



14



16



18



20



26



30

ONSITEfitness

Fitness & Aquatics For Nonprofits

CONTENTS

Summer 2016

VOL. 11 NO. 2

“Innovations in Programming”

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

14 MANAGEMENT

Leading with Character, Leadership Values & Effective Communication
By Gary Berstein, MS

16 WHY PRACTICE PILATES

Improving the Body's Ability to Move Comfortably
By Melissa Vidito

18 5 CORE-STRENGTHENING SUP YOGA POSES

Core Strength and Stability Work Synergistically
By Elizabeth Rae Kovar, MA

20 AQUA BOOT CAMP RESULTS

Getting Tangible Results of Fitness Improvement
By Cathi Bettinger, BA & Pauline Ivens, MS

26 STRENGTH INDEX

Effects of Post-Exercise Electrical Stimulation on Muscle Recovery, Muscle Strength, Muscle Fatigue and Muscle Pain
By Wayne L. Westcott, PhD, CSCS & Rita La Rosa Loud, BS

30 INDUSTRY NEWS

Departments

3 Publisher's Note

5 Editorial Board

6 Branch & Center News

13 Preferred Vendors

Cover image:
Grant Taylor,
granttaylorphoto.com

ONSITE FITNESS (ISSN 1932-8788) is published quarterly (4X) with issues in Spring, Summer, Fall and Winter by Virtual Productions LLC, 40101 Monterey Avenue, Ste B-1 #328, Rancho Mirage, CA 92270, (760) 610-6770, www.onsite-fitness.com. **SUBSCRIPTIONS:** Distributed without charge to qualified YMCA, YWCA and JCC staff members in the United States. International subscription rate is \$65 for 6 issues. Send subscription requests and address changes (please include old mailing label) to OnSite Fitness, 40101 Monterey Avenue, Ste B-1 #328, Rancho Mirage, CA 92270. For faster service visit us online at www.onsite-fitness.com. **BACK ISSUES:** \$10.00 each. **POSTMASTER:** Send address changes to: OnSite Fitness, 40101 Monterey Avenue, Ste B-1 #328, Rancho Mirage, CA 92270. Copyright © Virtual Productions, LLC, 2016. All Rights Reserved. Reproduction in whole or in part without permission is prohibited. OnSite Fitness™ is a trademark of Virtual Productions LLC.