

Volume 2, Issue 2

December 2008 Issue

Special points of interest:

- [Special offer to all military personnel](#)
- Visit our website at www.ccfitnesscenter.org
- [Click here for info on Surveys](#)
- [Cross-fit class!](#)
- [Click here to "Give!"](#)

Due to popular demand the minimum age for a "Senior" membership and discount will be lowered to 60 years of age. This only applies to NEW purchases.

Do you have college kids home for the holidays?

Ask about our special pricing!

GIFT CARDS!

Do you have someone who is hard to shop for?

Give the gift of health with a gift a card to our fitness center or a punch card for our exercise classes! See the front desk for details! **\$5 off Hurry!** Limited time only!



Happy Holidays from all the staff at CC Fitness Center!

We have many, many things happening at the fitness center, if your interested in any of these events or items just click on the name!

[CCFC Surveys](#)

[Give to your community](#)

[Inclement Weather](#)

[Catering to the MAX](#)

["Learn the Moves" class](#)

This newsletter is "packed" with a lot of information...enjoy! Obviously we have a little different format of the newsletter which I believe should make it easier for you, I hope you like it! [\(Talk to you on page 7\)](#)

Wiggly, Giggly Fun! This creative Movement class will have you and your child wiggling to the music, giggling with the finger plays and doing a variety of large muscle activities like swishing the parachute or chasing the bubbles. [Click here to read more about this](#)

Kids Thanksgiving Basketball Clinic - Big success!

Did you know that **Triple Threat Training** had a kid's basketball clinic? **Did you know we have Sunday Men's Pickup B-ball?** We had 11 kids attend our event that was a HUGE success! Don't miss the next one!

[Click here for pictures & to read more about this and upcoming B-ball clinics](#)

Never say "can't", Never say quit!

By Glen Ashlock
Participating in sports has always been a priority in my life. If I wasn't playing on a hockey or softball team, I was riding my bike or skiing or just working out in the gym. If I wasn't playing I was coaching or officiating. Playing sports was what I wanted to do when I felt good and it was what I wanted to do when things got tough. If I had a problem, I got on my bike and rode until I felt better. [Click here for the rest of the story...](#)

Introducing Steven Garrison & Cross-fit training

We want to welcome him to our team! You may have seen him training one of our members or just working out, he is a NETA certified Personal Trainer. He also brings a wealth of experience in nutrition, coach, training the young, old, rehab, sedentary to elite athlete.

[Click here to read more and find out what Cross-fit can do to change your body!](#)

RPE - Why is my instructor asking me how I feel?

Rate of Perceived Exertion (RPE) has become more widely utilized by fitness professionals for one simple reason: it is effective. Allowing participants a moment to connect mind and body and to assess their perception of how hard they are working has yielded much better results than a mere heart rate count.

[Click here for the rest of the story](#)

Happy Holidays from all the staff at CC Fitness Center!

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Inclement Weather

In the case of inclement weather, please be advised that if it is perilous for staff to open the Center, the Center will close. This in particular may occur on the weekends due to lack of snow removal in our parking lot. If in doubt, please call ahead to the Fitness Center to make sure we're open.

Phone# 1-517-592-3393

Thank you,
Management

Catering to the Max

(Max is her son's name)

Did you know that our very own Tahny

Lowry is a "Chef Extraordinaire"?

Specializing in:

- Cooking classes
- Catering for large & small parties"
- Custom menus
- Weddings, Holiday events, Graduation parties

Call Tahny Lowry at (517) 262-5867 to plan your event

Tis' the season to GIVE!

CCFC is collecting items for the following charities:

Jackson Interfaith Shelter "box" for mittens, hats, gloves, coats and anything to keep people warm.

Brooklyn food pantry drive where we are looking for any food item to help the less fortunate in these "challenging times.

Please give as you can.

FREE Indoor Walking Track

Many people don't know that we have an Indoor Walking Track that is absolutely **FREE** to the local public. You don't have to have a membership to use this community amenity.

So if you know someone who is walking outside or going to the "mall" to walk tell them about our indoor walking track.

It is available anytime our fitness center is open.

All we ask is that you bring a different pair of shoes to walk in than you wore to the fitness center. It helps us keep the gym clean!

Tell anyone you know that walks for fitness!

CCFC Survey - WE NEED YOU! - Tell us what you think?

Surveys are at the front desk

It's kind of like voting, if you don't vote you can't change anything!

Pick one up the next

time you're in the fitness center. We will only be accepting surveys until Christmas.

For filling out a survey you will receive a "free class" of your choice from our exercise

schedule.

See the front desk for a copy and please submit to the front desk as well once you have completed it. Thank you for your opinion!

"Learn the Moves" - Ever feel awkward in an exercise class?

