

Member Newsletter

Hours of Operation

MON-THURS
5 AM to 8 PM

FRIDAY
5 AM to 7 PM

SATURDAY/SUNDAY
7 AM to 3 PM

GROUP EXERCISE SCHEDULE

MONDAYS

| | |
|-----------------|-----------------|
| 6:15- 7:00 am | Barbells w/ Ben |
| 6:30- 7:15 am | Get Fit |
| 8:00- 8:45 am | Yoga |
| 9:30- 10:15 am | Get Fit |
| 10:30- 11:15 am | FitOver50 |
| 11:30- 12:15 pm | Stretch |
| 12:00- 12:45 pm | Lunch Box |
| 5:15- 6:00 pm | Spin Fit |

TUESDAYS

| | |
|-----------------|------------|
| 5:15- 6:00 am | Spin |
| 6:30- 7:15 am | Power Pump |
| 8:15- 9:00 am | Metafit |
| 9:00- 9:45 am | Tai Chi |
| 12:00- 12:45 pm | Lunch Box |

WEDNESDAYS

| | |
|-----------------|-----------------|
| 6:15- 7:00 am | Barbells w/ Ben |
| 6:30- 7:15 am | Spin Fit |
| 9:30- 10:15 am | Get Fit |
| 10:30- 11:15 am | FitOver50 |
| 11:30- 12:15 pm | Stretch |
| 5:15- 6:00 pm | Spin |

THURSDAYS

| | |
|-----------------|------------|
| 5:15- 6:00 am | Spin |
| 6:30- 7:15 am | Power Pump |
| 9:00- 9:45 am | Tai Chi |
| 12:00- 12:45 pm | Lunch Box |

FRIDAYS

| | |
|-----------------|-------------|
| 6:30- 7:15 am | Get Fit |
| 8:00- 8:45 am | Yoga |
| 10:30- 11:15 am | Mat Pilates |
| 11:30- 12:15 am | Stretch |
| 1:00- 1:45 pm | Lunch Box |

SATURDAYS

| | |
|-----------------|--------------|
| 8:00- 8:45 am | Spin |
| 9:15- 10:00 am | Groove n' Go |
| 10:15- 11:00 am | Bootcamp |

SUNDAYS

| | |
|---------------|-------------|
| 9:00- 9:45 am | Gentle Yoga |
|---------------|-------------|

ALL GROUP EX CLASSES ARE PERFORMED IN BAY B. PLEASE CHECK IN WITH THE FRONT DESK BEFORE HEADING OVER FOR CLASS. BAY B ENTRANCE IS LOCATED DOWN FROM THE GOLF ENTRANCE.

SPRING HAS SPRUNG By. Dave Tuthill

Happy March!!!! Spring is (finally) almost here and you can begin to feel the changes all around us. I don't know about everyone else but all I have to say if "HALLELUJAH"!!!!

This month's topic is staffing. You know, no matter how nice a facility you have, your staff can make or break the experience. At Hearthstone, I honestly believe that the staff we currently have is the most cohesive group of great people that we've ever assembled. They are professional, caring, courteous and take great lengths to assist and protect their fellow workers and our membership. I'm enormously proud of our team and I hope you all appreciate the jobs they do. Work has certainly been much more complicated with the onset of Covid and I'm SO PROUD of the way my team has handled themselves and the facility during this terrible period. They have chosen to live their lives – in and out of the gym – in a way that has kept themselves and our members safe. I appreciate each of them so very, very much for having the fortitude to handle themselves in that way.

Many of our members have been with us since we opened almost nine years ago. I'm assuming that they, in particular, think they know our staff pretty well. Well, this month I'm proposing a little game to see how well you really do know the staff. Below are statements that each apply to one of our employees. Your goal is to match the factoid with the employee it relates to. It's as simple as that. Just write the letter of the factual statement next to the name of the person you think it represents. Bring in your answers AND if you score 100%, we'll give you a free shake from the Quarry– flavor of your choice! So here goes and I hope you have some fun doing this while learning a bit more about our team.

- | | | |
|--------------|----------------|----------------|
| 1. Dawn_____ | 4. Chris_____ | 7. Darrin_____ |
| 2. Ben_____ | 5. Deb_____ | 8. Nick_____ |
| 3. Dan_____ | 6. Dave_____ | 9. Martha_____ |
| | 10. Vince_____ | |

- A. I've never been to a beach!
- B. I make art that I hope "resin-ates" with people!
- C. I authored, illustrated and published a children's book!
- D. I spoke at a conference in NYC and shared the stage with both Gloria Steinem and Mary Robinson (past President of Ireland)!
- E. I only buy my shoes online!
- F. I learned to drive trucks at the age of 10 and drove almost every day after that!
- G. I owned a florist business and many of my friends still think I speak "in code"!
- H. I'm addicted to "The Great British Baking Show"!
- I. I was once sponsored by the sports drink called Rock Star!
- J. I play guitar all the time when not at work!

Have a wonderful March and I'll see each of you in the gym!

Dave



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AND EARN A
CHANCE TO WIN
SOME GREAT PRIZES

InBody

\$105 MEMBER SPECIAL

(Normally \$140)

Continue monitoring your progress with a InBody 4 pack!

