



## Welcome Back!

It's sad to see summer go but there are some things to look forward to such as; the beginning of a new school year, Thanksgiving holidays and, of course, a new start on your exercise program to get you back in shape!

We are celebrating our 10th year at Avenue Road and Fairlawn with a new and exciting session with some great new classes added to our signature classes. We look forward to another ten years of building strong women with you.



## What's New?

**Coming Soon:** Complete Personal Care Program - Coming up in October, a special new program that will focus on all aspects of your health, fitness and nutrition to create a program that will help you achieve ultimate results.

## Buff Girl Body Workout Series

Whether your teenage daughter is training for a sports team in school or just trying to stay active, Vital Steps has a program to keep fitness fun. The new Vital Steps Buff Girl Body Workout Series will give your teen some variety in her workout program every Monday through Thursday from 4:30 – 5:30 pm. The class will vary daily and include Boot Camp, Yoga-lates, Circuit workouts, and Hip Hop! Bring your daughter in during our Open house week (beginning Monday, September 10) to try out the brand new Buff Girl Body Workout program.

This awesome program will cost only \$300 for 2 classes per week or \$550 for unlimited Buff Girl classes from September to December (that's over 45 classes!). \*Please email Vital Steps for information on the Children's Tax Credit at joann@vitalsteps.com.

## Special Open House Offer

• If you refer a friend to the Open House and you both purchase a class package, you will each receive a special complimentary gift!

### Please note:

- Advanced registration is required for the trial classes.
- There is a maximum of 3 trial classes per person.
- Please carry your indoor exercise shoes to class and change upon arrival.
- Call if you need to cancel (so those on the waiting lists can be notified). 416-785-8828



**Fall Open House**  
To start off our new session, we will be offering complimentary classes during the week of Sept. 10 to 15 for those interested in learning more about what Vital Steps has to offer.  
**Invite your friends!**

**Nutrition and Wellness Seminar**  
Attend a special seminar called 'Eating Organic – Connecting to Real Foods' on Saturday, September 15 at 10:30am. Have you ever considered switching to organic foods? Wonder what that involves? Where to buy, what to buy, and the benefits? Then this is a nutrition workshop you won't want to miss. Come and learn what organics are really all about, the benefits of real, whole, local foods, how to determine what is really organic and more. This fun organic food demonstration and sampling will cost only \$20. *Please register early as seating is limited.*



## FALL OPEN HOUSE SCHEDULE September 10-15, 2007

### MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

6:30-7:30 a.m. <b>SUPER CIRCUIT</b>			6:30-7:30 a.m. <b>SUPER CIRCUIT</b>		
9:10-9:30 a.m. <b>AWESOME☐ ABS</b>		9:10-9:30 a.m. <b>AWESOME☐ ABS</b>		9:10-9:30 a.m. <b>AWESOME☐ ABS</b>	
9:30-10:30 a.m. <b>CARDIO SCULPT</b>	9:30-10:30 a.m. <b>CORE PILATES☐</b>	9:30-10:30 a.m. <b>CARDIO SCULPT</b>	9:30-10:30 a.m. <b>CORE PILATES</b>	9:30-10:30 a.m. <b>CARDIO SCULPT</b>	9:30-10:30 a.m. <b>ORGANIC STRETCH</b>
	10:30-11:30 a.m. <b>TAI CHI</b>		10:30-11:30 a.m. <b>HATHA YOGA PLUS</b>		10:30-11:30 a.m. <b>EATING ORGANICS CONNECTING TO REAL FOODS</b> Sampling & Seminar Fee: \$20
1:15-2:15 p.m. <b>FAT BURNER</b>					



4:30-5:30 p.m. <b>BUFF GIRL BOOT CAMP</b>	4:30-5:30 p.m. <b>BUFF GIRL YOGA-LATES</b>	4:30-5:30 p.m. <b>BUFF GIRL CIRCUIT</b>	4:30-5:30 p.m. <b>BUFF GIRL HIP-HOP</b>		
6:30-7:30 p.m. <b>BOOT CAMP</b>		6:30-7:30 p.m. <b>SUPER☐ CIRCUIT</b>	6:30-7:30 p.m. <b>BELLY DANCING</b>	5:30-6:30 p.m. <b>SUPER☐ CIRCUIT</b>	
7:30-8:30 p.m. <b>RELAXING HATHA YOGA</b>	7:30-8:30 p.m. <b>FAT BURNER</b>	7:30-8:30 p.m. <b>HATHA YOGA PLUS</b>	7:30-8:30 p.m. <b>FAT BURNER</b>		
		8:30-9:30 p.m. <b>YOGA/PILATES FUSION</b>			





