

WINTER PROGRAMS *Available to the Bozeman community. Call for more information*



What's new in assessments for 2010?

Lactate Threshold Testing at The Club in Bozeman

Matt Parks has been training with The Club in Bozeman since our opening in 2004. This year Matt will be offering a lactate threshold test that will help give you a better understanding of your cardiovascular fitness level.

A lactate threshold test is simply a test that measures blood lactate and other markers during progressive exercise in order to establish training zones for your exercise program. Lactate is a byproduct of metabolism and the lactate threshold is the exercise intensity where our bodies begin to rapidly accumulate lactic acid which doesn't clear out of the system readily. This is important because your muscles use fats when exercising below your lactate threshold and sugars at/or above your lactate threshold.

In short, lactate threshold testing can be a great measurement of your fitness levels to determine training zones. Multiple protocols can be used to best fit your current status. A treadmill protocol is a common mode to choose but we can also schedule the test utilizing a bicycle as well. Aside from the measurement of lactate, the test also assesses heart rate, perceived exertion, and your breathing pattern.

The test can take up to 75 minutes from start to finish and you will receive a printout of the results about 1 or 2 days later. An evaluation of the results will occur as well. Each test costs \$100 and can be scheduled by calling Matthew at 580-7987.



Postural and Functional Movement Analysis Egoscue Certified Therapist, Chris Ross

Are you having problems with back, hip, knee, shoulder, or other types of pain and discomfort? The problem is most likely rooted in your posture.

Chris Ross is now offering a complete postural analysis and movement assessment for Club members. After analysis, the structural causes of pain and lack of motion are determined and an individualized program will be designed for you. The session lasts about 2 hours. More details and pricing can be obtained at the front desk or by calling Chris directly at 570-3007.

It's time to Ski!!

Ready for Nordic Skiing? Check out our Nordic Nooners classes with Sandy and Seth for both Classic and Skate skiing. See the front desk for details!

Also check out the new Extreme Team...

Club Hours:

Mon-Thurs 6:00 am-8:00 pm

Friday 6:00 am - 7:00 pm

Saturday 8:00 am-2:00 pm

Sunday 10:00 am-2:00 pm

Do we have your email? Please update your contact info at the front desk

Live Inspired

