

CALENDAR OF EVENTS

'Power Pump' Master Class ~ Saturday, May 2, 2009 ~ 9 a.m. – 10 a.m.
This fat-busting, muscle-building class will kick off our new 'Power Pump' group exercise classes. Be sure to pick up a new May fitness schedule for these class times and more!

Mother's Day Specials ~ Monday-Saturday, May 4-9, 2009
Bring Mom in for complimentary demonstrations of Spa Services offered in The Ranch Lobby. Enjoy chair massages, make-up application and tips and hair technique demonstrations provided by our superb staff. And be sure to ask the front desk professionals about special Mother's Day Packages!

Special Master Class Featuring VIP Fitness Presenter ~ Monday, May 18, 2009 ~ 9:15 a.m. – 10:15 a.m.
Don't miss special guest instructor Deborah Puskarich for a Gymstick Master Class and discover the industry's latest in fitness equipment under the instruction of this master trainer!

Kayak Adventure ~ Friday, June 12, 2009 ~ 10:00 a.m. – 3 p.m.
The response was great for this outdoor adventure. Sign up at the front desk to participate in this trip down the Rainbow River. Larry Menery will be your guide. The fee is \$43 single and \$56 double which includes entry into the county park. Non-members are invited to join in the fun! Please RSVP as soon as possible. (Please note: time frame includes travel time, orientation and preparation for the trip.)

Father's Day Pampering ~ Wednesday-Saturday, June 17-20, 2009
Book a Spa Service for Dad from June 17th through the 20th and receive 20% off when you mention this offer! Also, Dad will enjoy free use of the Fitness Facility on these dedicated days. Ask about special Men's Services at the front desk.

Drum C.O.R.E. Workout ~ Friday, June 26, 2009 ~ 10:30 a.m. – 11:30 a.m.
This is a Cardio Outrageous Rhythmic Explosion that transforms ordinary stability balls into a dynamic drumming class! An original workout like you have never experienced before, don't miss this percussive masterpiece of movement!

EMPLOYEE SPOTLIGHT

Heidi Garrett ~ Licensed Massage Therapist

Healing and inspiring others towards wellness and happiness is my passion! When asked why I became a massage therapist, my reply is simply "Divine Inspiration".

While living in Tucson, Arizona for 5 years I studied various aspects of healing such as herbal medicine, crystal therapy, aromatherapy, ear candling and meditation. Upon returning to Florida I was certified as a Reiki healer and master from an English Reiki master. Through meditation and divine guidance, I chose to return to school for a degree in massage therapy. I attended Everest University in Tampa, where I studied a myriad of massage modalities. Currently, I am a member of the massage therapy program advisory committee at the university.

Continuing education after graduation included sports massage. I am a member of the Florida State Massage Therapy Association. I am thrilled to be part of The Ranch Fitness Center & Spa and I look forward to the opportunity to continue to learn and grow as I provide healing and relaxation to our guests and members.



352.861.8180

8385 SW 80th Street • Ocala, FL 34481
www.TheRanchFitnessSpa.com

THE RANCH REVIEW

May / June 2009



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Theresa Mauro
Facility Director

Jim Martin
Membership & Events Manager

Cammy Dennis
Director of Fitness Programming

Felicia Blair
Spa Manager

I would like to introduce some of our dedicated staff who work behind the scenes to make every visit memorable. Darlene, Front Desk Supervisor, always greets you with a smile providing personalized attention and first class service. Lorri, Spa Coordinator, works to ensure that your spa experience will be a relaxing and memorable one. Spa Manager, Felicia, is continuously adding variety to spa and salon treatments. Ashley, our new Hairstylist, has put a new spin on hair services at The Ranch, making every visit a very special one. Trish, Spa Attendant Lead, sees to the finest details for your spa experience. The entire fitness team provides their expertise on the fitness equipment and classes to everyone. Membership & Events Manager, Jim, works closely with our members in order to keep events exciting for you!

Please join us in welcoming our two new Licensed Massage Therapists, Heidi and Katelyn. Maintaining that "mind & body" balance is very important. I encourage everyone to continue with your commitment to staying fit and also taking time for yourself.

Remember Mother's Day and Father's Day; Ranch Gift Cards make a special gift that they will appreciate receiving. Also, stop by the Spa Boutique and check out the latest in the wonderful spa products that we carry. See our expanded line of Eminence Skin & Body Care, Tea Forte's New Iced Teas, which are naturally infused, and Bissingers Spa Chocolates. All are delicious!

