



October 2006

**"Pharmanex" partners with the Barn**

**Resource Directory**



**ANTI-AGING NUTRIENTS**

The Sports Barn has become a distributor for Pharmanex, a leader in dietary and botanical supplements, delivering the natural benefits people desire - backed up by high-quality standards and scientific substantiation. We are offering 100% soluble nutrients to improve oxidation and a new form of technology that will measure antioxidant levels, to our staff and members. We believe that by establishing an antioxidant benchmark and being able to measure the progress of a person once they switch to the Pharmanex products, we will be able to show the impact of these superior products on the body. If you are a person who believes in vitamins, supplements and nutrients, we would encourage you to participate as well as encourage other members to take advantage of the Pharmanex products.



We are always looking for ways to improve our membership's health but they must measure up to the Sports Barn standards. This is why we chose the Pharmanex products.

Be a part of the innovation. Lifepak® nano offers the highest bioavailability with a first-ever nanotechnology formula and advanced levels of key anti-aging nutrients in a comprehensive formula available exclusively through Pharmanex. Give your body the best nutrients with the best bioavailability.

**SPORTS BARN RESOURCE DIRECTORY**

Introducing the Sports Barn Resource Directory dedicated to sharing our member's valuable resources with other members of the Sports Barn. With our diverse membership, we recognized that many of our members offer products or services that other members would be interested in particularly if there were some savings offered exclusively to our membership.

The Sports Barn Resource Directory will meet our member's needs by providing direct links to worldwide and local resources. We will provide a comprehensive listing of our member's resources for products and services offered at a savings just by providing your Sports Barn key tag.

If you are interested in offering your company's products or services at a discount to Sports Barn members, we will offer several ways for you to list your products or services. Should you wish to order a listing all you have to do is complete the "Listing Order Form" soon to be located on our website. The cost will range from \$120 per year per ad in text only to \$150 with your logo. The basic listing will include the Company name, address, phone, fax, email address, website address, contact person plus a 50 word or less description. Additional words will cost \$0.50 each. Each month we will offer a "Resource of the Month" at a cost of \$400 per month. A 250 word description of your products or services will be placed in the monthly e-letter sent to registered members and featured on the front page of the Directory.

Act before 2007 and save 20% for the first order. You will not be charged until the Directory is up and running. No more than three listings will be allowed per category.

Check our web site later this fall to be one of the first to be part of this great opportunity.



**News from the Membership Office**

**\$100 Referral Reward:** Extended into October! Refer your friends to the Sports Barn! Anyone who joins between now and Oct. 31 will yield you a \$100 referral credit on your Sports Barn account! See your membership representative for more details, and to list referrals!

**New Group Fitness Classes!**

**Basics for Cyclin', Yoga, and Powerflex Workshops**

Have you just started exercising and you want to learn about the class before entering a main-stream class? Would you like to improve your exercise program by attending a group fitness class but aren't sure where to begin? Would you like to learn how to get more out of your group fitness class? If yes, these 1 hour classes are for you. During these classes you will learn how to utilize the equipment, learn the benefits of each class, learn the background, and dispel some of the myths regarding the classes. In addition to a basic workout, instructors will also go over the types of classes the Sports Barn offers to find the right fit for you.

October 7th	East	Basics to Powerflex	9:30 AM
October 14	East	Basics to Cyclin'	8:30 AM
October 21	East	Basics to Yoga	10:30 AM
November 4	DT	Basics to Powerflex	10:45 AM
November 11	DT	Basics to Cyclin'	10:15 AM
November 18	DT	Basics to Yoga	10:15 AM
December 2	North	Basics to Powerflex	10:45 AM
December 9	North	Basics to Cyclin'	10:15 AM
December 16	North	Basics to Yoga	10:45 AM

For more info go to our "Events" page online

**Opportunities**

**27th Anniversary Halloween Bash** at the Sports Barn Downtown Club  
October 27th 7:30 pm – 11pm

A portion of the proceeds from this event will be donated to the Chattanooga Affiliate of the Susan G. Komen Breast Cancer Foundation

Live Band—Costume Contest –  
Prizes: Male /Female 1st, 2nd, 3rd  
Couple 1st 2nd 3rd  
Beer and Wine Served/Appetizers  
\$10 Admission—Parking available  
For more info email or call:  
Teresa Wade, 423-266-1125

**The Sports Barn is offering corporate personal fitness training packages.** For more info email or call Teresa Wade at 423-266-1125 or click here for a flyer.

**The Barn goes skiing**

The Sports Barn in conjunction with the Chattanooga ski club is offering a 7 day Snow Ski Trip to Snowbird/Alta. Feb 3—10 For more info...

**The American Diabetes Association (ADA)** walk will be held on October 14, 2006. For more information on registration and times, please visit our website at [www.sports-barn.com](http://www.sports-barn.com). Be sure to look for displays in the club!

**Families on the Run 2006** - December 2nd  
10K AND 5K Road Race  
Santa Stroll (fun run) Kiddie K Fun Jog  
Please join the Sports Barn as we help support "First Things First". The fun filled morning will begin at the Downtown location at 7:00 am with some StarBucks coffee, breakfast and a Holiday Bizarre that is sure to be filled with festivities for the entire family.



**Yoga**

**There has never been a better time to start yoga** at the Sports Barn. We have many class options and some of the finest teachers in Chattanooga. Whether you are just beginning or have been taking yoga for a while there is a class that will meet your needs. Check our website for a full list of classes and information. [www.sports-barn.com/yoga.htm](http://www.sports-barn.com/yoga.htm)

We are proud to **welcome** Sara Mingus to our yoga team. She is now teaching on M/W/F at noon at our Downtown location. Sara teaches Power Yoga and has studied most recently with Baron Baptiste. Check out one of her classes for a great workout for body and mind.

*Due to the growth of our yoga program at the Sports Barn we have placed a Yoga Coordinator at each site as well as a Yoga Director for the Sports Barn.*

**Director—Coord./North—Becky Dempsey**

Becky came to us having been the co-founder and co-owner of ClearSpring yoga. She joined the team to build a stronger yoga program through-out the clubs. She is certified in through Lighten-Up Yoga in Ashville , N.C. and in addition has studied extensively with Doug Keller and Rodney Yee.

**Coordinator/East – Jenny Smith**

Jenny is currently completing her certification through Yoga Fit and has been teaching with the Sports Barn for the past year. She is the creator of our very popular Rocket Yoga.

**Coordinator/Downtown - Susan Bryant**

Susan is certified through Ashville Yoga School, Asheville, N.C. and is currently working towards a 1200 hour certification as a Professional Yoga Therapist with Integrative Yoga Therapy School in Prescott, AZ.

**Alex Guerry Center**

**Senior fitness classes** available at the Alex Guerry Center on M/W/F from 10am-11am. Members, encourage your parents or grandparents to take advantage of these classes. Members can take classes for free. Non-members can participate for a cost of \$40 for an 8 class pass or \$55 for a 12 class pass. All fitness levels are welcome. We incorporate weight bearing activities as well as balance and flexibility. Call Beverly at 423-877-5433 for more information. First class is FREE.

**Spots still available** for cheerleading and tumbling at The Spirit Barn. Sign up now for Fall Classes. Members receive a 10% discount.