and stretches the body from top to bottom, from inside out. The end result is a long and lean physique... without added bulk. Developed from a dance and Pilates background, the Barre workout combines the amazing results of dance with the principles of Pilates to sculpt and chisel every angle of the body..  
*Duration:* 55 Minutes    *Level:* All Levels

**Cardio Fusion** • A mix of cardio-based exercises guaranteed take your fitness to the next level.  
*Duration:* 45 Minutes    *Level:* All Levels

**Total Body Conditioning**• A strength training class targeting major muscle groups using various equipment and bodyweight. TBC incorporates bursts of cardio into movements intended to help you tone/define all major muscles.  
*Duration:* 45 Minutes    *Level:* All Levels

**Pilates Mat** • Strengthen and lengthen your muscles while improving posture and reducing stress and tension. Pilates mat teaches basic movement principles and focuses on core strength.  
*Duration:* 55 Minutes  
*Level:* Beginning

**Vinyasa Yoga** • Yoga flow style yoga takes you through sun salutation series and works on flexibility, strength, power and balance coordinated with the breath. Mats provided or bring your own.  
*Duration:* 55 Minutes    *Express:* 45 Minutes  
*Level:* All Levels

**Gentle Yoga**• This soothing class offers an exploration of basic yoga poses and how to connect them through attention to breathing, alignment and mindfulness. You will learn techniques to help you gain flexibility, while immersing yourself in a relaxing class that moves at a perfectly slower pace.  
*Duration:* 55 Minutes    *Level:* All Levels



For more information call 651-291-7722  
 Visit our website at [www.theSPAC.com](http://www.theSPAC.com)