



Fitness Training & Sports Conditioning

616 Jackson Ave
Charleston, IL 61920
(815) 600-3129

The Body Club News

SUMMER 2016

New Trainer, Jake Plant

Jake is an independent trainer working out of The Body Club. Born and raised in Birmingham, England, Jake moved to the United States at the age of 19 to pursue a collegiate soccer career and a college education. After two years of junior college in Mason City, Iowa, he transferred to Eastern Illinois University to finish his collegiate soccer playing career and earn a Bachelor's and Master's degree in Exercise Science. While at EIU, Jake completed his undergraduate and graduate internship at The Body Club starting in the summer of 2014 and finishing in the spring of 2016.



Jake is a certified personal trainer through the National Strength and Conditioning Association and works with a diverse clientele including individuals and athletes to improve their fitness and sports performance goals. He is currently studying to become a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association and continues to work with the EIU Men's



Soccer team as an assistant coach. Jake specializes in soccer performance training where he helps younger soccer players develop speed, power, agility and movement skills to enhance their technical soccer skills. Jake can be contacted at

jeplant@eiu.edu



TUESDAYS AT 7 P.M.

Being Well Interview

You've been told to get more exercise but have questions about what type, length, number of days per week and a whole lot more. James Di Naso, a personal trainer and strength and conditioning coach, will answer all of those questions and more so you can gain the most health benefits from your exercise program.

Check it out at the link below

<https://www.youtube.com/watch?v=uncE6RmhaQo>

New Equipment Updated

The Body Club has recently invested in some new equipment, the York International Men's Needle-bearing Olympic Training Bar. This is an excellent bar for the Olympic Lifts and variations

which are used in our sports performance programs with our athletes. We have also purchased RMT Clubs in 2, 4 and 8lb increments. The RMT club is designed to improve functional strength, rotational power, mobility,

coordination, core strength and conditioning and balance. These clubs are great for our fitness clients trying to develop functional strength and for athletes developing coordination and balance.



Improve your kid's Athletic performance with Sports Performance Training

- Athletes will develop the fundamentals including...
- Flexibility
 - Speed
 - Power
 - Agility
 - Strength
 - Movement skills

Located on the Charleston Town Square

Sports Performance Training

Move from 2nd or 3rd string to that starting position

Monday, Wednesday, Friday
4:00-5:30 P.M.



All ages & all sports!



Fitness Training & Sports Conditioning

Featured Athlete

Brooke Tozer

Local soccer player, Brooke Tozer has the honor of being our featured athlete. From Charleston, Brooke played soccer for the Charleston Trojans her freshman year in 2012 through graduation this last May. During her sophomore year in 2013, she decided she wanted to work on her physical strength as well as develop quickness and balance which is what brought her to The Body Club. After a successful high school career, Brooke will be attending Parkland College in Champaign, IL. while continuing to play soccer. Last year, Parkland's women's soccer team won their conference with a perfect 6-0 record on their way to a 15-3-1 season. In 2015, Parkland ranked #9 in the nation for NJCAA D-1 women's soccer.

After two years at Parkland, Brooke would like to continue her soccer career by transferring to a university. We have enjoyed watching Brooke develop as an athlete and wish her the best in her future success.



Summer Special!

The Body Club is offering a special deal this summer for our TRX Suspension Training classes. Purchase an 11-class punch card valued at \$100 for only \$50! Take advantage of this great opportunity to improve your health and fitness, reduce body fat, improve muscle tone, develop strength and endurance.

Limited space available so CALL NOW

(815) 600-3129 to reserve your spot. Special ends July 31st!

Class times:

Tuesday/Thursday 5:00-6:00 p.m.

Saturday 8:30-9:30 a.m.

TRX Suspension Training

What is it?

TRX Suspension Training is a revolutionary method of leveraged body-weight exercise perfect for all fitness levels and goals.



