

New Self News

July 2010 ■ www.newselfrenewal.com



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

New for July

New Self will be closed Monday, July 5 in observance of Independence Day.

Membership: Get a single membership for July and August for only \$60! Try us out for the summer & take advantage of our new, early morning Boot Camp—6:30 am on Tuesday & Thursday!

Spa Specials:

- New Self is pleased to be one of the first in Madison to offer the new Hybrid Shellac UV Polish! (see page 2 for details) **Introductory Pricing:** \$19 ■ Add-on with any manicure: \$12*
- Deluxe Pedicure: \$33 member, \$43 non-member*
- 60-minute massage (Monday-Thursday): \$49*

Gifts: New Self now offers **soy candles!** These all-natural, biodegradable candles are free of petroleum, paraffin or beeswax products. Check out our new summer scents: Mango, Summer Orange Flower, Cucumber Cantaloupe & Tall Grass. Enjoy a 25-hour container candle for \$5 or a 40-hour pillar candle for \$10. They make great summer hostess gifts!

Cafe: Taco Salad, \$4.25 (available Monday-Thursday)
16 oz Iced Latte, \$3 (add a shot of Torani Syrup for free!)

*Monthly specials cannot be combined with other promotions or discounts.

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 Expands Fitness Offerings & Adds Staff

In addition to the summer fitness schedule that began on June 21 (see page 2), New Self has a lot of exciting news to share in the fitness department:

ALL fitness classes FREE to members—including yoga! We would also like to remind non-members that all of our fitness classes are available to the general public with the purchase of a day pass, which provides full access to New Self as a Member for the day, including member pricing on spa services and café fare. See the "Membership" page of our website for details, pricing and package information.

New faces in the fitness area! In addition to the Zumba and yoga classes that have been added to the schedule over the past year, we've added three new trainers to teach Boot Camps and handle personal

training sessions. Check out everyone's bios on our staff page—we've got a great group ready to help you reach your fitness goals!

Introduction to Personal Training! Have you been wondering what a personal training session is like or how working with a personal trainer might help you take your fitness goals to the next level? Then call today to schedule an introduction to personal training class—free to New Self members. One of our trainers will take you (and a friend, if you like) through a typical training program and explain the benefits of working more closely with a trainer. We also have some great personal training packages available for our members!

Fitness Parties! This is a great way to bring New Self to your neighborhood—see page 3 for details!

Upcoming Events

Parenting with Love & Logic Seminars

5-week Sessions

Wednesdays from 5:30 - 7pm

September 8 – October 6

OR

October 20 – November 17

Member Cost: \$40/person

Non-Member Cost: \$80/person

\$12 materials fee (can be shared)

Introductory Overview

Saturday, October 9

9 - 11:30 am

Overview not prerequisite for 5-wk session.

Member Cost: \$10/person

Non-Member Cost: \$20/person

Love & Logic is a philosophy of raising and teaching children that helps adults be happier and more skillfully empowered in their interactions with children. Love allows children to grow through their mistakes. Logic allows children to live with the consequences of their choices. Class size is limited, so sign up today! Call 310-6775 for details or to register. Childcare will be provided.

Art Class for Ages 3-7

Wednesdays, 5:30-7pm, same dates as Love & Logic Seminars

Member Cost: \$10/class, \$30/session

Non-Mem Cost: \$20/class, \$60/session

Class size is limited to 10 children.



The Faces of Fitness at New Self Renewal Center



Christina Dexter
Fitness Director



Molly Butz
Personal Trainer



Arik Grundahl
Personal Trainer



Dong Vuong
Personal Trainer



Angie Morgan
Yoga Instructor



Alicia Butz
Zumba Instructor



Estelle McKee
Zumba Instructor

Learn more about our fitness staff on our website: www.newselfrenewal.com/staff.php

■ ■ ■ Summer Fitness Classes ■ ■ ■

(effective June 21 – August 31, 2010)

Monday

8 am - Boot Camp
9 am - FITNESS MENU*
10 am - New Self Sampler
11 am - Core
1 pm - Boot Camp
2, 3 & 4 pm - FITNESS MENU*
5 pm - Boot Camp

Tuesday

6:30 am - Boot Camp
8 am - Senior Exercise
8:30 am - Bosu
9:30 am - Core
10:30 & 11:30 am - Fitness Menu*
1 pm - New Self Sampler
2 pm - Boot Camp
5:30 pm - Zumba

Wednesday

8 am - Cardio Power Hour
9 am - Breakfast BAG Club
10:30 & 11:30 am - Fitness Menu*
1 pm - Boot Camp
5 pm - Circuit Training

Thursday

6:30 am - Boot Camp
8 am - Senior Exercise
8:30 am - Bosu
9:30 am - Core
12 pm - Boot Camp
1 pm - Fitness Menu*
6 pm - Zumba

Friday

8 am - Boot Camp
9 am - Breakfast BAG Club
10 am - FITNESS MENU*
11 am - Flow Yoga
12 pm - Fitness Menu*
1 pm - Boot Camp

Saturday

9 am - Zumba

***Fitness Menu classes include:** Athletic Stretching (30 minutes), Core (1 hour), Kettleball (30 minutes), KettleCore (1 hour), Prenatal Fitness (45 minutes), Swiss Ball (1 hour) and Theraband (1 hour). Fitness Menu classes must be requested by 9 am the day of the class. Members can call 310-6775 to sign up.

