

# SRC NEWSLETTER

Skagway Recreation Center (SRC)

Volume 13 Issue 9

September 2019

## SPINPower®

**STRONGER CEC Workshop**  
**FRIDAY-September 27, 2019**  
**2:00PM to 6:00PM**



SPINPower STRONGER highlights the strength foundation principle giving you strategies to turbocharge your Spinning and SPINPower rides. Spinning and SPINPower instructors will learn advanced methods to boost strength needed to pedal with more power, specifically within a cadence range of 60–80 RPM.

The reward is positive fitness responses in the muscular, energy and cardio-respiratory systems. Whether you're looking to lose weight, build lean muscle, or achieve a new level of fitness, using resistance will have the greatest effect on burning calories, driving your pedal stroke to the top of that hill, moving you in and out of the saddle and pushing the boundaries when extra power is needed. Spinner® Chrono bikes are required to host this workshop.

**COST: \$109.00**

## Rockstar Spinning®

**Instructor Certification**  
**SATURDAY-September 28, 2019**  
**9:00AM to 6:00PM**

You don't want to be just any instructor- you want to be one that participants come back to time after time. This comprehensive training includes the practical and theoretical concepts based on the highest quality coaching practices, the latest exercise science information, and progression in the field of indoor cycling. Instructors will first review the scientific and foundational principles of the Spinning program, then learn how to create amazing profiles. This will take instructor to the next step in joining and elite group of the most highly trained fitness professions in the world and enable them to lead life changing spinning rides for students, athletes and enthusiasts everywhere

Includes:

- Manual
- Digital Preparatory Study Guide
- Online Certification Assessment
- Certificate of Attendance
- Certificate of Completion
- 9 hours of hands on training.



**COST: \$355.00**

## Let's Jump!

**CEC Workshop**  
**SUNDAY-September 29, 2019**  
**8:00 AM to 10:00AM**

**NEW Let's Jump!** This workshop explores and defines the various Jumps techniques in the Spinning program. Technique discussions center on higher cadence Jumps along the flat roads and strongly-loaded Jumps in the hills. Other key performance areas covered in this workshop include: counting, rhythm stroke strategies and resistance loading.

**COST: \$60.00**

## Music, Movement, Motivation

**CEC Workshop**  
**SUNDAY-September 29, 2019**  
**10:30AM to 12:30PM**

**Music, Movement, Motivation** Music is a powerful class element you can use to enhance the rider's experience — make your class more than just another ride. Learn to correlate music and rhythm with movement to elicit an emotional response. Remember — Certified Spinning® Instructors, you can check out a new Spinning playlist posted weekly!

**COST: \$60.00**



**MUST REGISTER ONLINE**

<https://spinning.com/training/>

Space is limited so please  
be sure to register early!

# Detox Dieting

## Tips for Whole Body Cleansing

A detox diet is not only a quick and simple way to reset physically and mentally, but also the perfect way to end the summer season in Skagway. Doing a detox diet involves eating clean for a certain period, removing items from your diet that commonly trigger reactions, and slowly reintroducing foods afterward. It's a great opportunity to lose some weight, establish better eating habits, or identify a food allergy or sensitivity that may be making you feel less than 100%. Below are some safe, easy, and effective tips for simple 5 day detox diet, but you can go longer if you want!

1. **Clean your cupboards and refrigerator of tempting foods you want to cut out. If you don't want to toss everything, at least move tempting out of sight.**
2. **Buy all the fruits, veggies, and condiments for your meal plan.**
3. **Prepare your food for the next 5 days. Clean and chop veggies and fruit for handy snacking and quick meal preparation. Make one large pot of detox soup.**
4. **Start on a non-work day so that you have time to shop and prepare food as well as some downtime to adjust.**

Below is a simple plan to follow that will leave you feeling focused and ready for autumn!

### Breakfast

Choose ONE of the following Fruit- you can have as much as you want.

**Apples, Pears, Watermelon, Grapefruit, Plums, Kiwi, Berries, Oranges, Melon.**

### Lunch

Choose ONE of the following meals- you can have as much as you want.

Organic green juice made with celery, cucumber, kale, and apple.

Detox Soup\*

Vegetable Stir Fry\*\*

### Snack

1 Avocado w. Himalayan Sea Salt

### Dinner

Choose ONE of the following meals- you can have as much as you want.

\*Detox Soup

\*\*Vegetable Stir Fry

### \*Detox Soup

3-4 Boxes Organic Vegetable Broth

10 cloves garlic chopped

6 cups Kale or Spinach chopped

6 cups Green Cabbage chopped

4 cups Broccoli Florets

2 cups Golden Beets chopped

1 cup onion chopped

1 cup carrots chopped

1 cup celery chopped

Mix ingredients and simmer until tender. Flavor with organic spices.

### \*\*Vegetable Stir Fry

Spray wok or frying pan with coconut oil. Add the flowing and "stir fry" until tender:

5 cloves garlic minced

.5 cup onion chopped

.5 cup carrots chopped

.5 cup celery chopped

Add the following into the stif fry with ¼ cup of water and cover until vegetables are tender- continue stirring so they won't stick or burn.

1 cup Broccoli Florets

1 cup Zucchini Chunks

1 cup Cauliflower Florets

1 cup Red Bell Pepper Julienned

If you are going to reintroduce meat, dairy and gluten do it gradually over a few days and one at a time to see how your body reacts!

## The Skagway Recreation Center

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