



Defined Fitness to Host Snow Sports Conditioning Sessions to Help Skiers and Snowboarders Prepare for the Winter Season

Classes Targeted to Improve Strength, Balance and Flexibility, and Prevent Snow Sport Injuries

For Immediate Release

Date: November 2, 2007

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ALBUQUERQUE, N.M.—As the weather in New Mexico turns colder, residents know that ski and snowboard season will be here soon. To help New Mexican's get in shape for snow sports to prevent injuries, **Defined Fitness** will host a series of four snow sport conditioning sessions for teens and adults on **Thursday November 8, 15, 29 and December 6**.

Each hour-long conditioning session will feature upper and lower body exercises tailored to key muscle groups used in skiing and snowboarding, with the overall goal of building balance, flexibility and strength to prevent injuries. The sessions will be taught by certified group fitness instructor Beverly Richardson, and each individual session will be inclusive, so it is not required for participants to attend all four sessions. However, it is recommended that participants attend multiple sessions to get the full benefit of conditioning.

The snow sports conditioning sessions will be held at the Defined Fitness San Mateo location at 4930 McLeod NE, and are free for Defined Fitness members or \$8 per session for non-members. Sessions will begin at 5:40 p.m., and space is limited so participants are encouraged to arrive early. Sign-up sheets will be available 30 minutes before the class begins. Participants must be at least 15 years old.

In addition, Defined Fitness is teaming up with NM Xtreme Sports for a series of four special snow sports conditioning sessions tailored for pre-teens ages 12-14 years old. The



sessions will be taught by certified personal trainer Kaye Eldridge, and will be held at the Defined Fitness San Mateo location on **Wednesday November 7, 14, 21 and 28** from 3 – 4 p.m. Similar to the adult sessions, the conditioning sessions for pre-teens will also feature cardio and interval exercises to help prevent injuries by building balance, flexibility and strength for snow sports. The sessions for pre-teens are free of charge and registration can be completed through NM Xtreme Sports at (505) 296-2738.

“Participating in the snow sport conditioning sessions will help you prepare and train for the upcoming ski season,” said Dave Rochau, former competitive ski racer, and Jim Lezeau, Personal Training Director at Defined Fitness. “Most injuries in snow sports occur in the knees, shoulders and back. Overall there is a 40 percent less chance of injury in all sports if you are trained and conditioned, so we encourage people to join in these classes to have a safe and fun ski season.”

For more information about the Snow Sports Conditioning sessions, contact Pattie Poindexter at Defined Fitness at (505) 888-7097 or visit www.defined.com.

Defined Fitness is New Mexico's premier workout facility with four great locations in Albuquerque and Rio Rancho, offering state-of-the art equipment, group fitness, personal training, nutrition, tanning, day care and more. Defined Fitness, celebrating its 20th anniversary in the Albuquerque community in 2008, is the city's original "no contract" health club. For more information, visit www.defined.com. Defined Fitness, where every BODY wins.

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