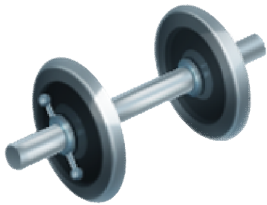


# Club News

## Columbia Court Club



### Get Fit, Stay Fit @ CCC

#### Special points of interest:

- Get Fit, Stay Fit @ CCC
- Racquetball and Basketball Challenge Courts & RB Tournament
- Kids Fit Camp—Gymnastics—Pee Wee Sports
- Women's Self Defense Course
- Thanksgiving Holiday Hours of Operations

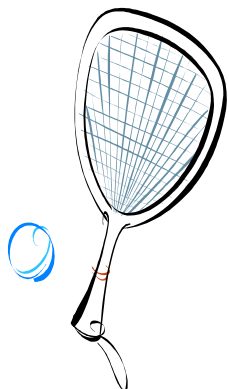
November is the perfect month to start, re-start or just keep going on a personal fitness plan. That said, most of us also know at least a few people that would benefit from regular exercise, after all who wouldn't want to eliminate or greatly reduce many of the things that ail our community, such as stress, depression, anxiety, obesity, eating disorders, heart disease, cancer and diabetes? Yet, only 10-15% of our community is actively involved in regular exercise, which is also in our opinion, proactive/preventive medicine. Given the benefits mentioned why are they, the non-exercisers, not doing something? The most common excuse we hear is I don't have enough time. The thought that immediately comes to mind when we hear this is, really!

The next thing that comes to mind is how's that working for you? Most of the time these folks are just one tick away from a stroke and they don't even realize it. An investment in exercise will yield more time for anyone who does it regularly, looking at the **big** picture vs. just looking at their daily schedule, than those who don't exercise. And a longer healthier life, more energy and less sickness is a tremendous personal advantage.

We are the areas premier full-service athletic facility with staff on deck during **all** hours of operations to address your service and safety needs. There are a few smaller niche operations in town but **none** of them are even close to us in terms of total equipment, certified/educated/supportive staff and a diverse,

facility with many exercise options (27,000 sq/ft) available for our member's enjoyment and use. We strongly believe that we can help individuals succeed in achieving their personal fitness goals much more efficiently than any other option; diets, a singular class or just another weight room type gym. When our members (you) apply what we have to offer, you will succeed. We know because we've already helped thousands of people reach and keep their fitness goals since we started our Club 31-years ago.

Now, if you happen to know anyone who's thinking about improving their health, please send them our way, it may give you a new exercise partner and it most certainly will give them the gift of health! That's a pretty darn good gift!



### Racquetball and Basketball Challenge Courts & RB Tournament

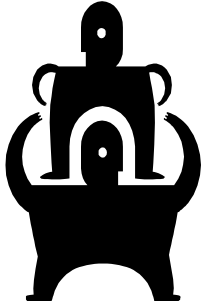
We'll start both racquetball and basketball challenge court nights on Wednesday November 4th., @ 6:00PM. It's a great way to meet new people and get in shape for the more structured forms of these two sport programs which will start after the holiday season.

The annual Round-Up Athletic Club "Turkey Shoot Racquetball Tournament" will be the week-end of November 22nd. We have entry forms at our service desk and there's a new twist this year in how participants can win an actual turkey (frozen of course). They're allowing

teams to enter. So, if you didn't win a bracket individually but your team of 4-players did happen to score the most points in a bracket you still might win a bird!

**Guard Your Health—It's Your Most Valuable Asset!**

## Kids Fit Camp—Gymnastics—Pee Wee Sports



*The Club will be Closed Thanksgiving Day Thursday November 26th & Open Family Hours 9:00AM to 4:00PM Friday November 27th*

### Kids Fit Camp:

The Camp is a 55-minute class designed for ages 7-12yrs.. They'll work on a variety of fitness related skills and learn the importance of being physically active, make wise food choices and develop healthy eating habits in a kid friendly atmosphere.

Participants must have the appropriate attire to attend the class, (gym tennis shoes and shorts). Children will be sent to Day Care if they come to class without the appropriate exercise attire on. Classes are Tuesday and Thursday starting at 5:30PM. Parents must sign their children in at the service desk before proceeding to the class. Non-Family memberships (singles & couples) will be charged \$6.00/per child/class

our family memberships include this class.

### Gymnastics:

We are currently offering tumbling and gymnastics classes on a monthly basis. Level 1 gymnastics is for children ages 3-6 years old with a class focus on straddle rolls, front rolls, back rolls, hand stands, overall body awareness and more. The level 2 gymnastic class incorporates skills learned in level 1 and involves cartwheels, bridge kick over and splits. The class is held here at the Club but is offered through the City of Her-  
miston, to sign-up just call Gina



at 567-5018.

### Pee Wee Sports:

Is an introduction to sports and will expose all future athletes to the basic skills and rules of each sport. Fun, skills based games will be played each day to make sure the kids enjoy and learn different sports. The Pee Wee Sports program is offered every Thursday afternoon; sign-ups are also through the City of Her-  
miston, but the class is held here at the Club. Call 567-5018 (Gina) to sign-up.

Both Gymnastics and Pee Wee Sports are limited to an enrollment maximum for the participants benefit, limited space so sign up early!

**CCC**  
"We are the answer to many of the things that ail our community, such as stress, depression, anxiety, obesity, eating disorders, heart disease, cancer and diabetes!"

## Women's Self Defense Class

This class is offered by Chris Elliott who's also an ex-military certified Rape Aggression Defense (RAD) instructor. The class is offered on Tuesday and Thursday evenings from 6PM-8PM which is a total of 12-hours of instruction involving some study materials/class time and practical self defense time. The cost for the class is only \$30.00 and it could just be the most important, cost effective

investment you can make. The class is designed for women from 12yrs. old to college student and even Grandma's.

Register now....limited class size!

For more information about the course visit the RAD web site at [www.rad-systems.com](http://www.rad-systems.com) or you can contact Chris at Simmons Financial Group 567-6271



Chris Elliott RAD Instructor

**Columbia Court Club Where Your Fitness is Our Business!**