

**NEWTON
FITNESS**

POWERLINE

macknewton.com

**come see what's new at
Newton Fitness**

- workouts on the web
- express classes
- pee-wee taekwon-do
- nursery
- facebook
- web videos
- iTunes podcasts



The Power Hour is live
on the website

**Now the best is
even better!!**





Have you seen the new website?



WORKOUTS

Coming in December—workouts for beginning, intermediate and advanced fitness. Rent a workout wherever you are – at home, in your hotel room, even on your iPhone. Best of all, workouts are available 24/7. For more details, see the article on the facing page.

VIDEOS

Why a workout with Mack Newton is one-of-a-kind experience, what inspired one Valley realtor to lose 50 pounds with Mack, the advantages of the 3-2 eating plan, and more.

BLOG

Discover all you can be through inspirational and practical ideas and advice from Mack Newton.

CHAT ROOM

Coming soon...connect with Mack Newton and chat with other workout clients.

POWER HOUR

Challenge your limitations and take your life to the next level with Mack Newton's Power Hour. Create winning habits, turn fear into confidence, and dare to become the success you were meant to be. Broadcasted live every Wednesday at 5pm, with every episode on the website.

FACEBOOK

Join Mack Newton on Facebook.

AND MORE...

Explore the possibilities at MackNewton.com .



Master Newton is again accepting 6-11 year old students in Taekwon-Do.



Mack Newton films a workout for the web site

Class Schedule at Newton Fitness

All classes are express except Tues am and Thurs pm

Morning Pro-Conditioning Class

Monday	10:00am—11:00am
Tuesday	10:00am—11:30am (lecture class)
Wednesday	10:00am—11:00am
Thursday	10:00am—11:00am
Friday	10:00am—11:00am

Morning Pro-Conditioning Class

Monday	1:00pm—2:00pm
Wednesday	1:00pm—2:00pm
Friday	1:00pm—2:00pm

Evening Pro-Conditioning Class

Monday	6:00pm—7:00pm
Tuesday	6:00pm—7:00pm
Thursday	6:00pm—7:30pm (lecture class)

Weekend Pro-Conditioning Class

Saturday	8:30am—9:30am
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WHAT'S NEW AT NEWTON FITNESS

If you're looking for a way to take your energy and health to the next level, now you can find it on macknewton.com as well as in my studio. I'm really excited about my web **workouts**, which come in three levels.

The Level 1 series is for the absolute beginner. You can do Level 1 whether you are 75 years old or weigh 300 lbs. In fact, one of the women working out with us began at 320 pounds – if she can do it, anyone can do it. It's so easy you can do the class sitting down — in a chair.

Each of the levels has four progressive steps, so you can advance to the next level as you become fitter. The Level 2 series (intermediate) is tough and will challenge you, but it's not as difficult as the advanced Level 3 series, which is the type of training I give pro and Olympic-level athletes.

The three levels, each with four steps, make a total of twelve workouts available to you. Included are specialty classes for abs, glutes, legs, and chest.

Stretching, cardio and strength work are all part of each workout, and each workout will be described in detail, so you will know exactly what you are getting before you rent... or, you can let me choose the class level for you. Workout whenever and wherever you want. You're right in my gym with me and my team.



We're bursting with new ideas here at Newton Fitness.

Our new nursery is for parents with young children. Several clients have told me they wouldn't otherwise have been able to workout in the studio without this service. A babysitter is on duty during all classes.

We've also got new **express classes**, for those who need to get in and out of the studio in an hour.

Our **Taekwon-Do PeeWee class** has returned and students six to eleven years old are in training. The martial arts can develop discipline, confidence and determination, especially in young children. Parents can expect to see improved grades and performance at school, positive growth and change, and an end to instances of bullying. Read about the experience of Andrew Tsekhanovsky on the next page, a student who began with me at age 13 and has just received his first degree black belt.

We're always looking for new opportunities to **give you a fresh start** and help you create joy, health, success and well-being in your life. Ready for a change? Call me at Newton Fitness or email me at seven@macknewton.com.

And watch for my new **High Performance Health, Beyond Diet and Exercise** DVD early in 2011.

—Mack Newton

A new black belt, a new beginning

Rather than an ending or completion, it feels like a new beginning," says Andrew Tsekhanovsky, who has just received his 1st degree black belt in Taekwon-Do at age 19. He plans to train for the rest of his life, saying that it has become a way of life, of growing and developing as a person.

Andrew began training with Master Newton when he was 13 years old. His parents, Marzena and Alex, drove him round trip from Anthem three times a week for three years until he got his driver's license.

"We felt that he needed discipline in his life," says Marzena. "And Master Newton's reputation made us think it would be a great influence on his life. It has really shaped him as a person, not only physically but mentally."



Andrew in 2005

"The influence of this discipline has really translated to his physical and emotional attitude and maturity, how he applies himself to his life, and now to his studies in college," agrees his father Alex.

Andrew began training in the martial arts at age nine but, says his father, at other schools it seemed like belts were handed out automatically rather than truly earned. At Newton Taekwon-Do, "nothing is given to him. He has to earn every belt, every step of the way. He realizes that to get great results, he has to put in the work. When he got his black belt, I was extremely proud. It's a step in a long journey."

"After I began training with Master Newton," says Andrew, "I learned the martial arts way of developing oneself through discipline and respect. What you get, you must work for."

Receiving his first degree black belt, a goal that he had trained years for, felt "amazing and very nerve-wracking at the same time." But it is just the beginning, he says. "I want very much to be here and continue training."



Andrew at black belt testing in 2010

"The chances of a 13-year old making it to a black belt in my system are very small," says Master Newton. "It's very arduous, demanding, dedicated training."

"It's been amazing watching Andrew," he continues. He is one of the top students in terms of his commitment, attitude and physical performance that I have ever taught. He trains hard, works hard and, most important, listens.

"I am very proud of Andrew. He has a very bright future." ●



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