



JRD Newsletter

January 2025

NOW!!
New Year's
membership
specials
available until
Jan. 15th!!



Trying a new gym can be intimidating to someone who has never attended a class there or tried out the equipment. There are standard terms used across the fitness industry, but each gym will likely have its own lingo. The list below includes lingo commonly heard in fitness facilities, along with definitions. The more you know, the more likely you will go!

GYM LINGO

ACRONYMS

AMRAP: As many reps/rounds as possible in a given time.

EMOM: Every minute, on the minute. A set number of reps are performed at the start of every minute.

HIIT: High-intensity interval training. Short, intense work periods provide improved athletic capacity and metabolism.

TRX®: Total Body Resistance Exercise. Refers to yellow and black straps you might see anchored to the wall or a rack used for bodyweight and suspension training.



BOSU®: Both sides up. The BOSU® is a half sphere. One side is flat and rigid, and the other side

is a pliable ball. BOSU® is often used for balance or core training.



DOMS: Delayed onset muscle soreness. Discomfort and stiffness experienced in the muscles hours or days after performing an exercise with unaccustomed loads or

movements. Many people experience the effects of DOMS 1-3 days after exercise.

BMR: Basal metabolic rate. The amount of energy expended while at rest in order to perform biological functions. In general, the more muscle mass one has, the higher the BMR.

BMI: Body mass index. BMI is a person's weight in kilograms (kg) divided by his or her height in meters, squared. BMI should be used in conjunction with other measurements for best results.

WOD: Workout of the day

METHODS

Lifting weights: General resistance training with a variety of exercises and equipment. This is what most people do for strength training in the gym.

Functional training: Compound or multi-joint exercises or movements used to prepare the body for everyday life.

Group fitness: Mode specific, often choreographed classes such as indoor cycling (Spinning), Zumba, Pilates Yoga, boot camp, TRX, CrossFit or group strength training, where the instructor leads by demonstrating exercises.

Group or personal training: Smaller, semi-private group in which the trainer leads by coaching.

Circuit: Performing a series of exercises, moving from one exercise to the next with little or no rest.

Super set: Two exercises performed in alternating fashion.

Intervals: A set amount of time in work, followed by a set amount of time in rest.

Tabata: A method of interval training invented by Dr. Izumi Tabata. Eight

rounds of 20-second, high intensity work intervals, followed by 10 seconds of rest.

EQUIPMENT AND OTHER TERMS

Kettlebell: Cast iron weight equipment in the shape of a bell. Used for swings, lifts and carries.



Medicine



ball: Firm, weighted ball often



used for throwing and catching with resistance. Not designed for slamming on the ground. There are pliable balls called slam balls made specifically for slamming.

Selected



Weight machines: Weight machines where you can easily select a weight by inserting a pin in the weight stack. These machines are sometimes

called circuit machines.

Free weights: Dumbbells or other equipment used



freely or without the guidance of a machine or cable.

Collar: The attachment that secures plate weights



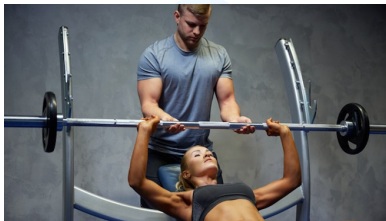
on a barbell, so the weight doesn't slip off.



Foam roller: A long, cylinder made of foam used for soft tissue massage (which is often called myofascial release).



Elliptical: Cardio machines that create a range of motion that follows an elliptical pattern, reducing impact to joints.



Spot: Watching and/or assisting someone as they perform a loaded exercise to minimize risk.

Rep: One complete motion of an exercise.

Set: A group of consecutive repetitions.

Core: The central most part of the body. In fitness, it means the area between the legs and arms. Core training often focuses on training the abdominals, but can also include back, hip and shoulder training.

These words are a short sampling of the many phrases used in the fitness culture. Each gym will have its own subculture and language specific to its location and membership. The fitness culture continues to evolve. If there is a word, phrase or

acronym that you don't know or don't understand, ask a trainer or the person at the front desk. The JRD staff would love to see you!

