

RECIPE FOR THE MONTH

Spinach and Smoked Mozzarella Pizza

2 cups chopped baby spinach
2 Tbsp extra-virgin olive oil
4 garlic cloves thinly sliced
1/4 tsp crushed red pepper
1/4 tsp kosher salt
1 cup shredded smoked mozzarella
1 12-inch Boboli thin-crust pizza shell
Bake at 450 for 10-12 minutes



Nutritional info: 368 calories, 18g protein, 43g carbs, 14g fat(3.5g sat fat) 2g fiber

SPECIALTY CLASS –

RESISTANCE BANDS CLASS

*Begin to build a strong body with our Resistance Bands Class on
Wednesdays at 9:30a*



FROM the EDITOR –Are you contemplating the year ahead? This time is also well suited for reflection – a great opportunity to glance backwards, peer forward and most importantly delve inward. These are suggestions by Kerry Brett, Editor of Club Business International (fitness industry periodical). The New Year sparks unique thoughts but take pride in your past years' accomplishments and embark on this new year with enthusiasm, confidence and well-founded hope!

Diane Anderson