



November issue

Special points of interest:

- Look for an exercise class schedule change in November.
• Visit our website at www.ccfitnesscenter.org
• Please participate in our Survey so we can serve you better.
• BEGINNER/REHAB? DON'T MISS THE "BEGIN TO MOVE" CLASS!

Inside this issue:

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Welcome to the first email newsletter for the Columbia Community Fitness Center! (CC Fitness Center) I'm excited about being able to keep you up to date on current events, changes, promotions, needs, news, special interest stories and much more.

Our "Elite 8" and the Chicago Marathon by Karen Liebau

As strong women, mothers, wives, teachers and community members we know the importance of being healthy and striving to be strong role models for our future.

Miller, trained for and ran in the Chicago Marathon. Who knew that one girls night out would lead to running 26.2 miles.

We set out as friends on a mission...if you know any of us...this is exactly what we do! We ended our journey as running buddies/sisters.

NEW CLASS: "Begin To Move" "A class designed for real people" Just starting, new to fitness, small, big, young, old, arthritis, injury rehab, cardiac rehab, etc, this class is for EVERYBODY who wants to "Begin to MOVE"!

Offered in a safe, secure environment - Increase your energy - Become more flexible and learn relaxation methods - Low impact & low weight bearing movements - Improve your Breathing, Strength, Balance & Flexibility - End your Session Feeling Refreshed and Energized. Monday @ 4:00pm

Welcome to the first email newsletter for the Columbia

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Have you seen our NEW SIGNS?

"The journey of a thousand miles begins with the FIRST STEP!"

Have you tried Karen Liebau's Turbo-Kick yet?

It's the fastest growing class we have...find out why!

Tuesday @ 7:30pm

First Annual "TURKEY BURNER"!

Thanksgiving morning starting at 7:00am sharp we will be having 30 minute classes featuring Begin to Move, Begin to Spin, Spinning, Turbo Kick, Zumba, Yoga and more for 2 hours. Ever wanted to try one of these classes but did-

n't think you do a whole class? Here's your chance, you can go to one 30 minute class or all of them for the same price! \$6 or one punch and a food item to help feed the less fortunate. This type of class format on Thanksgiving

morning is "HUGE" at other clubs so don't miss out! Please sign up as space is limited!

CCFC Survey - Let us know what you think

Look for the upcoming survey to voice your needs, wants and desires.

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

Click on this link to do an online survey at www.link.com Or pick on up one the next time you're in the fitness center. We will only be accepting surveys until November

15th, 2008.

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

November Specials!

Referral Special:

will add two months to your membership.

Punch card: Refer someone who buys a "punch card" and get two free classes

If you know someone you would like to invite to the Fitness Center, stop by the front desk and ask for "ONE WEEK FREE PASS"

Membership: Refer someone who buys a membership and we

TTT Kid's Basketball Training & Men's Pickup Basketball

Thanksgiving Basketball Clinic: Treat Training T-shirt)
 Don't wait! Registration ends
 November 19, 2008

Triple Treat Training LLC will be conducting a 2 session fundamental skills and Basketball IQ Clinic!!

WHEN: Wednesday Nov 26th & Friday Nov 28th

Price: \$30 early registration \$35 @ the door. (Comes with Triple

MEN'S PICK-UP GAME

WHEN: Sunday's from 1pm to 5pm starting November 9th, 2008

WHERE: Columbia Community Fitness Center

Have you tried PiYo yet? Christi O'Neil & Tahny Lowry make this Pilates/Yoga invigorating and fun!

Wednesday @ 3:15pm

Success Story - "How I lost over 90 lbs" by Kim Clemons

Kim Clemons - 2006



Kim Clemons - Today



My weight loss journey:

My weight has always been a challenge my entire life. It seemed to become a bigger challenge (no pun intended) after having a family and as I got older. Although I haven't heard the words diabetes or high blood pressure from my doctors I knew I was

heading down that road, a road I didn't want to go down.

I knew what had to be done, eat better and exercise more. Piece of cake right? I didn't think I was eating

all that bad after all I'm a vegetarian, I don't drink pop and I don't drink alcohol, so I decided to focus on exercise first. When I read in the Exponent the Fitness Center was looking for volunteers I thought this was a perfect opportunity. If I was a volunteer then I would have to show up and at least be around people getting healthier, what an incentive! So my husband, Dave, and I became volunteers. In the past I would set my goals too high and was disappointed when I didn't make them.

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"Whether you think you can or think you can't...

You're Right!

Henry

Ford

The best kept secret in Jackson County!

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

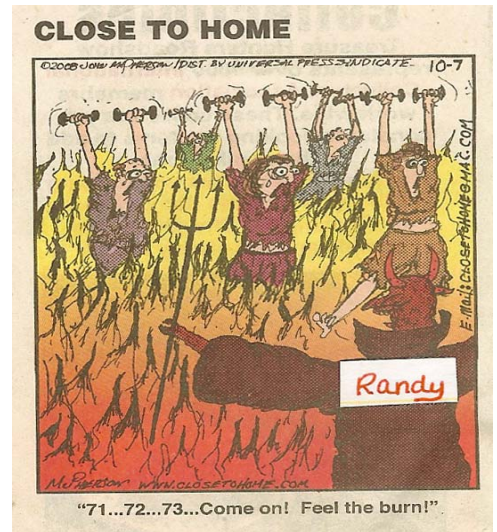
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If you have any suggestions
for our newsletter please
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One of my "adoring fans" (Robin Shore—don't tell anyone!) clipped this out and gave it to me to show her undying loyalty and affection! HAH! :-)

Try one of my BodyPump classes. **MEN**—Join the other men in class and have fun!!! It's just weight lifting, no fancy moves!



GOT ZUMBA?

It's the RAGE!
If you haven't tried it yet you're missing all the fun! 4 classes Check the schedule for times

Look for a "Begin to Spin" class where you can start slow and at your own pace!

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!

SPREAD THE WORD!

Daycare: Needs List!

If you have these items at home and aren't using them or can donate these items it would be appreciated greatly! Any donations are tax-deductible as we are non-profit..

We need: 2 - 4 year old art supplies - beads, snacks, "wet ones", play-doh, pre-school games, crayons, markers, etc.

Thank You!

This time I took a different approach. I started out making a commitment to myself to work out 1/2 hour twice per week for one month, then it was 3 times a week and so on. With the encouragement from Cari at the Fitness Center I attended a Body Pump class. I was intimidated at first but after the first class I was hooked. I think the difference from starting this exercise program then the failed ones in the past was I wasn't doing it alone. If they knew or not the people at the Center gave me the encouragement and motivation to keep me coming back.

Next I needed to work on eating better. UGH! I had a colleague who had joined Weight Watchers and every week we would talk about her success in losing weight. I decided to give it try and on August 26, 2006 my husband and I joined Weight Watchers.

My success with Weight Watchers was the same as with the exercising; I made realistic goals and I didn't do it alone. My husband was with me, other WW members who I could share ideas and stories with and of course our WW mentor who I credit for getting me to come to every weekly meeting. On June 10, 2008, 90 pounds lighter I became a Lifetime member of Weight Watchers.

I started out on this journey for me but it was the people around me that kept me going; my husband who is my biggest fan no matter what size I am or was, my best friend Sharon who would call every Tuesday night to celebrate the loses or bring me back up if there was a gain, my family and friends, old and new who kept the compliments coming and motivated me to keep going. They are my heroes.

Today, I run 3-4 days a week and attend 2-3 fitness classes. AND I'M LOVING IT!! Two years ago those words would not have came from me. I am living proof you can have your cake...and eat it too!