



The cold month of February warms our hearts with Valentine's Day. Share the gift of fitness with someone you hold dear – YOURSELF! If you have lost sight of your resolution or never acted, it is not too late!

Let us help you!

Personal Training

Need a little encouragement and someone to give you a push in 2012? Personal training is just what you need! Call or stop by the front desk for more information!

Make it happen!

Just in time for Valentine's Day:
Learn some new moves!

Ladies Night Out

Saturday, February 11th from 6:30 – 8 PM

\$10 members \$15 non members
Tickets available at BFC front desk.

Let your hair down and hang out with the girls for a hip-shaking good time!

GROUP FITNESS

We have lots of new classes to keep you warm this winter!

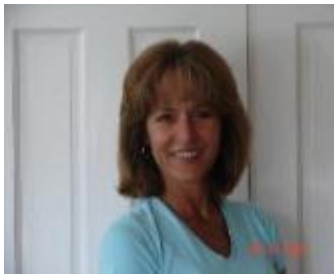
BODYPUMP, BODYSTEP & CYCLE classes are **scorching calories** and changing bodies in the Group Fitness room! Have you tried a class yet?

Want to learn the moves, modifications or improve your form?

(There are modifications for most moves.. don't let a stubborn injury stop you from pumping!)

BODYPUMP Technique Class

On Saturday February 24th at 10:30 AM we will be holding a BODYPUMP Technique Class. We will perfect your form from 10:30 – 11 AM and put it the test followed by a 45 minute BODYPUMP Express class! Registration required. Email: lauren@bridgewaterfitness.com to sign up!



INSTRUCTOR OF THE MONTH!

Goes to.... Drum roll....

****LISA DEBRASE!****

This little lady is made of muscle. She is an awesome instructor who leads classes from Kickboxing to Yoga and now she's joined the BODYPUMP family. Lisa really knows how to pack a punch! Her classes are full of her own enthusiasm for fitness. (She will smile at you the whole time she is making you work - it's a trick to get you to work harder! Look out!)

Lisa is an amazing fitness role model to us all. She takes care of herself with a well-rounded approach to exercise with not only weights and cardio but, she also relieves stress through her Yoga practice. She eats right and stays tight! Way to go Lisa!

Lisa has been working hard toward her BODYPUMP certification – come try one of her classes and give her a high five for being BFC's first honorary Instructor of the Month!

Heart-Healthy Recipe!

www.eatbetteramerica.com



Great chicken and veggie flavors in a Mexican soup. Stretch your chicken farther by serving it up with veggies and flavorful salsa, cilantro and chiles. From *eatbetteramerica*.

Prep Time: 30 min

Start to Finish: 30 min

makes: 6 servings (1 cup each)

- 2 cups cubed cooked chicken
- 1 can (14 oz) Progresso® reduced-sodium chicken broth
- 1 can (11.5 oz) vegetable juice cocktail
- 1 can (15.5 oz) Green Giant® whole kernel corn, drained
- 1 cup Muir Glen® organic salsa (any flavor)
- 1 can (4.5 oz) chopped green chiles
- 1/4 cup chopped fresh cilantro

1. In 3-quart saucepan, mix all ingredients except cilantro. Heat to boiling over medium-high heat. Reduce heat to low; simmer 10 minutes or until thoroughly heated, stirring occasionally. Stir in cilantro
- 2.



Nutritional Information

1 Serving: Calories 190 (Calories from Fat 35); Total Fat 4g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 40mg; Sodium 960mg; Total Carbohydrate 22g (Dietary Fiber 2g, Sugars 6g); Protein 16g **Percent Daily Value*:** Vitamin A 25%; Vitamin C 20%; Calcium 2%; Iron 8% **Exchanges:** 1/2 Starch; 1 Other Carbohydrate; 0 Vegetable; 2 Very Lean Meat; 1/2 Fat **Carbohydrate Choices:** 1 1/2

*Percent Daily Values are based on a 2,000 calorie diet.