

## Improvements!

In January we began retrofitting our studio at Broadway to make it more soundproof, which in turn will **make it more suitable for Yoga and Pilates classes**. The windows were taken out of the studio and replaced by a wall that will be filled with sound dampening insulation. This will allow us to have Yoga classes offered at Broadway. There were also more black, non-slip mats added to the men's locker room. Thank you for your patience while we improve!

## It's **YOUR** Workout

by Cal Courts member  
Marianne Morse

"This is the toughest class here!" I shouted at Ian as he was giving two new members a tour. They were watching my "Fun and Fit" class with Jacquie, and I wasn't exaggerating. Truth is, **I can take any level class and make it a challenging, safe workout**. I often modify my footwork, weights, reps, etc. and I'm comfortable doing it because I know my instructors support me. So, instead of pulling a "no-show" when I have my aches and pains, I go to class and modify my routine. Whether you're Revving, Ripping, Swimming, doing Yoga, Pilates or Zumba, take it easy or push yourself to the max - as my instructor Jacquie always reminds us, "It's YOUR workout"!

**CrossFit**  
FORGING ELITE FITNESS

This month we are pleased to be **adding two new CrossFit classes** to our Broadway schedule. These classes will be offered in the "Box" on Mondays and Wednesdays at 6PM.



Cal Courts is happy to announce that we will be hosting the **Reebok CrossFit Games in February and March**. The CrossFit Games are the world's premier test to find the Fittest on Earth™. This is a three stage process that starts with the online open, which Cal Courts will be hosting. If you score well enough in the open then you will be invited to regionals. All participants will need to register at <https://games-beta.crossfit.com/mygames/> and pay the \$20 registration fee. Registration for the open begins on February 1st. Once you have registered online email [crossfitatcalcourts@gmail.com](mailto:crossfitatcalcourts@gmail.com) for more information. Cal Courts will host two workouts per week on Thursdays at 6:30pm and Saturdays at 10:30am. These workouts and testing times will be free to members and non members alike. If you have any other questions contact Josh or Rachel via email.



**CAL COURTS**  
Health & Fitness Center

*February*



*Valentine's Day is all about the "Heart" so remember to regularly exercise the strongest muscle in the body. An inactive lifestyle is one of the top risk factors for heart disease.*

**Broadway**  
518 W. Clark St. Eureka, CA 95501  
707 445-5445

**Annex**  
3909 Walnut Dr. Cullen, CA 95534  
707 445-5442

[calcourtsfitness.com](http://calcourtsfitness.com)



Aqua Zumba is finally here!!! Starting in February we will be offering a **Zumba class in our pool at Broadway** with Casse at 5:30-6:30 pm on Sundays. Come experience a Zumba class like no others. Use the water as resistance for this high energy low impact workout.



**There will be a Zumbathon on Saturday March 10th 10 - 11:30 am in the main Gym** at Broadway to help raise money for ALS, also referred to as Lou Gehrig's disease. Tickets will cost \$10 dollars and all the proceeds from the Zumbathon will be donated to help find a cure. Non-members are welcome to sign up. E-mail Adeena at [calcourtsqfit@gmail.com](mailto:calcourtsqfit@gmail.com) for tickets and more information.



Zumbatomic "Shake, wiggle, and giggle" with session two of Zumbatomic. This new exciting dance party for kids will now be offered in two groups. The "Little Stars" which is for age 4-7 and "The Big Stars" ages 8-12. The new sessions will begin February 22nd at Broadway. The "Little Stars" will be from 3:30-4:15PM and the "Big Stars" will be from 4:30-5:15PM on Wednesday afternoon. The cost for this class is \$25 for members and \$35 for non-members and will run for 6 consecutive weeks. Sign up today at Broadway space limited.

## Commit to **FIT** in 2012

Have you already lost track of the New Year's resolutions you made? Or did you not make one this year because you "never keep them anyway?" Why not let one of our highly qualified personal trainers help you COMMIT TO FIT.

**Personal training sessions are available year-round and will help you stay motivated** and keep you on the path to reaching your fitness goals. Sessions are offered singly or in packages of 4,8, or 12 and can be in either private or semi-private settings. Call the Fitness Director at 445-3322 for more information.



### Member **Appreciation** Month!

**February is member appreciation month at Cal Courts.** Throughout the month of February **if a current member gets a friend to sign up, that member will receive a free month's dues.** Just have your friend mention your name at the time of sign up to receive your free month. Our loyal members are what make this club so special. The entire staff of Cal Courts is here to help you so please let us know if there is anything we can do for you going forward.



New Cal Courts instructor Michael Lowery will be teaching a **Turbo Kickboxing class on Monday evenings from 6:30-7:30 pm** in our main gym at Broadway. This will be a fast paced, high energy, high calorie burning workout. Come check it out!!!!



**Pilates on Sundays is BACK with our new Pilates instructor, Shannon Townsend.** Shannon has been teaching Pilates since 2008 and recently finished her reformer certification. She holds a B.S. in Kinesiology (pre-Physical Therapy) from Humboldt State University and was certified in Pilates mat instruction in Santa Rosa. She enjoys using her knowledge and creativity to help strengthen, lengthen, and tone every BODY in her class. **This new class will be held in the Broadway Studio on Sundays from 9-10 am.**

Yoga instructor Tasha Howe recently completed her Pilates certification and will be teaching a **new Pilates class on Friday from 9-10AM at the Annex.** Don't forget to check out Tasha's level 2 Yoga class on Sundays from 10:30-11:30AM at the Annex.

**Rachel will be resuming her Pilates class at Broadway on Tuesday and Thursday mornings from 8-9 am beginning February 2nd.** She looks forward to seeing all her regular attendees and hopefully some new faces.



Welcome back Ginger!! **We are happy to have Ginger back cleaning at the Annex and Broadway starting February 1st.** We look forward to seeing your warm smile in the mornings. You were missed by staff and members alike!