2025 Year Specials

10% OFF Any One-Year

Membership
(Automatic Withdrawal Payments)

OR

15% Off Any One-Year Membership
If Paid in Full

2025 New Years Membership Specials

(Available for purchase Dec. 15 - Jan. 15, 2025)

3 Month Special

Valid January 1st through March 31st

Basic Silver Membership

	In-District	Out-of-District
Adult	\$ 59.64	\$69.64
Couples	\$91.04	\$101.04
Youth (13-17)	\$35.70	\$45.70
Family	\$119.08	\$129.08
Senior Cit. (55 & up)	\$34.00	\$44.00



JEROME RECREATION DISTRICT

JANUARY 2025



Higher Intensity



Lower Intensity

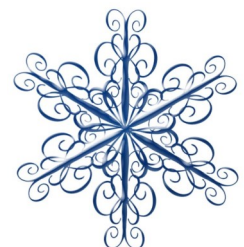
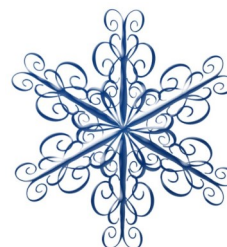
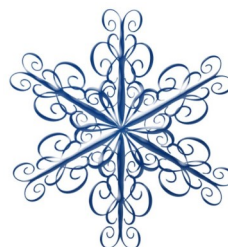
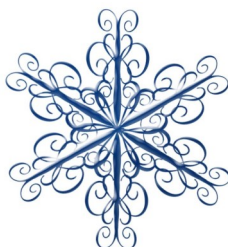
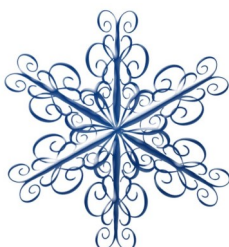
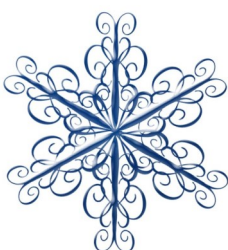
	Monday	Tuesday	Wednesday	Thursday	Friday	
5:30-6:15 am	Boot Camp Amy	Boot Camp Scott	Boot Camp Scott	Boot Camp Scott	Boot Camp Amy	\$30 in district \$40 out of district
	Functional Training Scott	Functional Training Darin		Functional Training Darin	Functional Training Scott	\$30 in district \$40 out of district
		TRX Clover		TRX Clover		\$15 in district \$25 out of district
	Spinning Clover		Spinning Clover			\$15 in district \$25 out of district
8:00-8:45am	Boot Camp Amy	Boot Camp Amy		Boot Camp Amy		\$20 in district \$30 out of district
8:15-9:00am	Pilates Annie		Pilates Annie		Pilates Annie	\$20 in district \$30 out of district
8:30-9:45 am		Yoga Suelin		Yoga Suelin		\$25 in district \$35 out of district
1:30 -2:30pm		Homeschool PE Jaime		Homeschool PE Jaime		Ind-\$12 in dist. Family-\$30 in dist.
9:05-9:50 am	Zumba Carmen		Zumba Carmen		Zumba Carmen	\$20 in district \$30 out of district
5:30pm-6:15pm	Total Body Blast Clover		Total Body Blast Amy			\$15.00 in district \$25 out of district
6:15-7:00pm	Zumba Lorena	Zumba Lorena		Zumba Lorena		\$20 in district \$30 out of district

Hours Open

Mon-Fri 5am-9pm
Saturday 7am-7pm

Walk-ins to the above classes for a \$4 fee.
All walk-ins are on a first come, first served basis.

Please remember to sign in!
Buy a punch card and attend 10 classes for only \$25.



JRD Fitness Classes

Boot Camp

Combines the best of cardiovascular and strength training. Expect to challenge your mind and body as you alternate between high and low intensity exercises through timed intervals of free weights, plyometrics, cardio training & balance work.

Instructors- Scott/Amy

Spinning

Indoor cycling, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.

Instructor- Clover

Functional training

A type of strength training that readies your body for daily activities. These exercises equip you for the most important type of physical fitness, the kind that preps you for real-life, daily living stuff like bending, twisting, lifting, loading, pushing, pulling, squatting and hauling.

Instructors-Darin/Scott

Pilates

Pilates is a form of exercise that focuses on strengthening and toning the body, particularly the core muscles .

Instructor--Annie

Total Body Blast

A workout that targets your entire body by combining a variety of exercises like cardio, strength training, and core work,

Instructors-Amy/Clover

TRX

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

Instructor-Clover

Yoga

This class incorporates yoga postures, gentle movement sequences, breath work, supported silent meditation, and guided relaxation to support increased awareness and mindfulness of the breath and body, and quieting of the nervous system.

Instructor-Suelin

Zumba

combine latin and international music and dance to create a dynamic calorie-burning form of workout for people of all fitness levels and age groups. This effective fitness system features aerobic training that is a fusion of slow and fast rhythms to tone and sculpt your body.

