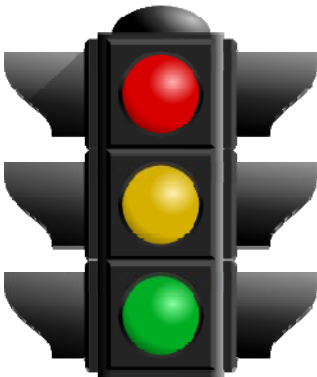




FREEDOM  
FITNESS

Newsletter  
February 2010



## SCHEDULE UPDATES!

- New 5:30-6:30am Wed. & Fri. Spin Classes starting Feb. 17th
- Mon/Wed Stott Pilates Matt Classes have been cancelled. There is a sign-up for 15 minute Stott Pilates Reformer Sessions during these hours. *Be sure to check out the new Pilates Center!*
- Traci Hall's Weekend Warrior is still a 1 and half hour class. Come join us Sunday mornings from 9-10:30am. Sorry for any confusion.
- Matt Graeff will continue to teach Boot Camp on Tues. & Thurs. evenings from 5:30-6:30pm followed by Rock Hard Abs from 6:30-7pm.

- We are considering adding back to back boot camps with Matt or Traci but would have to cut or move Rock Hard Abs... LEAVE US YOUR FEEDBACK AND SUGGESTIONS SO WE CAN ACCOMMODATE!

# FREEDOM FITNESS PERFORMANCE CENTER

**GRAND OPENING!**  
**MONDAY, MARCH 1ST**  
**Sign up now for your**  
**2 Week**

**Free**  
**Trial**

*Limited space available*  
*see front desk for details*

Freedom Fitness  
Performance  
Center



# Parents Night Out!



Leave your LITTLE ONE with us,  
and take your LOVED ONE out!

***Date:* Last Friday of Every Month**

PARENT'S NIGHT OUT WILL BE BACK AT  
FREEDOM FITNESS STARTING FEBRUARY  
26th 2010!

There will be a sign-up at the front  
desk soon! Be sure to sign-up as there  
is limited space available!

## CONGRATULATIONS TO OUR JANUARY EMPLOYEES OF THE MONTH!

**Traci Hall**  
for Group Fitness

**Charlene Navarro**  
for Operations

**Ed Levy**  
for Sales

**Alex Stanisic**  
for Personal Training



CRYSTAL OCHOA/THE ARIZONA REPUBLIC  
Phoenix residents Robert Frey and son Gavin were enjoying the snow in Flagstaff on Monday.

### Storm to move into state, target southern part

By Glen Crend  
THE ARIZONA REPUBLIC

A midweek winter storm is expected to push into Arizona today with a new batch of snow and rain, but this time the southern part of the state is the target.

Forecasts call for the Phoenix area to have a chance of showers, maybe some thundershowers, the National Weather Service in Phoenix said. Meteorologist Hector Vasquez said the

storm could deliver less than a quarter inch of rain.

The latest storm extends this year's streak of wet weather that includes the January blast that buried northern Arizona with snow and flooded big sections of the rest of the state. Some areas haven't recovered so any new weather system attracts attention.

Flagstaff should get snow today with an estimated 1 to 2 inches falling, Vasquez said.

Milena Pfeifer, one of the owners of the Canyon Wren cabins in Oak Creek Canyon near Sedona, said January occupancy was off this year due to, she assumed, all of the snowfall and the snarled roadways.

She said the snow has been a switch from the drought patterns of recent years.

"I've been here for 32 years," she said. "This kind of reminds me of the old days."

Tucson was under a winter

storm watch from this afternoon through Thursday morning above 4,000 feet. Vasquez said Tucson and southeast Arizona could get 1 to 2 inches of snow above that level and 12 to 18 inches above 7,000 feet.



Clay Thompson is off. His Valley 101 column will return Sunday.

Check out member, Robert Frey and son Gavin enjoying the snow!

## DO NOT FORGET! Pilates:

Freedom Fitness is a full service club offering Stott Reformer Pilates located in a new dedicated Pilates Room inside the new Performance Center, so if you are interested or are doing reformer Pilates elsewhere please see Karen for details on how to get a free session.

# **EQUIPMENT FOR SALE!**

**BESIDES RICH OWNING THE CLUB, HE DOES HAVE A SIDE BUSINESS OF SELLING USED COMMERCIAL EQUIPMENT.**

**WE JUST TOOK IN A BIG HAUL AND NOW HAVE OVER 30 PIECES OF CARDIO (TREADMILLS, ELLIPTICALS, STEPPERS AND BIKES) FOR SALE AS WELL AS AN ASSORTMENT OF STRENGTH TRAINING MACHINES.**

**SEE RICH FOR PREFERENTIAL MEMBER RATES ON ALL EQUIPMENT.**

# Recipe of the Month



Blaine Moats

## Soy Lime Scallops with Leeks

- 1 pound fresh or frozen sea scallops
- 1/4 cup reduced sodium soy sauce
- 1/4 cup rice vinegar
- 4 baby leeks, rinsed well and trimmed
- 8 medium scallions
- 1 lime halved

Thaw scallops if frozen, pat dry.

For marinade combine soy sauce and rice vinegar in a small bowl and set aside.

Place scallops, leeks and scallions in a re-sealable plastic bag and set in a shallow dish. Add marinade. Seal bag; turn to coat. Marinate in refrigerator for 30 minutes.

Discard marinade. Place leeks, scallops, scallions and lime halves (cut side down) on the rack of an uncovered grill directly over medium coals. Grill 8-10 minutes, turning occasionally.

To serve, top veggies with scallops and squeeze lime over the top.

## We look forward to seeing you at the club!

