New Self News

June 2009 ▪ www.newselfrenewal.com

6300 Enterprise Lane ▪ Madison, WI 53719 ▪ 608.310.6775 ▪ info@newselfrenewal.com

New for June

Spa: Madcity Marathon Massage Special—enjoy a 30-minute massage for only $26.20 to celebrate the Madcity Marathon!
Mani/Pedi Punch Cards - buy 5 services, get one FREE!

Café: Summer drinks are back for June—only $1 for 16 oz flavored lemonades & sparking water beverages.

Fitness: Creative new classes for summer

Member Benefits: Retreat Room & Date Night

Members receive significant discounts on spa services & save 10% on café items!

Visit www.newselfrenewal.com for a complete cafe menu & list of spa services.

New Self Introduces Creative Fitness Offerings for Summer

by Christina Dexter, Fitness Director

The official start of summer is still a few weeks off, but with Memorial Day behind us and the last day of school within sight, it feels like summer has begun. With the change of season, New Self is pleased to unveil some new offerings to shape up your summer fitness regime.

Fitness Party:
We can bring New Self to YOU! Throw a New Self Fitness Party and give your friends an exciting reason to get together. All you need is a backyard or park & up to 9 friends. We will provide a certified personal trainer to set up & lead a challenging circuit training class as well as all exercise apparatus. Choose from a one-time party or a 6-week session. You can even select from our healthy options menu for a light meal after class! Call for details.

KettleCore:
(New to the Fitness Menu)
Members love our classes so much they have created a hybrid! This class involves a condensed version of the CORE class followed immediately with the entire Kettleball class.

Running with a Purpose:
(Tuesdays @ 11 am, beginning June 9)
Are you training for a run ning race? Did you start running to lose weight? Join us for some interval training to build your stamina and speed. All levels welcome. This program is held on a bike path near New Self. (Please note: This program is held off-site. Therefore, participation is limited to those that do not have children in Kid Corner.)

Preventative Conditioning & Strengthening Programs:
(New to the Fitness Menu)
Non-member drop-in fee: $10 or $20 w/ childcare
Athletes must divide their time and energy amongst various types of training: endurance, strength and power, and speed and agility. Avoiding overuse injuries during this time is particularly difficult if the appropriate musculature isn't strong and balanced. These Sport Specific training programs are designed to improve core strength and balance as well as address muscular strengthening/stretching appropriate for each sport:
Golf ▪ Swimming ▪ Baseball/Softball ▪ Running

Summer Circuits:
Beginning Monday, June 8
Mondays & Wednesdays @ 1 pm
Wednesdays & Fridays @ 8 am
Similar to the Beach Body Blast program, this class utilizes a 'muscle confusion' philosophy. When muscles get used to a certain weight or a certain routine, the muscle stops growing and so does the weight loss and calorie burning benefits. During Summer Circuits, the exercises will change weekly, so you never plateau and you continue to burn fat! One week you may be doing drills in the parking lot, the next you may be getting familiar with the New Self weight machines!

Strike a "Perfect Balance" with New, Low-Cost Membership

We know budgets are tight, but we also believe that your health and well-being are worth $7 a week. That's why New Self created the **Perfect Balance Membership**. Perfect Balance Memberships are great for parents who want to take a little time for themselves each week to refresh, rejuvenate and relax. This membership option is a great way to put yourself and your family first while sticking to a tight family budget. Member visits are scheduled ahead to ensure we maintain a small community in the facility at any one time, and to allow us to provide the best possible service to you and your children.

Investment: $190/6-mo. or $350/year for One Adult with Children

Includes:
- Full access to New Self for 1-½ hour blocks of time 4 times per month, including childcare
- Option to "lock in" regular times or call ahead to schedule
- Member pricing on café and spa services
- Unlimited ½-price day passes
- 2 "floating" 1-½ hour blocks of time to be used at member's discretion for every 6-month commitment.

Note: A minimum 6-month commitment is required and a montly payment option is available. A Perfect Balance membership can be upgraded to a Premium or Premium PM membership at any time, as long as New Self has availability.

Father's Day Is June 21

Show your appreciation for all he does with a Daddy's Relaxing Day Gift Set!

Gift Set includes:
- ½-lb coffee & coffee mug
- 60-minute massage
- light lunch, day pass privileges & childcare

Cost: $75 (New Self members save 10%)

Stop by or order online at **www.shop.newselfrenewal.com**.

