Please note the following closings for the upcoming months:

**August 2017:** Tuesday, August 22\(^{nd}\), Thursday, August 24\(^{th}\), Tuesday, August 29\(^{th}\) and Thursday, August 31\(^{st}\) (POOL CLOSED)

**September 2017:** Friday, September 1\(^{st}\) (LAND CLOSED) and Monday, September 4\(^{th}\) (Labor Day)

**October 2017:** Monday, October 9\(^{th}\) (Columbus Day)

**Re-opening dates after holidays:** Tuesday, September 5\(^{th}\) and Tuesday, October 10\(^{th}\)

**Fees for the following months:**

<table>
<thead>
<tr>
<th></th>
<th>Land</th>
<th>Aquatics</th>
<th>Both</th>
</tr>
</thead>
<tbody>
<tr>
<td>August</td>
<td>$45</td>
<td>$30</td>
<td>$60</td>
</tr>
<tr>
<td>September</td>
<td>$40</td>
<td>$45</td>
<td>$65</td>
</tr>
<tr>
<td>October</td>
<td>$45</td>
<td>$45</td>
<td>$70</td>
</tr>
</tbody>
</table>

**Updated policy:**

3 months: If you are absent for 3 months or more a $25 restart fee will be added to your first month’s payment. The restart fee will include a new fitness assessment.

6 months: If you are absent for 6 months or more a $25 restart fee will be added to your first month’s payment. The restart fee will include a new fitness assessment and resending of approval forms to current physicians. Approval forms must be returned prior to restarting.

1 year: If you are absent for 1 year or more a $50 restart fee will be added to your first month’s payment. The restart fee will include a new fitness assessment, an updated initial assessment and resending of approval forms to current physicians. Approval forms must be returned prior to restarting.
Hello Everyone. My name is Michael VanNostrand, I am 24 years old, and I will be interning here at Vitality for the summer. Upon completing this internship I will be receiving my Master’s in clinical exercise science from Liberty University. Previously, I graduated from SUNY at Albany with a Bachelor's degree in biology. In my free time I enjoy being outside. Some of my favorite things include hunting and fishing, hiking, and kayaking. I am a sports fanatic and played soccer throughout college. I am excited to spend my summer here at Vitality in both the land and aquatics classes. If you would like to know more about me or have any questions regarding exercise, feel free to ask!

My name is Amelia Faso Miranda and I just received my Bachelor’s Degree in Fitness Development from SUNY Cortland, where I worked as a personal trainer and group exercise instructor in my free time. I travel from Wolcott, NY everyday which is located on Sodus Bay. When I’m not at Vitality, I am either waitressing or bartending at Skipper’s Landing on Sodus Bay or am enjoying time on the boat. If I’m not doing either of those, I am most likely working out or spending time outside! My future plans are to go back to school to get my Master’s in Exercise Physiology. The best way to contact me is through my email, amelia.fasomiranda@cortland.edu, or you can catch up with me here at the IHP! See you around!

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**Aquatics:**

Class times: 9:00 am, 11:00 am, 2:00 pm, 4:30 pm

<table>
<thead>
<tr>
<th>Warm-up</th>
<th>9:05</th>
<th>11:05</th>
<th>2:05</th>
<th>4:35</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cool-down</td>
<td>9:45</td>
<td>11:45</td>
<td>2:45</td>
<td>5:15</td>
</tr>
</tbody>
</table>

**Land:**

Class times: 8:15 am, 9:30 am, 11:00 am, 3:00 pm, 4:15 pm

<table>
<thead>
<tr>
<th>Warm-up</th>
<th>8:15</th>
<th>9:30</th>
<th>11:00</th>
<th>3:00</th>
<th>4:15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cool-down</td>
<td>9:10</td>
<td>10:25</td>
<td>11:55</td>
<td>3:55</td>
<td>5:10</td>
</tr>
</tbody>
</table>

**Pool entrance times are 8:55, 10:50-10:55, 1:55 & 4:25**

**No use of equipment in between class times: 9:15-9:30, 10:30-11:00, 12:00-2:45 & 4:00-4:15**
Roasted Vegetable Dip

“This particular dip is high in vitamins A and C. Preparation from start to finish is about 45 minutes. This makes seven 1/4–cup servings.”

Ingredients:
- 1 medium zucchini, sliced (2 cups)
- 1 medium yellow summer squash, sliced (1 ½ cups)
- 1 medium red bell pepper, sliced
- 1 medium red onion, thinly sliced
- 2 cloves garlic, peeled
- Cooking spray
- ½ teaspoon salt
- ¼ teaspoon ground red pepper (cayenne)

Dippers (examples: baby carrots, cucumber slices, green bell pepper strips, toasted pita bread wedges and/or baked tortilla chips)

Preparation:
1.) Heat oven to 400 degrees. In a 15x10x1–inch pan, spread zucchini, yellow squash, red pepper, onion and garlic. Spray vegetables with cooking spray. Sprinkle with salt and red pepper.
2.) Bake about 30 minutes, turning vegetables once, until vegetables are tender and lightly browned.
3.) Place vegetables in blender or food processor. Cover. Blend on high speed about 1 minute—stopping blender occasionally to scrape sides—until smooth.
4.) Serve warm. Or, refrigerate at least 2 hours until chilled. Serve with dippers.

Nutritional information:
One ¼ cup serving:
- 25 calories
- 0 grams total fat
- 0 milligrams cholesterol
- 170 milligrams sodium
- 210 milligrams potassium
- 5 grams carbohydrates
- 1 gram dietary fiber
- 1 gram protein

If you are finding that the machine you would like to use is occupied please let us know and we will offer an alternative to the same exercise.

The Vitality! Staff