If so, you're not alone! We will be holding 15 minute classes that will make you feel much more comfortable about trying this new class.

Look on the new exercise schedule for a

"Learn the Moves" class just before the normal class of Body-Pump, Spinning, Yoga, and Zumba. Please arrive 10 minutes early so the instructor can help you have all of your equip-

ment ready before the class starts.

These classes will be held for the week of December 15th through December 20th and January 5th through the 10th.

Don't miss out!!!

RPE - Why is my instructor asking me how I feel? (Cont'd)

Further, establishing a "scale" of exertion allows trainers and instructors to more clearly communicate how difficult a specific exercise or interval should "feel". This ensures that the perception of the participant is valued by the pro, the participant remains focused, and pushes to the "next level" can be coached correctly ensuring a safe and effective workout.

Some fitness professionals incorporate this method alone. You may find that some trainers or instructors will simply ask you to "rate" your exertion, as you perceive it, on a scale from 1 to 10. What, EXACTLY, is a 10? Take for example the pain perception scale utilized by healthcare professionals. "10" is to be the worst pain you have ever felt. In fitness, it is the point at which you cannot perform one more repetition, take one more step, or hold one more second. It is well beyond any level where you should be working. 1, in the clinical sense, is the absence of pain. In the gym, it is the absence of fatigue and/or effort... it is virtually at rest. Some instructors may jokingly reference, "1 is 'oh please' and 10 is 'dial 911'" That pretty much sums up the number scale. The goal is to work primarily in the 5 to 7 range so that you are pushing your limits, but not to your utter detriment! This scale was initially developed by Borg and had values up to 20. Members of the fitness industry have simplified and/or adjusted it repeatedly.

Other instructors prefer a more descriptive 3 point scale. Particularly in cardio classes/workouts this system works well. One such scale begins simply "comfortable" in the first stage. In working phases participants are asked to become "uncomfortable" and during short, intense intervals to become "breathless". Breathless periods are always coupled with a short recovery to ensure participants don't arrive at the aforementioned 911! This is also a good way for solo runners/cyclists/swimmers to gauge their sprint intervals. Briefly arriving at a breathless pace and then returning to an only slightly uncomfortable one is not only challenging to the legs and lungs, but the heart as well. This scale also allows participants to work at their own pace. Breathless to one may only be uncomfortable to another. Conditioning level, format experience, and/or other factors will determine where one may be.

Most industry experts suggest a blended approach. The old mid-class heart rate count may have gone by the wayside for most, but heart monitors are all the rage with tri-athletes and mothers to be. This tool can be very effectively blended with the RPE variations to truly create a picture of the exertion levels participants perceive and those that are objectively recorded. When utilizing both forms of analysis, many find that they can work harder, smarter, or just differently to improve performance. Others may see that they are working at a more intense pace than recommended for their current condition (i.e. pregnant, injured, etc.). The data produced by both methods is valuable to the achievement of goals and improved conditioning.

This is just the latest fitness arena in which formerly opposing philosophies and/or tools are now being used in tandem to the benefit of participants. When working out, pay attention to your trainer or instructor when he/she defines the exertion scale for your class/session. It will not only provide you with a means by which to tune into your own feelings about your session, but may serve to drive you to push just hard enough to improve your results. Connecting your mind to your body in this way will serve to keep you working at the right pace for the right length of time to improve your conditioning and mind/body connection. Now you know!

**What will your
New Years
resolution be?**

**"They can
because they
think they
can!"**

Vergil

*"You are not a
failure because
you fail,
You are only a
failure when you
quit!"*

Wiggly, Giggly Fun!!!

This creative Movement class will have you and your child wiggling to the music, giggling with the finger plays and doing a variety of large muscle activities like swishing the parachute or chasing the bubbles. **Come join the FUN!!!!!!!**

Winter I Session: 7 weeks Children: 2 to 4 years of age—\$36 Member—\$46 Non-member
 Tuesday, January 13th: 11:00-11:50am Or Friday, January 16th - 10:00-10:50am



Introducing Steven Garrison & Cross-fit training (cont'd)

Cross-fit

Are you looking for a fresh new workout that will take your fitness level to new heights? Then **Cross-fit** is for you!

It's the principal "**Strength & Conditioning**" program used by many police academies, tactical operations teams, military special operations units (including the Navy Seals), champion martial artists, and hundreds of other elite and professional athletics worldwide.

Cross-fit training uses *constantly* varied, high-intensity, functional movements to avoid boredom and create muscle confusion.

We have only 2 rules:

- 1.) **SHOW UP!**
- 2.) **DON'T QUIT!**

YOU WILL SEE RESULTS...GUARANTEED!!!!

