



# 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
5:15- 6:00 pm	Spin Fit

### TUESDAYS

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

### 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

### SATURDAYS

8:00- 8:45 am	Spin
9:15- 10:00 am	Bootcamp

### SUNDAYS

9:00- 9:45 am	Gentle Yoga
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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.

## Welcome to the New Year By. Dave Tuthill

Greetings and Happy New Year! Having survived the Hellacious events of 2020, we can now look forward to a better year in 2021. Promising changes are on the horizon and with attitudes largely adjusted to accepting the pandemic for what it is, the future looks much brighter. I'm not going to dwell on Covid but there is one message that needs to be conveyed. From each and every member of my staff, the steadfast loyalty shown by so many of you towards Hearthstone and towards the staff, on a personal level, is so gratefully appreciated. Truly, we can't thank you enough!! There is not a day that goes by that someone doesn't say something or do something that touches me deeply. My staff has worked tirelessly to make Hearthstone the safest environment possible and it's nice to see that it hasn't gone unnoticed. They deserve immense credit for all they've done including living their lives (outside of the gym) in a way that has protected all of us from the effects of the virus. Things could have gone in a much different direction, and because of each of them, it didn't. I truly have the best staff around!

For those of you who haven't returned yet, there's a lot of things we have done to create a safe environment. We utilized an additional 8000 square feet of contingent space in the building for a vastly-expanded group exercise area and for a private training space away from the main facility. While we were closed for the 100 days, we had help from two physicians – including a Board-certified Infectious Disease Specialist – who coached us on what we could do to create a safer environment. As a result, machines were socially distanced, 20 cleaning stations were added, UV filters were installed on our HVAC systems, and a newly created COVID operations manual was created, approved, and put into practice when we reopened in July. All our staff were trained on COVID practices. The facility is cleaned constantly and we are doing our best to adhere to all the health guidelines established by Governor Hogan.

I am thankful that the contract tracing data, on a national level, is showing gyms as being relatively safe. Despite all the publicity, exposure from private gatherings is still averaging roughly 20 times that of gyms. It can't go unsaid that the need for exercise has never been more urgent. Effective immune systems strengthen with consistent exercise and regular healthy eating. There is no more critical time to improve our immunity than now.

Moving on, as many of you may remember, we entered in to a contractor lawsuit at the start of 2020 involving faulty installation of our steam rooms that caused severe leaking – especially from the women's side. COVID took its toll on the court system which delayed any movement of the case. Things have finally started back up and are moving forward. I am pleased to report that we hope to start the fixes to both rooms early in 2021. I wish we had been able to repair them while we were closed in late Spring but we were unable to destroy important evidence necessary to us defending our case in the court. It's not going to be an easy fix. Both steam rooms need to be destroyed and rebuilt. This will be a time-consuming and expensive process, made even more expensive because I am requiring all construction work be done between 9pm and 4am each day to avoid interfering with our ongoing business. On top of that, all demolition work will need to be videotaped so that we have evidence of all the problems we find behind the tile work. That's a tall order but one I am confident can be achieved. Several items of construction were found to be faulty but the biggest, by far, was the identification that the contractor specified and installed the wrong membrane behind the tile. A residential membrane was installed (rather than Commercial) that is not capable of withstanding the daily usage of our needs. Quite simply, the waterproofing failed causing the leaks. As a result, everything will need to be ripped out – down to the studs – and rebuilt. The good news is that the rooms will be working again once the dreaded COVID is no longer a big health threat. I am hoping the work will be completed by the time Spring is here. I will keep our membership updated as things progress.

Hearthstone Health + Fitness  
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410.690.3838



# FREE MEMBER CONSULTATION WITH A TRAINER IN JANUARY

**START OFF THE NEW YEAR MEETING WITH A MEMBER OF OUR TRAINING TEAM. DISCUSS YOUR GOALS AND HOW OUR TEAM CAN HELP YOU REACH NEW SUCCESS IN 2021.**

CONTACT ONE OF TRAINING TEAM MEMBERS OR MEMBER SERVICES TO SET UP A TIME.

I continue to encourage each of you to support small local businesses like Hearthstone. We are not part of a national chain. We are locally owned (by me) and we have gone to great lengths in our support of the local community. 2021 will mark our 9<sup>th</sup> anniversary which we are immensely proud of. Thanks to all our loyal members who have made this possible. We've accomplished much and have even more to get done. Ben, Dan and Dawn are constantly coming to me with new ideas for new program offerings and new ways to help our membership. I hope they all agree that I am always receptive to new ideas and am constantly encouraging them to try new things. Our strength is in our teamwork and our teamwork is strong! Please watch for our upcoming specials and I would ask each of you to encourage those on suspension to consider coming back to fitness and also ask for you to refer us to your friends and family. Well-priced corporate memberships are always available and Dan is the man to talk to about those.

