

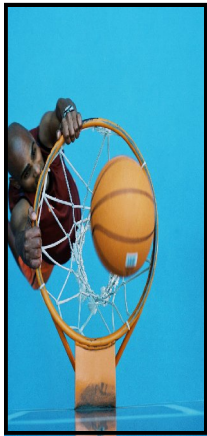


Club News

Club Stuff

The Pool is Open!

First off, we'd like to thank our swimming members' for their patient and understanding while they waited for the pool to come back in service. Everyone has been very kind and we hope you like the improvements and annual cleaning that was done, thanks!

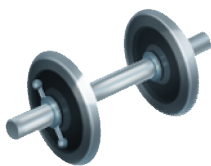


More Remodeling to Go!

We have new lockers for the women's locker room on their way here. When we receive them we'll not only install the lockers; we're going to do a whole lot more of a makeover in that room. New paint, floor covering and fixtures will be also be on our to-do list.

The old aerobics/ad-lab room will also get a total make over and when finished it will have more of a studio look, hardwood flooring etc.

Painting the building to better match our new colors, is also on the hit list and we'll try to get it done before the weather shuts us down. If the



weather does stop us from painting this year the project will be the first thing we do come spring.

Racquetball and Basketball Challenge Courts:

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 sports programs which start after the holiday season.

Kids Fit Camp, Pee Wee Sports and Gymnastics:

We offer the **Kids Fit Camp** every Tuesday and Thursday evening starting at 5:30PM. This program is for youth who are too mature for child care and too young for supervised full Club access. The class focus is to get kids moving, introduce them to various sports and exercise options and to learn some basic information about personal nutrition.

Pee Wee Sports: Is an

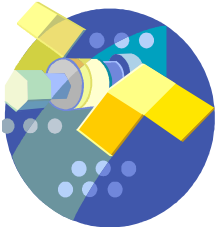
introduction to sports and will expose all future athletes to the basic skills and rules of each sport. Fun, skill based games will be played each day to make sure the kids enjoy and learn different sports. Pee Wee Sports is offered every Thursday afternoon, sign-up through the City of Hermiston.

Gymnastics: Starting October 8th at 5:15PM we'll offer level 1 gymnastics, ages 3-6 years 11 months with a class focus on straddle rolls, front rolls, back rolls, hand stands, overall body awareness and more. At 6:15 we'll offer an advanced level 2 gymnastics class for children who have completed level 1 skills. The focus in this class are cartwheels, bridge kick over and splits, also a continuation of tumbles and skills learned in level 1, (prerequisite level1). There is a maximum of 8-participants in each class, sign-up through the City of Hermiston (567-5018).

Special points of interest:

- Club stuff
- Instructor Spotlight
- Who Knew Tea did THIS?

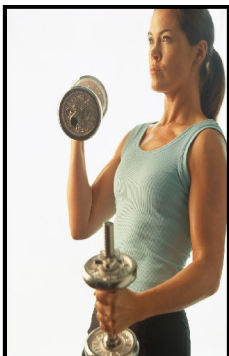




CCC

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!

We're developing a suggestion box on our web site and a link directly to AdvoCare for your convenience. "We believe in you!"

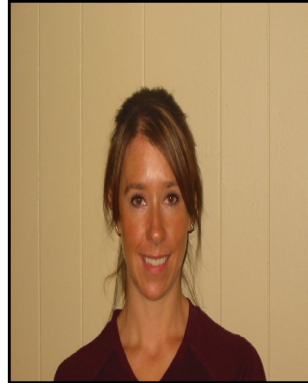


Instructor Spotlight

Our featured instructor for this month is Lindsay O'Neal. Our Aerobics Department Director Debbie Cissna had been watching her in one of the classes she taught and thought Lindsay would make an excellent instructor, she was absolutely correct, we're fortunate to have her teach for us.

Lindsay moved to Hermiston 2-years ago from Montana and being a stay-at-home mom, she decided to join the Club so the kids could socialize in kid care. "Gyms usually

feel intimidating to me, but the friendly atmosphere allowed me to look forward to my workouts. Weather you workout on your own in the gym or join in a class, I feel like a work-out



shouldn't just be another task you need to do in a day but rather, it should be an enjoyable time for yourself to help better accomplish all of the other tasks you need to get done that day. As an instructor, I hope to help you feel comfortable in the gym, have fun with your workout and leave with a smile!"

CCC

Where Your Fitness Is Our Business!

Who Knew Tea Did THIS?

Tea fights colds. Tea fights flu. Tea fights cancer. Maybe it's time to switch from coffee to tea. Drink five to six cups of tea a day—green or black, hot or iced—and you'll get a significant boost to your immune system that will allow you to better fight off diseases from viruses to tumors, according to a new research study presented to the American Chemical Society.

Healthy Day News reports that scientists from Harvard Medical School and Brigham and Women's Hospital have concluded that first study to link immunity with tea. A molecule

that is in tea, as well as bacteria and parasites, activates certain components of the immune system called gamma delta T lymphocytes, which are very important as the first line of defense against infection and tumors.

The study: Dr. Jack F. Bukowski and his team assessed a group of volunteers who did not drink tea or coffee. They were told to drink five or six cups of black tea infusion or instant coffee for either two weeks or four weeks. Blood samples were taken to test the activity of the immune system against

bacteria.

The results: The blood samples of the tea drinkers were five times better able to react against bacteria than the coffee drinkers by making the protein interferon gamma, a molecule that fights bacteria, viruses and tumors. Bukowski's next study will go one step further and try to show how drinking tea can actually protect you from getting sick.

Bukowski cautions that tea can't be seen as a cure, but it could be viewed as a vitamin for the immune system.

Cancer Wellfit Program

A few months ago our local Tough Enough to Wear Pink breast cancer support group approached CCC about being an authorized provider for the Cancer Wellfit program. We're proud to report that we've completed the process and thanks to a partnership with the Tri-Cities Cancer Cen-

ter we can now offer the program here at the Club. The 10-week course is designed for cancer patients and survivors who have become deconditioned or chronically fatigued from their treatment and/or disease. Our Personal Training Director, Jen Puzey, has undergone specific train-

ing on the rehabilitation of cancer patients.

Participants should be either currently in treatment or within 6-months of cancer treatment. Pre-registration is required.