Instructors-Carmen/Lorena



WINTER BASKETBALL CAMP

Join DNA Basketball

January 2-January 4

10:00 AM-2:00 PM

Kindergarten through 12th grade

COST:

One day-\$50

Two days-\$100

Three Days-\$150

More Info:

Register online at

www.jeromerecreationdistrict.com

Or

By phone (208) 324-3389

Or

In person at 2032 S. Lincoln, Jerome

Jerome Recreation District January Basketball Academy

What is it?

The primary focus of this academy is to develop fundamentals and all around basketball skills.

All skill levels are welcome!

Pricing

K-3rd

\$30 in district-\$40 out of district

4th-12th

\$75 in district-\$85 out of district

Participants may also pay:

K-3rd \$5 day pass

4th-12th \$10 day pass

Schedule

January 6-29

Monday & Wednesday

K-3rd 5:00-6:00

4th-12th 6:00-8:00

Smiling is a powerful exercise tool!

Psychology Today, Jim Taylor Ph.D

Smiling has such a big impact on us for two reasons. First, as we grow up, we become conditioned to the positive effects of smiling. In other words, we learn that when we smile, it means we're happy and life is good, so when we smile, we generate pleasant associations, such as positive self-talk and memories, that make us feel better. Second, there's been some fascinating research looking at the effects of smiling on our brain chemistry. This research has found that when we smile,

it releases brain chemicals, such as dopamine, which makes us feel happier, and serotonin, which reduces stress. It also lowers our blood pressure, strengthens our immune system, and eases our pain. Those are just the general benefits of smiling.



Smiling also has been found to improve athletic performance in several ways. First, research has reported that smiling and frowning influence our affective states (i.e., our mood) and our perceived effort. Specifically, when cyclists raced their mood and perceived effort while riding an indoor bike at 50-60 percent of maximal heart rate, their mood was higher, and their perceived effort was lower when smiling as compared to when they were frowning. Additionally, smiling produced lower oxygen consumption and energy expenditure among runners than when they frowned. Conversely, frowning, a not-uncommon reaction to exertion, appeared to increase perceived effort, suggesting that frown-

Smiling may improve running economy by having a relaxing effect on our bodies, which increases efficiency, while frowning may hurt endurance-sport performance by elevating body tension, thereby decreasing efficiency.

Smiling and its commensurate emotional and physiological changes may also distract us from the fatigue and pain we may be feeling, so we don't notice our effort as much.

Smiling shouldn't just be something you do when you're feeling good. Instead, you should use it as a mental tool to make you feel good and to improve your training and race performances

<https://www.psychologytoday.com/us/blog/the-power-of-prime/202302/smiling-is-a-powerful-mental-tool-for-endurance-athletes>



Stuffed Winter Squash

2 acorn, delicata, dumpling, or carnival squash, cut in half through the stem and seeded

2 teaspoons olive oil, plus more for rubbing the squash and oiling the dish

3/4 teaspoon kosher salt

6 ounces chorizo or sweet Italian sausage, crumbled or cut into small pieces

1 cup chopped leeks (from 1 small leek)

1 cup chopped apple or pear (from 1 to 2 fruit)

Freshly ground pepper

2 cups sliced tender greens (like spinach, tatsoi, kale, Swiss chard), cut into ribbons

4 fresh sage leaves, coarsely chopped

2 cups cooked millet, rice, or quinoa

1/2 cup grated cheddar cheese



Preheat the oven to 375°F. Rub the flesh of each squash half with olive oil, and oil an ovenproof dish or baking sheet. Sprinkle the whole baking dish with 1/2 teaspoon of the salt. Lay the squash flesh-side down in the dish and bake until it is very tender when pricked with a fork, 30 to 40 minutes. Remove the squash from the oven and raise the oven temperature to 425°F

Meanwhile, heat the remaining olive oil in a large skillet over medium heat. Add the chorizo or sausage and fry until browned. Remove from the pan and set aside. Add the leeks to the hot oil and cook until soft, about 3 minutes. Add the apple, remaining 1/4 teaspoon salt, and pepper, and cook for another minute. Add the greens, sage, cooked grains, and reserved sausage. Cook for another minute, stirring to combine, and remove from heat. Taste and adjust the salt and pepper if needed.

Flip the cooked squash over in the baking dish so it is flesh-side up. (Be careful, as steam will escape when you turn it.) Scoop the filling into the cavity of each squash half, piling it into a mountain so that it holds as much as possible. Sprinkle with cheese and bake until the cheese melts, about 10 minutes.

