



The Water's Edge

May 2010
Newsletter
Volume 1, Issue 1

We have new Management!

Please welcome our new Fitness Director, Diane Temple-Seger.

Diane comes to us with over 24 years experience in the health and fitness arena. She holds numerous certifications and is here to help make your member experience enjoyable!

Land Classes are now included in your membership!

Check out our new Fitness Schedule – Land Classes are all inclusive!

As of May 1st, you may take all Land Classes at no additional fee. Want to dance the Salsa? Try Zumba. Looking for some strength training? Try our Sculpt & Tone! Seeking something a little more low key? Then Yoga may be for you. Or better yet, try them all!

NEW HOURS:

Monday – Friday
5:30am – 8:00pm

Saturday
7:00am – 2:00pm

Effective May 1, 2010

This Month at a Glance:

- Tidewater Physical Therapy Joins Us!
- New Management
- New Hours
- Yoga Corner
- New Land Classes
- Free Personal Training Consultations
- Member of the Month

Come on in the water's just right!

I'd like to describe our Water Aerobics class to everyone. Some compare it to BOOT CAMP but I doubt my old Marine drill instructor would think so! This class is designed for full body work and focuses on developing muscles for everyday living.

What we do is a mix of cardio-vascular exercises and strength exercises. The team first does about 15 minutes of a combination of warm up and shallow water work. We then move to the deep water (where participants have the option to wear float belts) and using dumbbells, we perform various conditioning and strength exercises for approximately 30-35 minutes. Then we head back to the shallow end for strength work.

Come join us for a great water adventure! OOORAH!!

- Joe Allegretti



Want to Get Better Results From Your Workout?

Try Personal Training with one of our certified trainers.

See Tina, Steve, Jimmy or Diane to set up your FREE consultation today!

Tidewater Physical Therapy coming May 1st!

We are very happy to announce that Tidewater Physical Therapy and Rehabilitation Associates will be the Physical Therapy provider at *The Water's Edge Facilities*. Tidewater, a name familiar to many area residents, has provided quality physical therapy for Kent Island families as well as families all over the Eastern Shore of Maryland and Delaware for over 25 years.

Tidewater Physical Therapy is widely recognized for their extensive experience and dedication to providing quality comprehensive therapy in a comfortable and supportive environment. They will provide patients with an array of therapies including general orthopedic, sports related, pre and post surgical, treatment for chronic pain, stroke, neurological disorders, low back and neck pain, EMG and FCE testing as well as the aquatic therapies that have become a standard for The Waters Edge.

Tidewater Physical Therapy and Rehabilitation Associates, is a Medicare Certified Rehabilitation Agency. This means that Tidewater's professionals and their facilities must meet stringent guidelines and commit to annual inspections as set forth by Medicare. There is a great amount of pride that accompanies being part of the 1% of all out-patient therapy practices that are Medicare Certified Rehabilitation Agencies. If you are in need of Physical Therapy, or a doctor has referred you for therapeutic care please contact Tidewater Physical Therapy by calling 410-643-7515.

We would like to welcome Tidewater Physical Therapy their professionals and staff to the Water's Edge Facilities and wish them the very best in their new location. Please stop by and say hello to our new friends from Tidewater Physical Therapy.

Yoga Corner

Yoga has been around for thousands of years. Yoga is an exercise for the mind-body and spirit. It is a discipline that when practiced on a regular basis can bring:

Health, Harmony, Peace, Unity of the mind & body, Joy, and Relaxation

Yoga classes include postures, breathing techniques and quiet time (meditation). It is a way for our mind and body to slow down and connect. It's a time to restore and renew. Yoga is a way of thinking, a way of doing and being.

Benefits of Yoga practice:

Strengthens Muscles, Improves flexibility, Increases endurance, Quiets the mind, Improves stress management skills, Overall relaxation, and connects the mind & body

Try a yoga class today!
Classes provided by Yoga East
www.yogaeast.biz

"If you don't take care of your body, where will you live?"

- Chinese proverb

From The Desk of Beth Lacey – Owner

I am so pleased with all of the positive changes occurring here at TWE!

We welcome Tidewater Physical Therapy as well as our new Director, Diane.

My hopes are that with these changes, you – the member, will have an enjoyable and memorable experience with every visit to The Water's Edge.

- Beth

May's Member of the Month – Brad Kram

Congratulations to Brad Kram! As our Member of the Month, Brad has his own personal parking place right out front for the month, as well as a free massage!

Brad has been a member of TWE for over 3 years. He works out a minimum of 3 times a week. Originally, he joined for the pool but he's now found his passion is weight lifting. He's been a personal training client of Tina's and says since being a member, he has lost weight and put on muscle mass.

You can often find Brad on the NuStep in the fitness room doing his cardiovascular workout. Great job, Brad! We're pleased that you are part of TWE family!