Contact Info:
815-600-3129
618 Jackson Ave.
Charleston, IL 61920
bodyclub@consolidated.net
thebodyclubonline.com

Class Times:
Tuesdays- 5 PM
Thursdays- 5 PM
Saturdays- 8:30 AM

The Body Club

Print out and bring in this card for a free TRX training session!

Featured Fitness Client

Amanda Myers

Originally from Michigan, Amanda moved to Charleston about 5 years ago to be with her husband who was studying at Eastern Illinois University. While her husband was attending Eastern Illinois, Amanda was building up her career as a massage therapist. Once her husband graduated, they had considered moving, but luckily for the community she stayed due to the success she was having in her career. She is currently a massage therapist and esthetician who specializes in medical massage therapy working alongside chiropractor Dr. Brandon Combs at Park Hills Spa in Charleston, IL. She works with clients that have specific issues or pain which she relieves through massage therapy.

Amanda has been training at The Body Club since June 2014. Needing to fit into her wedding dress, she got the idea of training at The Body Club while massaging a trainer who worked there. After her wedding, Amanda continued to train at The Body Club and has been here since. Throughout her training she has built a relationship with Jen and James and they have worked together on many of the same clients to help them with their health and fitness.



Healthy Summer Recipe

Grilled Turkey Burgers with California Avocado and Caramelized Onions

Ingredients:

- 2 Ripe Fresh California Avocados, peeled, seeded, and cut into ½ inch dice
- 3 Tbsp. extra virgin olive oil
- 3 Tbsp. freshly squeezed lime juice
- 2 Tbsp. chopped fresh oregano
- Salt, to taste (as needed)
- Freshly ground black pepper, to taste (as needed)
- 2 Tbsp. unsalted butter
- 1 large red onion, diced
- Salt, to taste (as needed)
- ¼ cup white vinegar
- 1 Tbsp. crackled black pepper
- 1 lb. ground turkey (dark meat, if available)
- 2 Tbsp. extra virgin olive oil
- 4 brioche hamburger buns, split and grilled or toasted
- 4 slices sharp white cheddar cheese
- 1 Roma tomato, cored and cut into ¼ inch dice



Instructions:

1. In a medium-mixing bowl, combine avocados with olive oil, lime juice, oregano, and salt and pepper, to taste. Divide mixture, reserving half to add to the ground turkey and half to use as a topping on the cooked burgers
2. Melt butter in a medium skillet over low heat. Cook onions with salt to taste, stirring and shaking pan frequently, until onions are golden brown, about 15 minutes. Pour in vinegar, turn heat up to high, and reduce by half. Remove from heat and stir in cracked pepper. Cool to room temperature.
3. Add turkey, caramelized onions, and olive oil to a large mixing bowl and combine thoroughly. Using hands, gently mix in half the avocados and form turkey mixture into 4 burger patties.
4. Preheat grill, broiler or sauté pan over medium-high heat. Season the turkey burger patties with salt and cook until lightly browned on bottom, about 3 to 4 minutes. Turn burgers and top with cheese slices. Continue cooking until turkey is just cooked through and cheese is melted.
5. Arrange buns, grilled or toasted side up, on plates. Place burgers on bottom halves of buns. Stir tomato into second half or reserved avocados and spoon mixture onto top halves of buns. Serve immediately

*Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger avocados adjust the quantity accordingly.

This recipe is from the website californiaavocados.com and was written by Mary Sue Milliken.

Give the gift that keeps on giving!



**Personal Training and Sport Performance
gift certificates available!**



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Phone: (815) 600-3129
Website: www.thebodyclubonline.com
Facebook: www.facebook.com/bodyclub



James Di Naso
*Sports Performance Coach
Personal Trainer
Group Fitness Instructor*

**Feel FREE to forward this newsletter
to anyone who may be interested or
could benefit from it!**



Jennifer Carter
*Sports Performance Coach
Personal Trainer
Group Fitness Instructor*



Jessica Johnson
Personal Trainer



Jake Plant
*Personal Trainer
Sports Performance Coach*



Becky Walden
Yoga Instructor