

Volume 4, Issue 4

Fall 2009 Issue

Special points of interest:

- **Morning members: Students are coming! - Read more on page 3**
- **Healthy Lifestyle Program See page 7 for details**
- **CrosSeal—Read Steven's welcome back message on page 5**
- **Fall Hours - page 7**
- **You're never too old, sick or? to move: The Miracle of Movement! Details on page 5**
- **Martial Arts coming to CCFC Read more on page 4**

Due to popular demand:

Exercise Schedule change

LOOOK!

Saturday Strength Training will be at it's normal time of 9:00am vs. 10:00am that's on the Fall Schedule



Welcome "back to reality"!

Now that summer is coming to a close we're gearing back up for the "indoor months"! There is a lot coming up in the next few months and it's outlined in this newsletter. We've miss you all this summer! **WELCOME BACK!**

More announcements on page 7

Fall FitQuest — Round 2

The incredibly successful team workout challenge is BACK!
Read more on page 2

The miracle of movement! Read the incredible story of one of our own...Joani Zoldowski and her success story! DON'T MISS THIS STORY FROM THE HEART!

Read the whole story on the bottom of page 5

CrosSeal by Steven Garrison

The summer hiatus has quickly come to an end and it is time to get back into school and our busy family schedules. If you have spent time vacationing and relaxing on the lake you may have chosen to forgo your regular training schedule; the good news is on September 14th, the class schedule resumes at the fitness center, including CrosSeal. Read the rest of the story on the top of page 5

CCFC Presents Anderson Institute of Tae Park Tae Kwon Do

CC Fitness Center is bringing Tae Kwon Do to the community featuring Sr. Master Brian Anderson of Anderson Institute Tae Park Tae Kwon Do. More details on page 4

Healthy Lifestyle program

A 6 week program including Nutritional Education on different topics each session like recipes, advice, and counseling by our own Traci Roumell RD (Registered Dietician)
Read more on page 7

Welcome “back to reality”!

Page 2

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, CCFC Management

Fall Hours

Monday-Thursday

5:30am-12:30pm

Friday

5:30am-12:30pm

5:00pm-7:30pm

Saturday

8:00am-12:00pm

Sunday

7:00am-11:00am

Students will be using the center:

MWF 8:45-9:20am

T&Th 9:50-

10:20am & 10:45-

11:15am

Smoothie Bar update

We have been trying to contact the Jackson Health Dept. many, many times with no return phone call. So I have no idea what we need and I can't move until that is taken care of. So at this time we are going to put the "Smoothie Bar" on hold.

Thanks to everyone who filled out the survey and gave us your input.

And thanks to Jennifer at Nutrition Revolution in Jackson for putting on the "Tasting". If you liked the products contact her at 768-9925

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!

Fall FitQuest — Round 2

FitQuest is a 12 week exercise/fitness challenge!!

Fall FitQuest, Round 2 will begin:

September 21st and will end December 13th

Three person teams, made up of anyone and everyone who is looking to get fit, will log points each week for various fitness activities.

The support of teammates inspires people to stay on track and continue their workout routines.

Exercise can take place anywhere and you do NOT need to be a member of the CC Fitness Center to participate

Plan to attend the informational meeting on Thursday, September 17th at 7pm at the CC Fitness Center, if you have questions

Your packet will be available at the front desk starting September 17th

A \$20 fee is charged per person

Students are coming on September 14th!

CCFC Members:

It's back to school time again and with that comes the PE and Strength & Conditioning classes with roughly 30+ students in each class.

This year they will be in the fitness center on:

Monday, Wednesday, and Friday 8:45 – 9:20am

Tuesday and Thursday from 9:50 – 10:20am & 10:45 – 11:15am

I know some don't like it when the students are in the fitness room but let's remember why the CC Fitness Center was built in the first place, "it was built for the students". It is called Columbia Community Fitness Center for a reason, it is to be used by both the students and the community. If we didn't have the students we wouldn't have the fitness center.

So, the bottom line is..."Let's all get-a-long"!

Everyone is welcome when the students are using the fitness center under the following conditions.

Michael Jordan is the only teacher that will be teaching these classes this year. Please realize that the classes are only 30 minutes long.

- When the class walks in they will need most of the cardio machines so you may be asked to move to another machine.
- If you walk into the fitness room while a class is already there and a cardio machine isn't being used it won't be needed for the entire class.
- If you are using the weight machines you will be asked to move from machine to machine along with the class at 30 second intervals.
- Some of the free weights will be used on Friday from 8:45am-9:20am, but again you can move with the class at 30 second intervals.

I don't want to close the fitness center to accommodate the students because I think we can all work together.

We now sell:

WATER \$1

POWERADE \$1

EXTEME SHOCK \$3

**PRE-WORKOUT
ENERGY DRINK**

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

You're probably
right!"

Henry Ford

YOGA MEMBERS!

You now have 3 classes

Wed. @ 11:00am

Thursday @ 5:30pm

New Class

Saturday @ 10:30am

Bring a friend and
your class is FREE till

October

You asked...enjoy!

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.



CCFC Presents
Anderson Institute
of
Tae Park Tae Kwon Do

CC Fitness Center is bringing Tae Kwon Do to the community featuring Sr. Master Brian Anderson of Anderson Institute Tae Park Tae Kwon Do.

Sr. Master Brian Anderson brings 35 years experience in Tae Kwon Do and has been teaching Tae Kwon Do at Hillsdale College since 1977

We're inviting kid's 5 years old and up to improve balance, self-esteem, coordination, awareness, discipline and a positive outlook on life.