Fun Fact: The skin of acorn squash is edible when cooked, so you can stuff and roast your squash and eat it all, increasing the fiber content of your meal (although you can certainly opt to skip the skin). Eating the fiber-rich skin can promote optimal digestive function. Acorn squash is a good source of vitamin A, magnesium and potassium and is high in vitamin C.

BuzzFeed Life
GET FIT CHALLENGE
JANUARY

2025

4-WEEK WORKOUT SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 REST	4 LOWER BODY	5 REST	6 ABS	7 REST	8 UPPER BODY	9 CARDIO
10 REST	11 LOWER BODY	12 REST	13 ABS	14 REST	15 UPPER BODY	16 CARDIO
17 REST	18 LOWER BODY	19 REST	20 ABS	21 REST	22 UPPER BODY	23 CARDIO
24 REST	25 LOWER BODY	26 REST	27 ABS	28 REST	29 UPPER BODY	30 CARDIO



BENT OVER Y



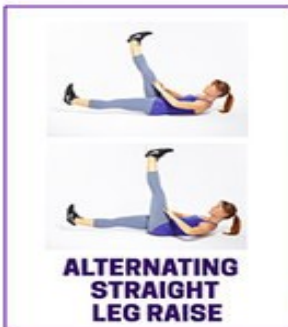
BULGARIAN SPLIT SQUAT



GOOD MORNING



SWIMMER



ALTERNATING STRAIGHT LEG RAISE



CRUNCH



BIRD DOG



PUSH-UP



SIDE PLANK

CHAIR DIP



SQUAT



GLUTE BRIDGE



ROWBOAT



BENT OVER W



SPRINTER SIT-UP

THIS 28-DAY CHALLENGE WILL TURN YOU INTO A PERSON WHO WORKS OUT 25 MINUTES A DAY, FOUR TIMES A WEEK.

January always feels like a great time to get in shape, but if you've never really worked out before or you're trying to get back on the fitness horse, it can be confusing or intimidating to know where to actually begin. That's why BuzzFeed Life asked certified strength and conditioning specialist Rob Sulaver, founder of Bandana Training, to put together a realistic, not-super-intimidating exercise plan made up of bodyweight and cardio workouts you can do basically anywhere.

(Pick 5 exercises for either abs, upper body or lower body.

Do each exercise 20x. Then repeat whole circuit 3x.)

1. THE PLAN IS DESIGNED TO BE DO-ABLE NO MATTER YOUR FITNESS LEVEL OR WORKOUT EXPERIENCE.

MAKE MODIFICATIONS TO THE WORKOUTS IF YOU NEED TO.

2. YOU CAN JUMP INTO THE CHALLENGE ANYTIME.

If you start after Jan. 4, just add any workouts you missed to the end of the month.

3. EACH WEEK YOU'LL HAVE A COMBINATION OF CARDIO DAYS, STRENGTH-TRAINING DAYS, AND REST DAYS.

The exercise days will help you improve your cardiovascular fitness and strength. The rest days will help you recover from the workouts and prepare for the next day of exercise

4. YOU CAN FOLLOW THE PROGRAM TO THE LETTER, BUT YOU CAN ALSO MOVE THINGS AROUND.

You can swap one bodyweight workout for another, or move a rest day earlier or later in the week depending on how you're feeling. Make it work for you!

5. REST IS BUILT INTO THE PROGRAM INTENTIONALLY.

It's crucial for recovery and progress. If you're too tired to complete a workout with good form, take additional rest. Light activity (like a gentle yoga class, a long walk, an easy swim, a leisurely bike ride, etc.) is always encouraged on rest days.

6. THE WORKOUTS ARE MEANT TO BE DONE AT A COMFORTABLY HARD PACE.

To figure out what your effort should be, think of a 10-point scale, where 1 is full rest, 10 is going as hard as you can, and 5 is a moderate pace which allows you to carry on conversation. For these workouts you should be going at about a 7 and recovering at about a 3. If you're brand new to working out, try working at a 6 and recovering at a 2; as always, listen to your body.

7. IF YOU'RE BRAND NEW TO WORKING OUT, SCALE BACK WORKOUTS AS NEEDED — SERIOUSLY.

Modify the workouts to make them easier — take more rest or move more slowly. Basically just listen to your body and push yourself to be challenged, not to get injured. Ease into the bodyweight workouts slowly, paying attention to your pace, effort, and the quality of movement.