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Giant Sets to Help with Size and Strength: Ben LaNeve, MS, CSCS

Giant sets are one of my favorite techniques to use to increase muscle size and improve conditioning. You can think of it as doing conditioning as you're building muscle. The goal here is to do a lot of volume in a small amount of time. We accomplish this by hitting the targeted muscle group from multiple angles. For example, we wouldn't want to do barbell curls, then go right into dumbbell curls as the movements are too similar. The best part of giant set are you are fatigued but still fresh enough to get reps at a different angle. Utilizing giant sets if you are short on time is one of the biggest benefits you can have to get the most bang for your buck. To clarify, a giant set is four exercises or more that are done consecutively with no rest. After each giant set, I recommend taking three minutes rest for the compound movements (chest, back, legs). However for small muscle groups such as biceps or triceps, only about 60-90 seconds are needed. Another way to utilize this is if you only have 20-30 minutes for workout, set the stopwatch to 20 minutes and do as many rounds as possible in that amount of time. Enjoy!

A Few Examples of Giant Sets

Chest

- Incline Bench 4x6
- Flys (machine or DBs) 4x10
- Push-ups 4x10
- Flat Dumbbell Press 4x10

Back

- Single-Arm Pulldown 4x10
- TRx Inverted Row 4x10
- DB Pullover 4x15
- Shrugs 4x10

Quads

- Front Squat 4x6
- Leg Press 4x10
- Narrow Stance Squat 4x10
- Bodyweight Squats 4x20

Hamstrings

- RDL 4x6
- GHR 4x10
- Hamstring Curls 4x10
- Lying Slider Hamstring Curls 4x10

Biceps

- Barbell curls 3x10
- One-Arm Preacher Curls 3x10
- Hammer Curls 3x10
- Reverse EZ Bar Curls 3x10

Triceps

- Rope Pressdowns 3x10
- DB Skull Crushers 3x10
- Seated DB French Press (OH Exten) 3x10
- Dips 3xAMRAP

MEET NEW GROUP EX INSTRUCTOR LAURA BATCHELOR



I am a Veteran having served on Active Duty with the British Army for 23 Years (I retired in 2019). Fitness has always played a big part of my military career – as an Officer it was important to always 'Lead by Example' and 'Lead from the Front'. I always maintained the highest levels of physical fitness whilst serving and decided to pursue my interest by qualifying as Personal Trainer, Gym Instructor and Group Exercise Instructor back in 2013 (I currently teach: spin, strength, aqua HIIT, Bootcamp style classes) I qualified as a Metafit Instructor back in 2014 having loved taking part in the class – I have been able to instruct this class in various assignments with the Army, including the UK, the British Embassy in DC and even on Operations in Afghanistan with the USMC. I love the concept that the class just requires 'You' (Bodyweight) and can be taught anywhere! I am looking forward to bringing this fun, fast HIIT class to Hearthstone!

metafit.
HIIT TRAINING

Hearthstone Golf: Game Improvement Corner By. Dan Greaves, Teaching Professional

Over my many years of teaching golf to everyone from seasoned pros to those who are just learning the game, it always goes back to the basic fundamentals to maintain a repeatable swing. Let's take a look at my BIG 3 swing check points to ensure your swing is on the right path to hitting more fairways and greens this golf season.



Check Point #1: Alignment

In order to hit long/straight shots we have to make sure we are aimed in the correct direction. It's the classic "train track" illustration we all remember.

The club head is aimed directly at your target, while the shoulders and feet are just left of our target (RH golfer). Many times I come across alignment problems where the shoulders and feet are pointed in completely different directions.

A significantly closed position can shut down the lower body's ability to perform a proper weight shift through the ball, leading to an over the top move with the upper body.



Check Point #2: Toe Up At The Halfway Point

Closed and open club faces during the takeaway lead to a certain undesirable hook or slice. Test your face position by making half back swing to hip high.

At this vital point, we should see the toe pointed up toward the sky. This toe up position will greatly increase your success of a square club face at impact. This position, in turn, gives us a free feeling through the ball, as it allows the arms and hands to properly release through impact.



Check Point #3: Finish What You Started

Oh the dreaded "flat foot" finish! Many topped, thin, and chunky shots steam from one swing flaw...not finishing the swing. The golf swing has movement, and that movement is also what gives the swing power. Swinging with flat feet translates to the hands taking over at impact of the ball. Unfortunately that usually means a flipping of the hands and loss of control at impact.

"Pose for the camera" is what like to tell many of my beginner golfers. We should see a finish position with the chest and hips facing the target, yes, but we also want to see the back foot heel up off the ground.

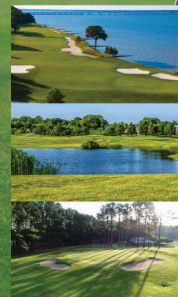
**SPRING TUNE-UP
Lesson Special! \$50
60 minute lesson with
Dan Greaves** Expires 3/31/21

HEARTHSTONE GOLF 2021 JUNIOR TOURNAMENT SERIES

TOURNAMENT
SERIES INFO

\$40 Entry Fee per event
9 Hole individual stroke play
USGA & local rules apply
Double par max score
Three age flights
Ages 8-11 12-14 15-17
8-14 will play from course forward tees
15-17 will play from High School tees
32 max player field
Tee time start due to social distancing

SPRING 2021
SCHEDULE



RIVER MARSH GC
APRIL 25 @ 2pm
JONATHAN'S LANDING
MAY 2nd @ 1:30pm
HOG NECK GC
JUNE 6th @ 4pm

**PING
CLUB FITTINGS
NOW AVAILABLE**

Contact Hearthstone Golf Director Dan Greaves at dan@hearthstonehealthandfitness.com for more information and tournament sign up.