Tip from Our Nail Specialist:

Will artificial nails keep my nails from growing crooked?

If your nails have always grown a certain way, they will continue to grow that way until the end of you life or something changes your nail matrix (the "brain" of the nail). Nail enhancements can only "cover" your natural nail appearance, not change it.

Ask about our NEW Mani/Pedi Punch Cards—buy 5 services, get one FREE!

Retreat Room Provides Extra Respite at New Self

Need to catch some extra sleep after a long night with the kids? Want to take a quick nap after your next massage?

New Self's Retreat Room is the perfect place to take a few minutes to unwind and relax on your own terms. This quiet, comfortable space can be reserved in ½-hour increments (2-½ hours max.) at a rate of $8 per ½-hour for members and $15 per ½-hour for non-members

Our "One Adult w/Children" and "Family" memberships include 3 hours of retreat room use per month.

kid corner

Summer Kid Corner Hours

Monday–Thursday: 7:30 am - 7 pm
Friday: 7:30 am - 4 pm
Saturday: 8:30 am - 1 pm
Closed Sundays & Holidays

Summer Fitness Classes

Monday
10 am - Fitness Menu Hour
1 pm - Summer Circuits

Tuesday
8 am - Senior Exercise Class
8:30 am - CORE
11 am - Running with a Purpose
1 pm - Fitness Menu Hour

Wednesday
8 am & 1 pm - Summer Circuits
9-11 am - Fitness Menu

Thursday
8 am - Senior Exercise Class
8:30 am & 6 pm - CORE
9:30 am - Flow Yoga
1 pm - Fitness Menu Hour

Friday
8 am - Summer Circuits
9 am - 1 pm - Fitness Menu

Summer Business Hours

Monday–Thursday
Fitness: 6 am - 8 pm
Café: 6:30 am - 6 pm

Friday
Fitness: 6 am - 7 pm
Café: 6:30 am - 4 pm

Saturday
Fitness: 7:30 am - 4:30 pm
Café: 8 am - 1 pm

Closed Sundays & Holidays

Upcoming Events

Date Night at New Self

Wednesday ▪ June 3
Live Music ▪ Appetizers
Summer Drinks ▪ Childcare
5-7 pm ▪ $10/couple (inc. childcare)

Are you looking to spend some quality time with your sweetie? Wouldn't it be great to sit, relax, talk and enjoy great food and live music while the kids are having their own fun and being well cared for in New Self's Kid Corner? If you answered YES, then you need to come to New Self's Date Night.

Join us as we welcome back the Hanson Family Jazz Band for an evening of delightful jazz standards, delicious appetizers and summer drinks. The cost is $10 per couple, which includes childcare in Kid Corner.

It is true, there is an affordable way to enjoy time together—just the two of you—while the kids are having a blast!

Call today to RSVP for childcare: 310.6775.

Jodi Lou Lung Cancer Run/Walk

Saturday ▪ June 6
Oak Bank ▪ Hwy PD ▪ Fitchburg
8:00 am - Registration
9:00 am - Official Start

Proceeds from this 5K will go to the Jodi Lou Lung Cancer Foundation, in supporting lung cancer research at the UW - Paul P. Carbone Comprehensive Cancer Center. All funds will be matched dollar for dollar by the "Creating Hope" Lung Cancer Fundraising Campaign. Go to www.jodilou.org to register.

Tri-ing for Children's Triathlon

Sunday ▪ July 26
Ottawa Lake, Hwy ZZ ▪ Eagle, WI
Olympic, Sprint & ½ Sprint distances

A meaningful portion of registration fee will be allocated evenly to the UW Children's Hospital and Children's Hospital of Wisconsin with the focus on programs promoting healthy children. Go to www.TriingforChildrens.com to register.

100% pre-shrunk cotton
Men's & Women's Sizes
Small - XXLarge
Light blue with navy printing
Cost: $15 per shirt

New Self created a special t-shirt in honor of the HOPES Walk for Awareness and donated 100% of the proceeds from the sale of this shirt to HOPES. Shirts are still available and proceeds will continue to benefit HOPES and other organizations that support mental health awareness and suicide prevention. For details or to order your shirt, stop into New Self or order online at www.shop.newselfrenewal.com under "Apparel."