8. AFTER THE CHALLENGE IS OVER, YOU'LL WANT TO KEEP GOING! AND IT'S SUPER EASY TO DO THAT.

Keep going with some different bodyweight workouts, mix and match your own, or repeat this challenge with the goal of moving faster or better or adding extra sets or circuits.

Snow Day/Cabin Fever Activities for All Ages

1. Gather natural materials outside and make an ice wreath.

2. Paint a melted snow watercolor.

3. Do a melting ice science experiment.

4. Make vanilla snow ice cream.

5. Mix it up with chocolate snow ice cream.

6. Make a snowy smiley face on a tree.

7. Roll the base of a snowman. Then keep rolling to make the biggest snowball possible.

8. Make a winter wind chime.

9. Build snow forts.



10. Break out some spray bottles (use colored water) and make snow paintings.

11. Bring winter inside with a melting snowman activity.

12. Sculpt snow critters.

13. Identify animal tracks in the snow.

14. Hang up DIY kid-friendly bird feeders.

15. Make a snow cave.

16. Play tic-tac-snow with sticks and pinecones.

17. Make a snow bakery with baking pans.

18. Build a snowman.

19. Make a cardboard sled if you don't





have a store-bought one.

20. Play snow soccer.

21. Go on a winter walk.

22. Build an ice cube igloo.

23. Go ice skating.

24. Play snowball hopscotch.

25. Give kids shovels (for the driveway or for fun!).

26. Take black construction pa-

per outside and see individual snowflakes.

27. Use those shovels to make a snow maze.

28. Have a winter campfire (with adult supervision, of course!) Can you say smore's?

29. Channel your inner Laura Ingalls Wilder and treat yourselves to Sugar on Snow.

30. Play snowflake Spot the Difference.

31. Make snow angels.

32. Play footprint tag by only using existing footprints in the snow.

33. Make a snowball target practice site.

34. Freeze water balloons to make snow marbles. Add food coloring for extra fun!





**A heartfelt, sincere
THANK YOU
to all who have
contributed to the
Jerome Recreation District
in 2024! Through donation or
volunteering, YOU help
make our facility
AWESOME!**

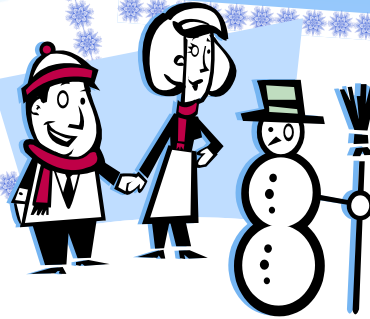


The new year opens—old is
past,
Stern winter comes with its
rough blast:
See the farmer shivering
with cold,
Driving his flocks and herds
to fold.

—The
1793 Old Farmer's
Almanac

JANUARY FOLKLORE

- Fog in January brings a wet spring.
- A favorable January brings us a good year.
- If grass grows in January, it will grow badly the whole year.
- A summerish January, a winterish spring.



7 Really Good Things About January

#1 The shortest day of the year is officially behind us. From here on in, the mornings will slowly but surely get lighter and evenings longer, daffodils and tulips will bloom, gardens will spring back to life, temperatures will lift and the sun will shine. That said, see #2.

#2 It's still way too early in the year for the grass to need cut. Always a bonus.

#3 Indoors, everywhere looks that little bit bigger and big bit tidier now that the Christmas tree is down and the decorations are packed away.

#4 There's a lovely feeling of 2018 being a clean slate; like anything and everything is possible. Someone suggested taking an empty jar and labeling it 'Good Things'. Every time something good happens over the course of your year, you pop a note into the jar as a reminder. Then, come December 31st, you open the jar and look back on all the good things that have happened over the year.

#5 Your evenings and weekends are your own again. No more to-do lists, shopping, decorating, wrapping, present-delivering or partying. You can unearth those books you never quite got a chance to finish, pick up where you left off with those box sets you're only half way through, you can even experiment with a new recipe or two.

#6 Much as falling off the wagon of healthy (hmmm... ish) eating for two solid weeks was fun, it's officially time to say: 'Enough'. You know it. Your body knows it. And the biscuit baby that's appeared around your stomach is a sure-fire sign of it. Within just a few days of normality, you're already feeling more focused and energetic.

#7 You no longer run the risk of switching on the radio to hear someone singing 'It's Chriiiiiiiist-maaaaas' at you. Not for another 11 months anyway. (Not all people think this is a good thing.....)