The good news is that anyone can benefit from this form of training; including elderly individuals with medical concerns, to the finely tuned athlete and everyone in between. If you're someone who is excited about embarking on a new fitness adventure please contact CCFC

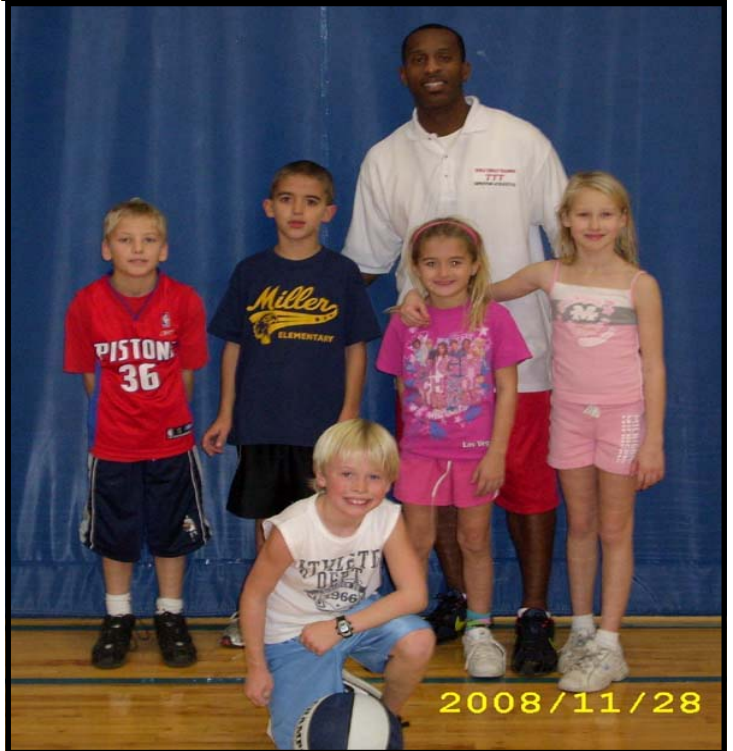
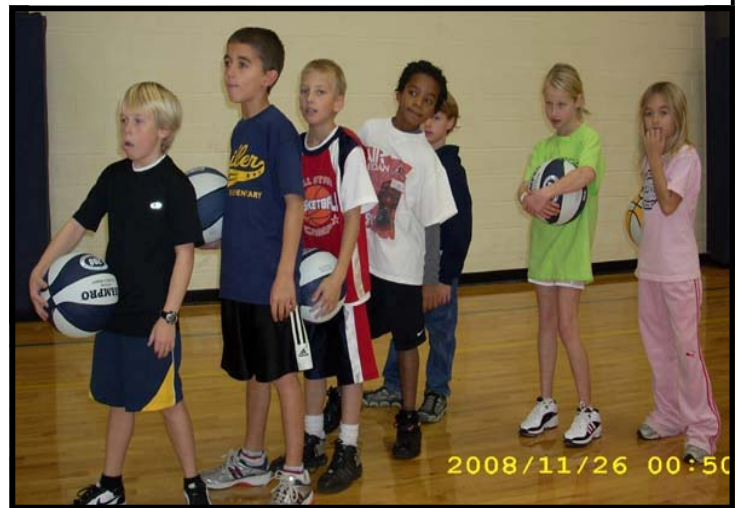
Silver Cross-fit is designed for universal scalability making it the perfect application for any committed individual regardless of experience, fitness level, medical issue, age, or challenge. The Silver Cross-fit program utilizes the same routines for elderly individuals with heart disease as elite athletes. We scale load and intensity; we don't change programs, they're **PROVEN!**

Thanksgiving Kids Basketball Clinic was a big success! (Cont'd)

TTT (Triple Threat Training LLC) is a Basketball Training company. EJ King, a Certified Basketball Instructor and Personal Fitness Trainer, manages one of many locations in your backyard... Brooklyn, Mi. Not only does TTT specialize in providing 1 on 1 and group basketball instruction, they couple health & wellness advice with personalized strength, endurance, and SAQ (Speed, Agility, Quickness) training. TTT would like to thank the Columbia Community Fitness Center & Randy Szenas, CCFC Director, in Brooklyn, Mi for making the '08 Thanksgiving Basketball Clinic a success. TTT would also like to send a shout out to all the superb participants and their parents for their enormous support. If you missed the Thanksgiving Clinic you better not pout, you better not cry, you better watch out TTT is telling you why, there will be a 3 session Christmas clinic held at CCFC Dec 21 - 23. TTT currently hosts open Gym at CCFC on Sunday's from 1pm - 4pm. Bring your game, a buddy, and \$3! Stay tuned for Basketball classes and Leagues beginning in January of 2009.