NOTE: Limited schedule July 1-8. Call or see home page for details.

■ ■ ■ New Class Descriptions ■ ■ ■

New Self Sampler: In a workout rut? Or do you want to know what some of the New Self fitness classes are like? Try out the New Self Sampler, which allows you to experience a small portion of a variety of exercise classes, including: CORE, Kettleball, Bootcamp, Theraband, BOSU and Cardio Power Hour.

Breakfast BAG (Back-Abs-Glutes) Club: Start the morning off right! A workout focusing on your abs, back and glutes using a variety of accessories (e.g., resistance bands, weights, balls). Consider this a more advanced version of CORE. After class enjoy a complimentary cup of coffee in the New Self Café with your classmates. On Wednesdays your instructor will join in!

Boot Camp: If you have been attending Boot Camp, be prepared for CHANGE! Remember...you never know what you're going to get!

Tip from Our Nail Specialist:

If you bite your nails, you're not alone. Lots of people share this habit for many different reasons, such as stress, boredom or a need for comfort. However, it's very important to stop biting your nails and cuticles. Not only do chewed-off nails look unkempt, they can negatively affect the impression you give to a potential employer, client—or mate!

- Decide that you are going to stop. No tactic or strategy will help you if you don't make a decision to quit and commit to it.
- Pick a day to quit. Circle it in red on your calendar. Remind yourself often, in the days leading up to it, that this is the day you're going to stop biting your nails.
- The day before your Quit Day, splurge on a professional manicure. Keeping your cuticles cleaned up will stop the urge to chew on them! Keep a good crème and emery board in your purse and explore the possibility of using a reward system. Attach small purchases to the length of time you've gone without nibbling.
- Apply a good nail strengthener such as Nail Tek Hydration Therapy, which comes in many different formulations to match your specific nail care needs. You can find Nail Tek Products at New Self Renewal Center.
- Enjoy your beautiful nails and that feeling of success that comes with achieving a goal!

A few words from a New Self customer:

"New Self strikes the perfect balance, the luxurious spa experience with a casual atmosphere. The services are convenient, affordable and certainly high quality. I have referred a number of friends and family members.... When I make a referral, the person often asks how I found this fabulous place and immediately tell me they will be back."

■ ■ ■ Business Hours ■ ■ ■

Monday–Thursday

Fitness: 6 am - 8 pm
Café: 6:30 am - 6 pm
Kid Corner: 7:30 am - 7 pm

Friday

Fitness: 6 am - 7 pm
Café: 6:30 am - 4 pm
Kid Corner: 7:30 am - 4 pm

Saturday

Fitness: 7:30 am - 4:30 pm
Café: 8 am - 1 pm
Kid Corner: 8:30 am - 1 pm

Closed Sundays & Holidays

New Hybrid Shellac UV Polish

New Self is pleased to be one of the first in Madison to offer this new nail care technology. Say good-bye to nicks, chips & smudges! Shellac UV Polish goes on like regular nail polish, but wears like gel for 14 days with a resilient mirror finish. Plus, this no dry time product is formaldehyde, toluene and biutyl phthalate free and comes off in minutes. Make your appointment today!

Shellac Application: \$29 member, \$35 non-member (Time: 1 hr 15 minutes)
This service includes clipping cuticles, filing nails, buffing and cleaning nail plate, and Shellac application. (Removal is free with application.)

Introductory Pricing for July: \$19

Shellac Add-on to Manicure: \$20 member, \$25 non-member (Time: 45 minutes)

Introductory Pricing for July: \$12

Friends don't let friends sweat alone.

**All you need is a backyard
or park & up to 9 friends.*
We will provide the rest:**

- A certified sports performance coach to set up & lead a challenging boot camp
- All exercise apparatus
- A light breakfast after class

**Throw a New Self Fitness Party & give your friends
an exciting & healthy new reason to get together!**



Arik Grundahl

As a member of the UW-Whitewater wrestling team and a six-year veteran of the United States Marine Corps, Arik knows first hand the hard work and discipline needed to reach a performance goal. A certified sports performance coach, his philosophy about training focuses on making your goals a reality. If you need a push, he can give you the push you need toward a healthy, active lifestyle.

Investment:

- One-time party: \$15 per person
- 6-week session: \$75 per person
Get one class free!

*6 participants are required to hold a party. If weather does not permit an outdoor class, it will be rescheduled. Participants will need to provide their own water for class.

Host a 6-week session & get a FREE Deluxe Pedicure!

New Self[™]
Renewal Center
Make Life Balance

www.newselfrenewal.com

**Call today—parties
are booking fast!**

Contact Lindsay at 608.310.6740
or info@newselfrenewal.com.