

HealthPlex



Home of the Personal Training Experts



1673 Route 9 Clifton Park NY, 12065

518-383-0225

www.healthplexfitness.com

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Our Focus Is On the Member

Our focus is on your personal goals and results. The experts at HealthPlex gather the resources needed from the most current and successful research institutions available in our industry, such as the National Academy of Sports Medicine, the National Strength Association, and the Functional Movement Institute. Additionally, our team works together in creating solutions and results internally.

We stake our reputation on getting you results and we guarantee your success when following our programs. We understand change is uncomfortable, and even at times painful, but the training experts at the HealthPlex are tirelessly committed to the pursuit of your goals.

Teresa Burke
Fitness director

Welcome to HealthPlex!

Thank you! We appreciate your business and look forward to working with you!

Welcome to the HealthPlex! We have proudly served Saratoga County for over twenty-five years. The HealthPlex organization is dedicated to providing a safe, effective, and outstanding service to the community. We welcome your family and friends to join us, at their convenience, for a fourteen-day trial membership. As a client, you are the central focus of our mission each and every day. Our welcome guide serves as an introduction to how our club operates and will answer almost any question you may have about being a member. At the HealthPlex, we are dedicated to maintaining a high level of communication with each of our members, so if there is something that is not answered in this guide, please call the club at (518) 383-0225 and we will provide you with the information you need. Additionally, you can access our website at www.healthplexfitness.com.

If you are new to fitness, this guide is only a starting point. To achieve your personal goals and get the most out of your fitness experience, we recommend you schedule time with one of our fitness professionals. Our trained professionals will guide you through the many options available to efficiently get you on track towards success.

Beginning a fitness routine can be challenging. The start of your journey is the best time to make some notes about your present physical condition, physical limitations, current weight, energy level, aches and pains, etc. Memorializing these conditions and limitations at the beginning serves as a motivating tool because it allows you to compare and analyze your growth and progress. It also helps our professionals understand your needs and assists us in helping you reach your maximum potential.

Included in this welcome guide is a blank Gift Certificate, which you can call to purchase and activate, along with a complimentary fourteen-day pass for family and friends—**We love referrals!**

Hours of Operation

All hours are posted quarterly and subject to change. Please consult the current schedule, or call the club for current hours of operation and class schedules.

Club Hours:

Monday-Friday: 5:00 a.m. – 10:30 p.m.

Saturday-Sunday: 6:00 a.m. – 8:00 p.m.

Childcare Hours:

Monday-Friday 8:30 a.m. – 12:30 p.m.

Contact Us:

Phone: (518) 383-0225

Fax: (518) 373-0497

www.healthplexfitness.com

IHRSA
PASSPORT
PROGRAM
www.healthclubs.com

Club Operating Schedules

As a result of our dedication to you, club schedules are constantly updated and systematically reorganized. We have 5 seasons: summer, winter, autumn, spring, and of course the holiday season (which we believe is a time to support a happy healthy habit). Our members, along with our staff, experience and become versed in the latest and greatest programming in order to stay current with the fitness industries cutting edge developments. The fitness center is open sixteen hours a day, opening at 5 a.m. and closing at 10:30 p.m. You will also find the HealthPlex well equipped with state of the art machinery. Our fitness experts are available Monday through Saturday. While each trainer's schedule varies with regard to the hours he or she is available, we guarantee there will always be someone there to support you. Please visit healthplexfitness.com for our detailed schedules which include: group fitness schedules, individual trainer schedules, and group class schedules. We also have, at no extra charge, an on-site child care facility which is open Monday through Friday from 8a.m. to 12 p.m.

Weight Management Program

Weight management is usually the number one reason a person begins a fitness program. Many of our new members, whether they want to lose or gain weight, have been unsuccessful in the past after trying the endless stream of fad diets—which are constantly touted as being the **ultimate way to fight your weight problem**. HealthPlex Fitness Center takes a practical and realistic approach to weight loss and emphasizes the importance of a good nutritional regimen.

As part of your training program, HealthPlex fitness professionals provide a weight management plan using **Kathleen's Diet Planner**. This system contains a directory of over 45,000 foods and is designed to easily plan daily menus while displaying important nutritional values. This powerful program analyzes recipes, builds meals and tracks your progress on many different levels including weight, ketosis, measurements, blood pressure, blood glucose, cholesterol, exercise and medications. The fitness professionals at HealthPlex use *Kathleen's Diet Plan* to help you meet your weight goals by implementing an individualized diet plan and tracking your progress regularly.

Raising Your Standard of Living with Body Maintenance!!!

Nutritional Products and Guidance

One of the most popular offerings at the club, during the last several years, has been our nutritional product center. As awareness spreads about health and fitness, more and more of our members are seeking **guidance about what nutritional products they should be taking.**

If you are interested in learning more about nutritional products and supplements, the HealthPlex serves as a credible and reliable source for answers to your questions.

We feature a variety of brands and products ranging from protein powder and meal replacement bars, to vitamins and supplements. If you have any questions about which products are right for you, or how they should be introduced into your regular diet, ask a fitness professional at HealthPlex and they will more than happy to help you.

