

OPEN 24 Hours
6am Sunday-10pm Friday
Saturday 6am-6pm



January 2010
Happy New Year!

30 N. Groesbeck Hwy., Mt. Clemens, MI 48043 (586) 469-8090 www.brickhousehfc.com

Get \$\$ to workout at BrickHouse!

Put us in touch with your company's Human Resource Department to allow us to present a Corporate fitness program to them and explain the benefits it provides to the company and to the employee's. Our corporate programs are a low-cost & successful way to help everyone involved and include luncheons, assessments and more!

If we are successful in obtaining their business, as a result of your connection, the first months check is yours!

For more information, please see Ken at the front desk or e-mail him at:
ken@brickhousehfc.com

Group X Schedule

The 6:15 am classes will be returning to the BrickHouse the week of January 4th. Monday & Friday will be a Cycle Sculpt class and Wednesday will be a Cardio Mix Class including interval & strength training. Classes will be led by Marissa.

Sara will be taking over the Friday afternoon Cycle Sculpt class beginning January 8th and Sue will be subbing Yoga classes as necessary for GiGi.

With over 100 classes a month, the BrickHouse Group Fitness program helps you reach your health & fitness goals faster than anyone else in the area! And you won't find the Gauntlet anywhere else!

The new schedule is posted at the front desk and on-line.

Enter to win a \$20 gift card

We are trying to eliminate the amount of paper and postage we waste every month on returned mail due to incorrect mailing addresses.

We also want to make sure you stay informed on important news, upcoming events and specials going on at the BrickHouse via e-mail.

Everyone who updates their account during the month of January with a VALID e-mail address along with a phone number and current mailing address will be automatically entered into a drawing to win a \$20 gift card for Meijer. Drawing will be held the first week of February and the winner will be notified by e-mail!

You'll also earn 500 Reward points!

Reward Point\$

Reward points are redeemable for purchases made at the BrickHouse (except for future memberships). You earn Reward Points every time you make a purchase including, memberships, drinks, retail items, personal training services and group fitness pay for play classes, and donating blood at our Quarterly Blood Drives. You even earn reward points for referring your friends to the BrickHouse.

If you would like to know how many reward points you have already, feel free to stop at the front desk. For every 1,000 points you earn, you have a \$1 to spend at the BrickHouse.

Many of you are already taking advantage of your reward points and redeeming them for drinks, and savings on additional purchases.

Tracking your Health & Fitness Goals in 2010

As you reflect back on the year 2009 as it relates to your health & fitness goals would you say that you were successful in achieving what you wanted or successful in avoiding the challenge all together? If you were like many of those individuals who had a great start the few first months of 2009 but found yourself slacking off as spring arrived and decided that by the end of summer having not been to the gym, it was a hopeless cause? Well, this year you need to sit down and create a new fitness goal, one that makes you accountable and one that will allow you to finish and obtain the goals you would like to make thought the year.

First, grab a notebook and a pencil. Second, write down what you want to achieve for yourself in the coming year. Maybe it's a new job, maybe it's losing 10, 30, 40 or 100 pounds, maybe it's building lean muscle or increasing your endurance or entering a marathon. What ever it is, write it down—even if it is spending more quality time with your children. **WRITE IT DOWN!** Third, list ways you hope to accomplish these goals. If it is a new job, prepare a resume if you don't already have one, or consider having it reviewed by someone for any areas that could use some polishing. Make a promise to yourself to mail out a minimum of 2 resumes per week and **WRITE IT DOWN!**

If it's weight loss (or gain in some instances) maybe you'll choose to do 2 group fitness classes a week, spend an hour with a personal trainer every other week, join a dance club, or take a walk with your spouse, your dog or a family member. Make sure the activities you write down are activities you enjoy doing and something you can spend a minimum of 20 minutes a day doing. If you want to spend more quality time with your family or children list the activities that you would enjoy doing with them. Again, **WRITE IT DOWN.** If it is a nutritional goal, **WRITE DOWN** the foods you would like to eliminate from your diet and include foods you would like to incorporate into your diet.

Next, date the journal page today, put an end date of 12/31/2010 and sign it. You've just made a contract with yourself to get these things done over the next 365 days (or 52 weeks or 12 months, however you wish to look at it.) Consider even starting a blog to track your progress!

Now that you have made a promise to yourself to finish the items you have written down in your journal; keep the journal some place handy that will allow you to look at it periodically and continue making entries during the year. Note anything you would like in the journal about the activities you performed, the foods you ate, the people you spent time with, the job interview you went on—you'll find it will help you later on as you look back during the course of the year to help keep you on track with your goals and make any necessary improvements! Despite what you may not have accomplished last year, 2010 is **YOUR YEAR, THIS YEAR, RIGHT NOW! MAKE IT YOUR BEST!**

Get Ready, Get Set....GO!

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*If it were possible to earn a **six figure income** with full benefits your first year in business selling Ecommerce Business Systems, would it be worth an hour of your time to see if you qualify?*

Positions STILL available!

*Call Lisa Doherty at **586.243.7716** to schedule an interview.*

Do You Facebook?

Become a fan of BrickHouse Health & Fitness and the Gauntlet so you can keep up with all the latest and share your fitness goals, accomplishments & pains with fellow BrickHouse fans!