## CLASS PACKAGE PRICING SEPTEMBER 2007 - JANUARY 2008

Session begins Monday, September 10, 2007 and all class packages expire Saturday, January 12, 2008

Class	Day	12 classes	15 classes	30+ classes
Super Circuit	M,W,Th, F	-	428.00	735.00
Awesome Body Series	M,W,F	-	154.00	288.00
Cardio Sculpt	M,W,F	-	247.00	433.00
Fat Burner	M,Tu,Th	-	254.00	464.00
Core Pilates	Tu,Th	-	254.00	464.00
Hatha Yoga Plus	W,Th	-	254.00	464.00
Yoga/Pilates Fusion	W	-	274.00	-
Organic Stretch	Sa	248.00	278.00	-
Buff Girl	M	-	214.00	-
Tai Chi	Tu	229.00	265.00	-
Boot Camp	M	229.00	245.00 *Price for 14 classes	
Relaxing Hatha Yoga	M	-	237.00 *Price for 14 classes	
Belly Dancing	Th	210.00 *Price for 8 classes		
Unlimited Access	Any			970.00

## Buff Girl Body Workout Series Pricing September – December 2007

Session begins Monday, September 17, 2007 and all class packages expire Friday, December 14, 2007.

Teen Classes	Day	# of classes	Price
Buff Girl Full Workout Series	Any	45+	550
Buff Girl Half Workout Series	Select 2	20+	300
Buff Girl Boot Camp	M	11	202
Buff Girl Yoga-lates	Tu	12	220
Buff Girl Circuit	W	12	220
Buff Girl Hip Hop	Th	11	202

\* Prices do not include GST and schedule is subject to change without notice



## To Your Health

### Be Aware of Autumn Allergies

Allergy symptoms are often confused with colds so many sufferers don't consult with a doctor about managing their allergies. Allergic reactions are often mild but some, such as asthma, could be life threatening. The common milder symptoms can include a runny nose, itchy eyes, sneezing, wheezing, a sore/itchy throat, nasal congestion, and coughing. Skin irritations and breathing problems can also develop. Over time, even mild symptoms can cause fatigue, insomnia and problems with concentration and work performance. They can also increase the risk of ear infections and sinusitis.

To help prevent allergies or make them less severe, it's useful to get a test to determine exactly what you're allergic to and take steps to avoid contact with it as much as possible. Late summer and early fall bring on triggers for allergic reactions. Outdoor molds become plentiful in the fall in gutters, soil, and vegetation, rotting wood and fallen leaves. You can reduce your exposure to autumn allergens lots of ways

- \* Avoid being outdoors in the morning hours between 5:00 and 10:00 a.m. when pollen dispersal is peaking
- \* Avoid areas where ragweed grows
- \* Shower and wash hair immediately after coming in from outside activities and especially before going to bed
- \* Wash your bedding regularly
- \* Keep the windows of your home and car closed.

## Healthy Eating

### Low-Cal Zesty 30 Minute Bean Soup Recipe

#### Serves 6

- 1 tablespoon olive oil
- 3 cups water
- 6 ounces sausage cut in a small dice
- 1 (15 ounce) can great northern beans drained and rinsed
- 1 medium onion, diced
- 3 cups chicken broth
- 1 (15 ounce) can red kidney beans, drained and rinsed
- 1 (14 1/2 ounce) can diced tomatoes
- 1 large potato, scrubbed and diced
- 1 large carrot, thinly sliced
- 1/2 teaspoon dried oregano
- 1/4 teaspoon red pepper flakes (optional)
- 1. Heat oil in a large pot over high heat. Add the sausage and onion and cook for 3 minutes, stirring often.
- 2. Add chicken broth, water, both types of beans, tomatoes (with juice), potato, carrot and oregano (plus red pepper if using).
- 3. Cover and bring to a boil. Remove cover and simmer for 10 minutes or until potatoes and carrots are tender.

## Happy Fall season!