



# GET YOUR REAR IN GEAR.. SPRING IS ALMOST HERE!

Feel like your work out needs a boost, or want to try something new?

InCharge Fitness has many different types of classes for you to try that can change up your normal work out that are FREE for InCharge Members and just \$5.00 for non-members!

Buy more and SAVE with a punch card!

- Cardio Lift and Tone
- Circuit Training
- Yoga for Flexibility
- Zumba
- Yoga
- Basic Yoga
- Youth Cardio Cross Kick and Punch ages 12-17
- Empowerment for defense
- Take Charge for Kids ages 6-11

## SHAKE STATION

Treat your body to a healthy, balanced meal in no time! Not only are our meal replacement shakes easy to make, they are also delicious. They include up to 20 essential vitamins, minerals and nutrients. Weight management never tasted so good!!



- At least 24 grams of protein and fiber to help support weight management
- supports metabolism
- helps with cellular growth, repair and production



## Healthy Banana Bread!

### Makes 12 servings- per serving:

- 133 calories per slice
- 1.3 grams of fat,
- 27.6 grams of carbs
- 3.1 grams of protein
- 2.8 grams of fiber
- 10.1 grams of sugar

### Instructions

1. Preheat oven to 350 degrees F. Spray 9-inch loaf pan with nonstick organic cooking spray.
2. In large bowl combine mashed banana, applesauce, honey, egg, almond milk and vanilla until well combined and creamy. In separate medium bowl whisk together whole wheat flour, oats, baking powder, baking soda, salt and cinnamon. Add wet ingredients to dry ingredients and mix until just combined (don't overmix!).
3. Pour into prepared loaf pan, sprinkle oats over top (if desired), and bake for 60-70 minutes or until toothpick inserted into center comes out clean with a few crumbs attached.

### What you'll need:

- Cooking spray
- 1 heaping cup mashed banana
- 1/3 cup honey
- 1/3 cup unsweetened applesauce
- 1 teaspoon vanilla
- 1 egg
- 3/4 cup unsweetened vanilla almond milk
- 1 1/2 cups whole wheat pastry flour
- 1 cup rolled oats
- 1 1/2 teaspoons baking powder
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon

Rent out Our  
Space!



### Want to rent our Group fitness room?

To schedule an appointment or to ask questions, please visit Sabrina Chernugal in the InCharge Fitness Office during staff hours or call InCharge Fitness at (218) 444-8138.