On a personal level, I wish each of you the prospect of a healthy, productive, nurturing and FUN 2021.

*Dave*

## Member Spotlight: Sharon Mason



### How long have you been a member?

I joined last January. I specifically remember that because the first I heard of the COVID outbreak in China was on the television in the locker room.

### Who is your personal trainer here at Hearthstone?

Vince Placek

### How has your overall experience been training with one of our trainers?

In a word - phenomenal! I had a small injury I was recovering from when I started working with Vince. His enthusiasm kept me wanting to come back and perform better and better. He is very educated and well skilled in his craft and very engaging and personable. I feel better than I have in years. He has helped me get to a place where I genuinely look forward to working out 5 days a week. At first, I didn't want to disappoint him, but that has now turned into a true love of exercise. In 46 years I have never worked out on Thanksgiving Day, Christmas Eve, New Years Eve and New Years Day, until now!! Vince is not only a professional, he has become a friend.

### Any advice for people just starting out at the facility?

This is a tough question for me because everything I think of I was told before, and it is not a magic switch you can just turn on when you are ready. "Make it an appointment, make it a priority, workout with someone".....all things I heard before. I joined Hearthstone because I wanted to heal and I knew they had the resources to help me do it. I stay because in addition to the cleanliness (I mean really - even the bathrooms and showers almost feel like home); the people make me happy to be there. The staff is friendly helpful and engaging. It truly has become my happy place. Oh - and if you like to lift heavy (which now thanks to Vince's coaching I LOVE.....) you can do that too with no judgment. Just take it one day at a time and try to move forward with one accomplishment at a time. Sometimes that accomplishment is just showing up for a crappy work out.....But show up. You will thank yourself for it. I've lost a few pounds and have started to change my physique. Not because I went from 1-5 days a week exercising overnight, and not because I changed my diet in a day. Small incremental changes every day was the key for me. I also love a checklist with a line through an item. Sometimes I write gym on my list just so I can mark it off :). Whatever you do it has to be sustainable or it might not be worth it! If you are just starting at Hearthstone - meet people, keep coming and if possible work with a trainer like Vince. You won't be sorry!

HEARTH  
STONE  
STRONG



Happy New Year to all of you, I hope it was a great one and I hope you all are ready to get off to a solid start in 2021! To start it off, lets get everyone going with how to maneuver through everything; macro-nutrients toward their wellness goals of the new year.

**The Big Three**

Macronutrients are broken down into three main categories: protein, carbohydrates, and fats. If you download any of the calorie tracking apps these are what you mainly deal with either grams or an overall percentage of your daily calorie consumption. As a side note, water is also considered a macro-nutrient in many circles but for the sake of this article we will just be concentrating on the main three. The most common question we hear in regard to these is; how do I know how much of each I should be consuming?

**The First Step!**

Figuring out how many calories you should be consuming to meet those goals (weight loss, maintenance, or even gain) is always the best way. Here at Hearthstone we have two options to get an accurate reading which are the RMR Test (Resting Metabolic Rate) and the InBody (Body Composition) in order to find your daily calorie needs. If you want to get a quick but less accurate reading you can find "TDEE" calculators online. Once you find that number subtract 500 (1 lb of weight loss per week) or 750 (1.5 lbs per week) to find your new calorie recommendation.

**Protein**

We recommend that you should consume 1.0-1.2 grams per lean pound of body weight (this can be found on the InBody) per day to repair your muscles after your workout and help maintain muscle mass. If you do not use the InBody you can use 0.5-0.8 grams per pound of body weight to find daily protein recommendations.

**Carbohydrates/Fat**

As a quick recommendation consume 1.36 grams per pound of body weight each day. To find calories from fat follow these steps:

- Grams of protein x 4= Calories from Protein
- Grams of carbs x4= Calories from Carbs
- Total Calorie Recommendation - (Calories from Protein + Calories from Carbs)=Calories from Fat
- Calories from Fat / 9= Grams of Fat

\*\*If you are done with this and the calories are out of line from carbs and/or fat lower the amount of carbs you consume to hit that calorie goal.

**Wrapping it Up**

In short, this is the easiest way to wade through the confusing world of macros and everything that comes with it. These numbers are based on YOU and specific to your NEEDS. If you have any issues with the calculations, would like to set up any testing, or even general questions regarding weight loss please schedule a consult with one of our trainers! Good luck and get after it!

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**GROWING THE GAME 2021**

JUNIOR TOURNAMENT SERIES COMING SPRING 2021



**Hearthstone Golf Quick Tip**

by. Dan Greaves

Is practicing off a driving range mat more forgiving than grass? Absolutely, but you still get feedback with every shot. To ensure you are making solid contact that will transfer to the course, try this simple but effective trick. Place a golf towel on the ground about three inches behind the ball. The focus here is to strike down on the ball avoiding contact with the towel. With a little practice, you'll be striking the ball first then the ground with every shot.

