

Gym Shorts

Jasmine Castonguay will be traveling to the Women's Fitness Center and Spa in Brunswick May 18—20 to receive training for BODYCOMBAT. Jasmine is already a certified instructor in BODYFLOW and Silver Sneakers, and is working on her certification in BODYSTEP.

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Congratulations to the six newest BODYPUMP instructors who have completed their training and earned their certification. They include **Jim Flagg, Jake Letendre, Ken Parker, Alice Preble, Andrea Richards, and Betty Wilson**. All have successfully achieved official BODYPUMP Instructor status.

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It's not too late to sign up to participate in the **March of Dimes** fundraiser on May 6th. Check at the front desk for details. You'll have a great time for a great cause!

Ask the Instructor

This month: Leslie Bull



Q: *How many calories do you think are burned during a BODYPUMP workout? I know it fluctuates depending on the weight of the person etc...but, is there a guesstimate? - Amy, a*k*a RedSoxBatGirl*

A: That's a hard question, because there are so many factors involved. The more weight you are lifting, the more intensely you are lifting, the harder the tracks, etc. — these all determine maximum calorie burn. That's one of the reasons I encourage people to lift as much as they possibly can without compromising proper form and technique.

If you work with the heaviest weights you are *capable* of lifting and work at *maximum* intensity, Les Mills claims a potential 600 calorie burn. Lifting lower weights at a lower intensity still burns calories, but *significantly* fewer. (Think of the difference in energy output between a casual stroll and jogging.)

Remember that the benefits of BODY-PUMP aren't merely tied into calorie burn, but in creating and maintaining lean muscle all over the body, which is something you can't easily do without some sort of weight training program. Lean muscle requires more calories to maintain, helping you to burn more calories on a daily basis even when you're not in class!

--Leslie Bull



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