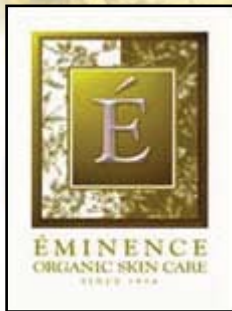
On behalf of the Ranch Fitness Center & Spa Team; we look forward to seeing you soon! Stay well.

Best Regards,
Theresa Mauro, Facility Director



SPA HAPPENINGS

ÉMINENCE Sun Defense



Summer is almost here and with it comes many outdoor recreational activities, such as golf, swimming and tennis. Now is the time to pay close attention to skin care. The skin is the largest organ of the body; you want to protect it. Éminence Sun Defense, SPF 30, an organic mineral water proof sun block, will provide the maximum protection under extreme circumstances. The natural mineral powder comes in an easy-to-use brush benefitting people of all ages and especially with those sensitive to sun block lotions. Come in for a complimentary application by one of our estheticians who will further educate you on the benefits of this unique sun block line.

DARE TO BARE!

Get your beach and pool body ready for the upcoming summer months. Our skin friendly, low temperature wax will leave your skin silky smooth and with the results that you are looking to achieve!

Waxing Special: Mention you saw this offer here to receive 10% off Full Leg and Bikini waxing services. Make your appointment today! Offer expires 5/31/09.

Gifts For Mother's Day & Father's Day

Mother's Day and Father's Day are quickly approaching. Make them feel very special with a Gift Card from The Ranch. Choose from our many different spa packages; our Front Desk professionals would be pleased to assist you.



Sexy Sandal Toes!

Highlighting the new OPI South Beach Collection!

Show off your tootsies with our new color collection by OPI. Our Signature Pedicure will leave your feet smooth and your toes eye catching. We look forward to pampering your feet!



Sun Rejuvenation Special!

Includes:

- 60 Minute Éminence Sun Repair Stone Crop Facial
- 50 Minute Éminence Stone Crop Body Wrap

Succulent and nourishing, this treatment is just what your skin needs to look refreshed.

Providing hydration and healing properties it will quench your skin, especially after sun exposure. Only \$135 (tax and gratuities additional).

FITNESS HAPPENINGS

'Power Pump' Master Class

Saturday, May 2nd • 9am



'Power Pump' is at The Ranch!

Don't miss out on this new group exercise program that will have you burning fat and building muscle. This class has taken the fitness industry by storm! This is a serious strength training class that gets serious results.

These exciting new 'Power Pump' classes use a barbell and weight plates to strengthen your entire body. This 60-minute workout challenges all your major muscle groups by incorporating weight-room principles of reps – sets – and loads. The class will include exercises like squats, presses, lifts and curls. You select the weight that is right for you; the workout is personal to your goals and suitable for everyone. Get the results you came for – and fast! Reasons you won't want to miss out on 'Power Pump':

- Burn fat!
- Improve strength!
- Build muscle!
- Improve bone density!
- Personal achievement!



FITNESS CORNER

Please be sure to pick up a copy of the new Group Fitness Schedule that will be effective May 1st. We have added several new classes including our exciting new 'Power Pump' program. Please welcome the new instructors joining our outstanding team of fitness professionals!

'Gymstick' Master Class

Monday, May 18th • 9:15 am



World Famous Presenter Comes To The Ranch!

Check out another exciting event in May! We are very fortunate to host a visiting star of the fitness industry who will share her talent with you at The Ranch. Deborah Puskarich is an international fitness presenter; she is the star of many fitness videos and is the Group Exercise Director for the Cooper Institute at Craig Ranch in McKinney, Texas. You won't want to miss this special opportunity to join Deborah as she leads you through a strength training class that will incorporate cutting edge equipment called Gymsticks. Deborah is a Gymstick master trainer; don't miss this opportunity to train with some of latest equipment and best instructors the industry has to offer!

Join the Drum C.O.R.E. at The Ranch!

Friday, June 26th at 10:30 a.m.

Join the thunderous rhythm of the Drum C.O.R.E.... Cardio-Outrageous-Rhythmic-Explosion! This class transforms ordinary stability balls into dynamic drums! This high energy workout fuses fitness and fun. Discover an original workout like you have never experienced before. A percussive masterpiece of movement...with sticks in hand, you're in the band!