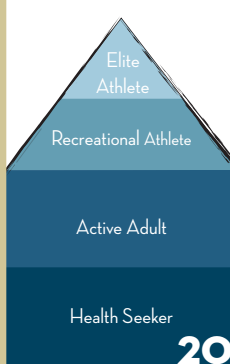




8



20



22



24



26

ONSITEfitness

Fitness & Aquatics For Nonprofits

CONTENTS

Dec 2012/Jan 2013 VOL. 7 NO.6

“Innovations in Programming”



32



34

C O L U M N S & F E A T U R E S

8 NON-PROFITS

Volunteer Management in Nonprofit Organizations
By Gary Bernstein, MS

20 THE FITNESS PYRAMID

Understanding the 4 Levels of Fitness Participants
By Elizabeth Kovar, MA

22 INDO YOGA BOARD

A New Product Challenge for Yoga Studios

24 TAILORING PILATES FOR YOUR SPECIAL POPULATIONS

Peninsula Family YMCA San Mateo, CA
By Brete S. Martin

26 YOGAFIT/COLD WEATHER SPORTS

Yoga Jumpstarts Your Winter-Weather Sport
By Beth Shaw, E-RYT, BS, CMT

30 STRENGTH INDEX

Strength Training Increases Height, Improves Posture and Enhances Balance in Older Adults
By Wayne Westcott, PhD, CSCS

34 INDUSTRY NEWS: SURFSET Fitness Supreme Audio Sponsors National Tour

Departments

- 3 **Publisher's Note**
- 6 **Editorial Board**
- 14 **Branch & Center News**
- 19 **Preferred Vendors**