- **Proper food intake:** Your fitness professional will start your education on what foods are right for you. Additionally, Kathleen's Diet Planner offers food tracking and lists of thousands of foods and their caloric value.
- **Proper aerobic and cardiovascular activity:** Most people seeking weight management solutions know they must get moving, but few know where to begin. How much cardio is enough? How far or how long should I go each day? How strenuous should I make my workouts? All of these questions *could* serve as a barrier in getting your workout started. Your fitness professional will design a program just for you and give you the information you need to be successful.
- **Proper guidance for using supplements and other nutritional products:** The right combination of nutritional products can help you accomplish your goals more quickly and our fitness professional will help you find the products that work for you.
- **Proper resistance training:** Resistance, or strength training, is often the missing component for long-term weight management success. Strength training done correctly, under the guidance of a certified fitness professional, will help you maintain your desired weight more easily. Strength training also allows you to be more successful in life sports such as golf, tennis, or running. It will also enhance certain qualities in your life, such as the ability to be more active and remain more mobile as you age. Your fitness professional will help you find the workout solution right for your body and lifestyle.
- **Professional assistance:** Your fitness professional will give you the appropriate coaching and guidance you need in person and the support you need when you are away from the club. Thousands of people have changed the way they look and feel at Healthplex Fitness Center and you can too!

Group Exercise Classes

Fitness that is fun, challenging, and keeps you motivated!

HealthPlex Fitness Center offers a wide variety of dynamic and exciting group exercise classes, which are all inclusive in your membership. We offer a wide range of classes that vary from high endurance cardio to toning and strengthening classes. Pilates® is offered as well, with its advanced methods of strengthening the core and increasing flexibility. We guarantee you will leave any class feeling strong and energized!

We offer classes as a building block for people who thrive off of group energy and dynamics. Your group instructor will guide you through forty-five minutes to one hour of smooth choreographed movements or exercises that focus your mind while challenging your body.

Group exercise classes are offered every day of the week. Monthly schedules of classes are available at the front desk or online at www.healthplexfitness.com.

Why group exercise can work for you:

- Group exercise offers the motivation of being part of a large, enthusiastic, and sometimes rowdy, class of people who want their **fitness in a class setting**.
- Group exercise allows you to explore both the physical and cognitive aspects of fitness in a **safe and controlled atmosphere** as part of every membership.
- Group exercise can keep your **personal schedule on track** with workouts that meet at regular times and don't run over. Sometimes group exercise takes the feeling of "work" out your routine because the social aspect of the group atmosphere preoccupies you. People commonly say that they "don't have time" to work out, however, this excuse disappears with group classes since you're in and out in an hour, maximum.
- Group exercise offers a routine for those who want to look forward to their favorite classes as well as variety for those who like to **mix it up**, stay fresh, and stay motivated.



Training Assessment

Every Healthplex Fitness member is given a training assessment upon joining, which includes a medical history questionnaire, and a **Functional Movement Screen (FMS)**. The FMS is a ranking and grading system created to document movement patterns that are essential to normal body function.

By screening these patterns, functional limitations and asymmetries are readily identified. Basic movement pattern limitations can reduce the effects of functional training, physical conditioning, and distort proprioception (body awareness). At the heart of the system is the **Functional Movement Screen Score**, which reveals your body's issues and tracks your progress. The scoring system is directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns. Using the FMS score allows our fitness experts to create a foundation for an exceptional training program that is unique to your body and your goals.

Benefits of Utilizing the FMS and Exercise Philosophy:

- Creates a continuous focus on the fundamentals of movement and a baseline to mark progress.
- Reliable and reproducible screen with specific markers for movement problems.
- Improves functional fitness and athletic performance, and helps to reduce the potential for training and sports injuries.
- Can be easily utilized in both the athletic and active fitness populations.
- Identifies physical imbalances, limitations, and weaknesses.
- Improves fundamental movement patterns with simple corrective exercises.
- Helps to individualize training and conditioning programs for specific results.
- Works to identify cause and effect relationships of micro-trauma, as well as chronic injuries, in relation to movement asymmetries and weaknesses.



Meet Our Team



Teresa Burke B.S. Sport & Exercise Science
Fitness Manager

- * World Class Synchronized Swimmer
- * Certified NASM, FMS, Pilates and APEX
- * Weight Loss Specialist
- * Injury Prevention & Rehabilitation

(518)-810-6060 hpxteresa@nycap.rr.com



Michael Trinsey
Manager

- * Sport Performance Trainer
- * Massage Therapist: acupressure/deep tissue massage
- * FMS Certified
- * Specializes in stretching

(267)-884-3920 michael@nycap.rr.com



Matt Nark

- * Marathon Runner
- * NASM & FMS Certified
- * Sport Performance Trainer
- * Injury Prevention & Rehabilitation

(518)-470-8659 hpxmat@nycap.rr.com



Jessica Leach B.S. Sport & Exercise Science

- * Former diver for University of Northern Colorado
- * B.S. Sport & Exercise Science
- * Specializes in sports performance training
- * FMS Specialist

(518)-207-6265 hpxjess@nycap.rr.com



Barb Nieves

- * AFAA, APEX, FMS, and CPR Certified
- * 20+ years of Experience
- * Former Body Builder
- * Weight Loss Specialist

518 605 8812

bnieves@healthplexfitness.com



Stephanie Thiel

- * Runner, former soccer & lacrosse player/coach
- * AFAA and FMS Certified
- * B.S. Biology & Psychology
- * Weight Loss Specialist

518-461-3503

sthiel@healthplexfitness.com



Cindy Pizzuco

- * Certified Therapeutic Recreation Specialist
- * Power Pilates Certified, Tai Chi / Qigong
- * NASM & FMS Certified
- * B.S. Education

518-461-8840

cpizzuco@healthplexfitness.com



Mike Kurkowski

- * NASM, FMS & SS Certified
- * Former baseball player
- * Specializes in sports performance training
- * Weight Loss Specialist

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