

Down Under Sports & Fitness Newsletter



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News & Upcoming Events

Locker Rooms Open

ATTENTION ALL MEMBERS:

As a reminder, the next phase of construction will be shower installation in current bathrooms. Once that has been completed they will connect the new locker rooms. Once again we appreciate everyone's patience. Thanks!

Happy Halloween - Monday, Oct. 31st 2011

G'day Everyone,

all is here therefore Down Under Fitness will be changing with the seasons. Below are some helpful hints, some news and words of advice to help you look and feel your best. **And don't forget to forward our newsletter on to a friend or two.**

Your friends,
[The Blokes & Sheilas of Down Under](#)



Killer Pumpkin Workout



As long as you're not too scared, there will be a Killer Pumpkin Workout available for you at the front Desk.

The workout is as follows:

3 rounds of the following while holding your pumpkin (if you dare)!

- **5 Minutes OF cardio (your choice)**
- **25 Bicycle Crunches (4-count) or your choice of ab exercise**
- **25 Pushups**
- **25 Burpees (Feel the power of the Killer Pumpkin)**
- **60 Second forearm Plank**

And if you don't make it through the workout there is a coroner on duty today (not kidding).

Happy Halloween

FALL PROMOTIONS

- Taking Sweatshirt / Hoodie Orders - Order forms available at the front desk. Order yours today!



- **50% OFF T-SHIRTS**

- **\$99 Try-Pack:** If you haven't tried personal training before, this is your opportunity to receive that added push to elevate your fitness level. You will receive 3 45-min sessions with the trainer of your choice (1st time customers only).

Halloween Costume Contest TODAY

As a reminder: Come dressed as a zombie, vampire, pizza box (no pepperoni), scandalous maid, organ or orgasm donor (haha), drill sergeant, or whatever your deadly hearts desire. Just make sure you can still workout comfortably! Prizes to those who wear the best costumes.



Killer Kick n' Burn Tonight at 5:30pm

Don't forget about tonight's scary 5:30pm Kick n' Burn class with Stephen. Tonight's class Stephen will have you sweating soooooo much it will be scary!



Ski Conditioning tonight at 6:40!

Conquer the Mountain this season. Don't forget about tonight's 6:40pm Ski Conditioning class. This class will meet 3x/week through Wed. Dec. 21st. Monday and Wednesday at 6:40 and Friday's at 5:40. If you missed last week you may still sign-up this week. As a reminder, modifications can be made for everyone. There is a \$40 fee for current members. To take part you will also sign up as a [Flying Dutchmen](#) member (one of the largest ski clubs in the US). [Check out the latest monthly issue of Ski Trails.](#) See you all tonight at 6:40. We ask everyone to show up a little early. Thanks!



Sammy & Stephen's Kitchen Recipe



SOUTHWESTERN PUMPKIN BURGERS

6 servings

Total Time: 1 hour

Ingredients

- 6 teaspoons extra-virgin olive oil, divided
- 1 medium onion, chopped
- 1/2 cup finely chopped red or green bell pepper
- 1/2 cup fresh or frozen corn
- 2 cloves garlic, minced
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- Tomato Salsa, optional (recipe follows)
- 1/2 cup canned unseasoned pumpkin puree
- 1/2 cup shredded Monterey Jack, or Cheddar cheese
- 1/2 cup toasted wheat germ
- 1/2 cup fine dry breadcrumbs
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon salt
- Freshly ground pepper, to taste
- 6 8-inch flour tortillas, (soft-taco size)
- 2 cups shredded lettuce

This recipe calls for: Tomato Salsa

Preparation

Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add onion and cook, stirring often, until softened, 5 to 7 minutes. Stir in bell pepper, corn, garlic, chili powder and cumin; cook, stirring, until fragrant, about 2 minutes more. Transfer to a large bowl; let cool to room temperature, about 10 minutes.

Meanwhile, prepare Tomato Salsa, if using. Add pumpkin, cheese, wheat germ, breadcrumbs, parsley, salt and pepper to the onion mixture; mix well. With dampened hands, form the vegetable mixture into six 1/2-inch-thick patties, using about 1/2 cup for each.

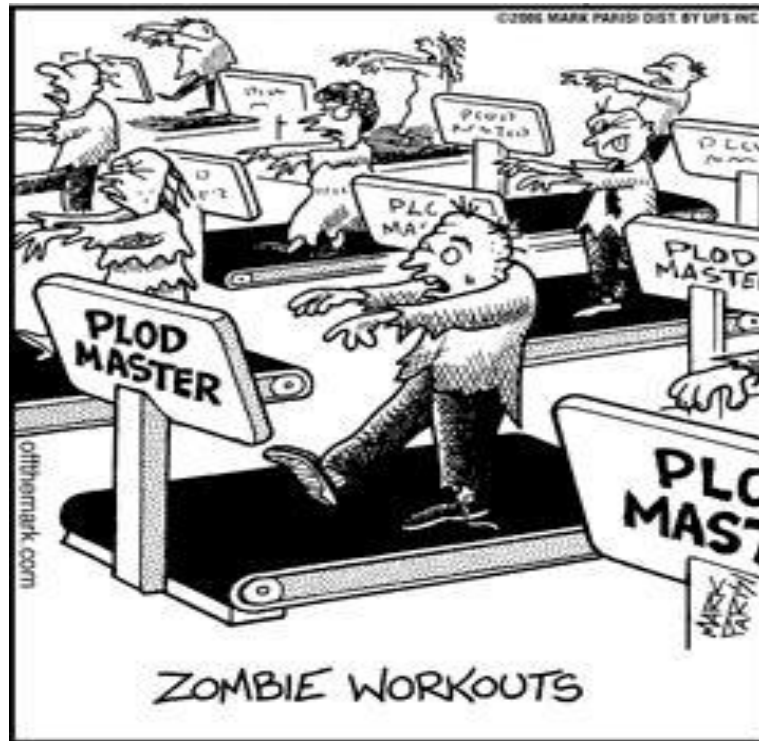
Preheat oven to 325°F. Stack tortillas and wrap in aluminum foil. Place in the oven for about 15 minutes to heat through. (Alternatively, stack tortillas between two damp paper towels; microwave on high for 30 to 60 seconds, or until heated through.) Using 2 teaspoons oil per batch, cook 2 to 4 patties at a time in a large nonstick skillet over medium heat until browned and heated through, about 4 minutes per side. Adjust heat as necessary for even browning. Wrap the patties in tortillas and serve immediately, garnished with lettuce and Fresh Tomato Salsa, if desired.

Tips & Notes

Make Ahead Tip: Prepare through Step 3. Wrap patties individually and refrigerate for up to 2 days or freeze for up to 3 months. Thaw in the refrigerator before cooking.

Nutrition

Per serving: 331 calories; 13 g fat (4 g sat , 7 g mono); 8 mg cholesterol; 45 g carbohydrates; 12 g protein; 6 g fiber; 638 mg sodium; 407 mg potassium.



Thank you for reading this newsletter. If you have any questions or an idea for a story please [email us at info@DownUnderFit.com](mailto:info@DownUnderFit.com).

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