For more information call or email EJ King @ 734-718-6111; ejking@tttsports.net www.tttsports.net

"Men's Pickup B-ball" Are you good enough to play with us on Sundays? 1pm to 5pm



Never say "can't", Never say quit! By Glen Ashlock (Cont'd)

This changed suddenly when I was twenty-five. While living in Belize as a Peace Corps Volunteer I woke up one morning and couldn't move my toes. This progressed quickly and two days later I was sent to a hospital in the US unable to move from the waist down. It took well over a week and a more tests than I ever knew existed but the doctors finally determined that I had contracted a rare strain of Polio.

While the doctors were deciding what had happened to me, I was in an isolation room with nothing to do but watch game shows or think about what my life would now be like. Until the social workers brought it up, it never occurred to me that I should worry about my ability to get a job, drive a car, or live independently. I wasn't concerned about whether my family and friends would now treat me differently or how this would affect my relationships with women (OK, the women thing did occur to me, I was a 25-year-old guy after all). I mostly sat and wondered if I would ever play hockey again or ever be able to go for another ride on my bike.

I was fortunate to have good support from my family and friends and adjusted to the changes and got on with my life. It took longer but I reluctantly started to accept the idea that my participation in sports would be limited to coaching or maybe some weight lifting to keep from getting too soft. I went back to school, got a job, and was generally happy. Still, a lot of the adjustment issues I had related to the symbols of my former sporting life. I went into a long funk when I sold my bikes and I think I only was able to deal with getting rid of my hockey equipment because I was giving it to a good friend who was learning to play. The severity of the meltdown I had after selling my skis took me completely by surprise.

Somewhere around that time I met Kevin Wolf, a wheelchair basketball player, and after a year of trying he talked me into coming to just one basketball practice (it was the one sport I never cared for) and I was instantly hooked. As I met more guys playing basketball, I started to learn about the other sports that that they played and realized just how many options I had.

Now 22 years later, the answer to my concerns while in the hospital is "not exactly, but close enough". I was a pretty serious wheelchair basketball player for 16 years. I still can't get enough time to ride my hand cycle and frequently participate in multi-day rides with able-bodied riders and compete in several races each year. I never got back into snow skiing but I learned that waterskiing is even better. I was very fortunate to have found a great group of guys that accepted me on their "regular" softball team. They overlooked my limitations and treated me just like any other player on the team. I have taken tennis and yoga classes and I played wheelchair softball for a while until it cut into my cycling time. I am thinking that when I get too old to play basketball I might look into one of those accessible golf carts.

I am glad that as a wheelchair athlete I can be inspirational and maybe change mainstream attitudes toward wheelchair users, but it is not my intent. I am a believer in the extended health benefits of exercising, being active, and the social supports you get from being part of a team. Through wheelchair sports, I have traveled all across the US and as far as South Korea and England. I have met many wonderful people who will be lifelong friends and I got to represent my country in international competition. Those are all great things but when I get on my bike or go onto the basketball court it's not about any of that. It's just me being me again.

The best kept secret in Jackson County!

We're on the web at:
www.ccfitnesscenter.org

17755 Hewitt Road
 Brooklyn, MI 49230
 Phone: 517-592-3393,
 (south end of Columbia Central H/S)

If you have any suggestions for our newsletter please send me an email at szenas@myeagles.org

RANDY SZENAS
FITNESS CENTER
DIRECTOR

To support our troops any active member of our armed services will be able to use ALL of our facilities for FREE!!!

Randy's final thoughts:

As we enter this special time of year where it seems everyone is a "little" nicer, "more" patient, and more "giving", consider this; Can we carry this attitude into the new year of 2009?

We are all facing some very challenging times and **we can all** get through this together. After all we are called the "United States"!

"No one can ruin your day without YOUR permission."

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Margaret Mead

May God Bless you & your family and keep you safe through these holidays and through 2009! **HAPPY HOLIDAYS!**



Got tax deductions?

Please remember we are a "non-profit" organization and all donations are tax deductible!

Thank you all for all of your suggestions, input, compliments, and criticism! It is the only way we will grow and improve!!! Keep them coming!

Need construction supplies

We have a small construction project coming in the very near future and we're looking for metal studs, framing material, OSB, plywood, electrical wiring, plugs, boxes, switches, a nice stereo system with 4 speakers similar to what we use for the classes in the gym, and the labor and expertise to put this all together.

If you can help with any part of this it would be **GREATLY APPRECIATED** and **tax deductible!**

See Randy for details!

New "Social Area"

We are adding a "Social Area" at the fitness center and we need a small couch or loveseat, 2 chairs & 1 end table for the area.

We are going to have healthy muffins, cookies, protein drinks & bars, smoothies, flavored drink additives and more.