Announcements:
We no longer sell water. Have at our awesome new vending machines!
Take notice of our new Monday and Friday hours listed above!

Tip of the Week:
Get some of your mileage outside! Treadmills are nice, but running outside presents a new challenge because of the terrain. Don’t let the cold weather get you down; you burn more calories in the cold weather!

Ten Min Workout
Side Bend Shoulder Press
Weighted Twist
Knee Jack
Split Squat Curl
Curtsy Punch

-Check out fitnessmagazine.com for step by step directions.

Welcome Back Cards!

On behalf of the entire Kane Fitness Center staff, I would like to welcome you to a new year and a new semester! We hope your classes are going well and we look forward to seeing you in the gym this semester.

CUA has made some obvious changes, (like the switch from Pepsi to Coke. Woohoo!) and the library open all night. Those aren’t the only things that changed either; the fitness center made some changes too! First and foremost, Kane has started a newsletter! This will be a bi-weekly newsletter with announcements, fitness tips, and quick workouts. The newsletter will be available in the gym and on Kane’s website. Make sure you check it out! You can also sign up to receive it via email. You’ll never miss an event and always have our great 10-minute workouts.

On January 16th, the Kane Fitness Center started running a pilot program; we are open late. Every Monday and Friday until February 10th, Kane will be open until 1 am. We have new, small classes and a few fun activities to look forward to. This is a trial program and the idea is to accommodate all students so don’t be afraid to tell us what you think!

Kane will also be hosting a motivational challenge, The Great Eight Challenge. The idea is to help set a goal for those of you who don’t know where to begin or to keep it up if you’ve already started. Here’s the challenge: work out 25 times over the next 8 weeks, January 23rd through March 19th. Be sure to keep track of your workouts at Kane and in the spring join us for our spring party on our new patio!

If you’ve walked by Kane this semester you have probably noticed the new picnic tables, walkway and grill. Next to the Sports Court, this area is perfect to sit out on a nice day or while waiting to jump into a pick-up game.

So, welcome back, enjoy the New Year, and the new and improved Kane Fitness Center! We look forward to seeing you and please let us know what you think about our changes.
30 Minute Classes: It doesn’t sound like a lot but you could burn as many calories in just 30 minutes as you could in an hour! Jump in one of our 30 minute classes and get on with your life!

DVD Classes: There will be allotted times for P90X, Insanity, and other DVD’s to work out to. These are great for buddy workouts so grab a friend and get started!

Wii Sports: Play like a Pro and challenge your friends to some sports. A T.V. will be set up with everything all ready to go - all you have to do is show up!

**Kick up the Cardio!**

A combination of sprinting and jogging burns more calories than moving at just one pace. Try this workout and blast away those holiday lbs!

<table>
<thead>
<tr>
<th>Time (Minutes)</th>
<th>What to Do</th>
<th>Talk Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 - 3</td>
<td>Warm up pace</td>
<td>Talking is easy</td>
</tr>
<tr>
<td>3 - 4</td>
<td>Sprint</td>
<td>Use all effort to talk</td>
</tr>
<tr>
<td>4 - 5</td>
<td>Recovery Jog</td>
<td>Some effort used to talk</td>
</tr>
<tr>
<td>5 - 7</td>
<td>Fast Jog</td>
<td>Quite a bit of effort to talk</td>
</tr>
<tr>
<td>7 - 7:30</td>
<td>Sprint</td>
<td>Talking is hard</td>
</tr>
<tr>
<td>7:30 - 8</td>
<td>Recovery Jog</td>
<td>Some effort used to talk</td>
</tr>
<tr>
<td>8 - 8:15</td>
<td>Sprint</td>
<td>No talking</td>
</tr>
<tr>
<td>8:15 - 10</td>
<td>Cool down Jog</td>
<td>Some effort to talk, but very little</td>
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