FIRST CLASS IS FREE

Pre-register at CC Fitness Center

Starting: **October 5th, 2009**

When: Monday & Wednesday 5:00pm to 6:30pm

Cost: \$40 a month

First day attire: Sweat pants & t-shirt

Uniform will be needed and can be ordered through Mr. Anderson

If you have any questions you can contact Mr. Anderson at 517- 437- 2838

CrosSeal (cont'd)

I am excited to see the returning CrosSeal veterans and the new recruits! Remember no matter where you may find yourself in your fitness level, CrosSeal will work for you. Do not doubt your ability to do CrosSeal; it works for everyone because you adjust your level of intensity depending on your personal fitness level. I have been witnessing great transformation in the variety of individuals that have been participating in the workout. I promise with consistent effort, you will find that you are stronger, more coordinated, more balanced, with greater stamina and endurance. All you need to do is bring your best and forget the rest.

I look forward to seeing you in the coming weeks at one or more of the five CrosSeal classes offered at the fitness center.

Steven Garrison

Are you looking for a fresh new workout that will take your fitness level to new heights? Then **CrosSeal** 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.

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

We only have 2 rules: SHOW UP! and DON'T QUIT!

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

The miracle of movement! A Success Story by Joani Zoldowski

This is a letter to thank the Lake Columbia community who determined years ago that creating the Columbia Community Fitness Center was an important step in helping individuals achieve wellness. The opportunities available at the CCFC have literally changed my life!

Faced with a plethora of health concerns: COPD, fibromyalgia, asthma, osteoporosis, osteoarthritis and cognitive problems from a deadly toxin exposure, I had basically resigned myself to a sedentary, low energy life where climbing the stairs in our home or running the vacuum left me gasping for breath. At 57 I was beginning to feel 85. In addition, I was topping the scales higher than ever. The size 13-14 slacks, which I had dreaded having to wear were even becoming too tight. Then, I made a life altering decision after researching the Center's offerings on line. I began taking classes in early February.

The miracle of movement! A Success Story by Joani Zoldowski (cont'd)

Both my husband and I are amazed at the results in just two months. I sprint the stairs at home without any breathlessness. I am wearing size 8 & 10 slacks, with the 10s getting looser each week. I have gone off fibromyalgia meds as the pain I feel most now is simply sore muscles from pushing myself in the outstanding classes. The more classes I attend, the easier it is to limit unhealthy foods as I am motivated by participating with the other members who have chosen a healthier lifestyle. I have lots of energy, and my enthusiasm for life and goal setting has returned. I even recently played basketball for over an hour "against" my six yr. old grandson, who was so impressed, he decided to put Grandma on "his team" from now on.

How has this transformation happened? The Center has the most dedicated and sincere instructors, instructors who truly care about helping us adults achieve our personal best.

Nancy's step class is so much fun while getting an awesome aerobic workout. Her enthusiasm and commitment to helping each of us achieve is commendable. I plan to also try out her spinning, circuit, and other classes, which everyone says are outstanding. Steven's CrossSeal classes are fantastic. His attention to varying our workouts really helps to confuse the muscle groups. He challenges us with a smile and "good job" to push harder each time.

I just began yoga with Deb, who makes learning so easy. Her class has helped tremendously with reducing stress and gaining flexibility. Randy's Body Pump, lifting to music, is helping me tone and get stronger. Randy gives so much individual attention to our achieving correct form. I can't help but want to do my best for him. I have heard that all the other instructors are equally excellent.

Initially, I was self-conscious, worried about not knowing what to do, but each instructor assured me that I would catch on and went out of their way to help me correct my form, to congratulate me when I was doing well, to show patience and understanding since my compromised cognitive functioning often interferes with my ability to understand and to follow through. In fact, the classes are helping me to both stabilize and improve cognitively as my mind and body are forced to connect, certainly defying a rather gloomy prognosis.

My husband has now joined me in Body Pump, despite needing a knee replacement and having had a somewhat debilitating rotor cuff surgery. He initially protested, thinking he could not do any lifting. However, Randy is showing him how to modify, which has encouraged him to keep attending. In fact, each instructor emphasizes modifying as needed, and each is more than happy to offer individualized advice. I am pleased to see that the Center also offers an excellent weight room, volleyball on Sundays, Cross Seal for the little ones, and a free walking track.

I congratulate Randy, Fabiana, the instructors and everyone in the Lake Columbia community who has been and continues to be instrumental in making this Center a high energy place where people can transform their lives.

Sincerely,
Joani Z.

Brooklyn

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 randy.szenas@myeagles.org

RANDY SZENAS
 FITNESS CENTER DIRECTOR
 RANDY.SZENAS@MYEAGLES.ORG

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:

BodyPump is changing to "Strength Training" Same class—same great weight resistance workout that everyone needs!
 NEW MEMBERS ONLY: Discount coupon 15% from Sept 14th to Oct. 11th

Fall hours and exercise schedule starting September 14th

For prices, schedule, hours and to learn more – Visit our website www.ccfitnesscenter.org

We're having a real problem keeping our blue towels, they keep walking out the door!

I don't want to have to institute a policy where you give us your I.D., keys, shoes, as a deposit on a towel, so if you have any of these towels at home please bring them back. Don't worry about being accused of "stealing" them, I've walked out with them myself! :-) Randy

If you know of anyone who wants to join our center but has financial challenges please let me know and we will work it out!

Do you have any of our blue towels at home by mistake?

We've been going through them very fast lately!

If you do, would you please bring them back in?

Healthy Lifestyle program

When: Starting Monday, October 5th @ 5:30pm & Thursday morning October 8th to be announced.

Cost: \$10.00/week for a total of \$60.00

What: 6 week course including Nutrition Education on different topics each session

Includes a weigh-in and body fat testing if desired.

30 minutes offered two times per week

Provided by: Tracy Roumell RD (registered dietitian)

Like to lose some weight?
Exercise is only half the battle, learn how to fight the other half!