

Work Out &



Congratulations to our work out and win grand prize winner **Donna Roberts who won over \$500 in gift certificates to local businesses.** We had over 600 entries in just two months!!!!

For the months of December, January and February we will be offering **our Annual Ski Trip to beautiful Mt. Shasta.** The grand prize winner will receive one night's stay and two lift tickets to hit the slopes at Mt. Shasta.

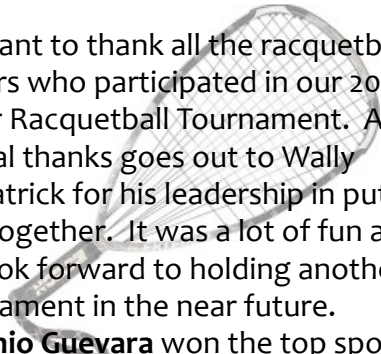


HOLIDAY GIFT PACKAGE!

Are you looking for gift ideas for your friends or family this holiday season? Give the gift of health this year. **Cal Courts is offering an all-inclusive health and wellness package** that includes **3 months member dues** with towel service, plus **an hour personal training session** and a **½ hour massage** all for the low price of \$149. No contract or initiation fee, and the lucky recipient has the option to roll the 3 month membership into a regular membership at no additional cost.

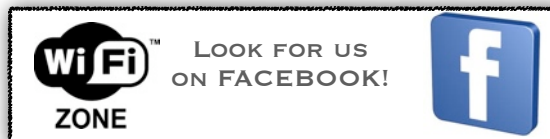
Poker Racquetball Winner

We want to thank all the racquetball players who participated in our 2011 Poker Racquetball Tournament. A special thanks goes out to Wally Fitzpatrick for his leadership in putting it all together. It was a lot of fun and we look forward to holding another tournament in the near future. **Antonio Guevara** won the top spot! Congratulations!



**Lock it,
Don't Lose it!**

This is a **reminder** from management that all members need to lock up their personal belongings in the locker rooms at both Broadway and The Annex. All items lost or stolen are **NOT** the responsibility of Cal Courts. **We will be selling locks to members and guests** so that they will be able to secure their personal belongings in our day-use lockers. If you see anything that you feel is suspicious report it to the front desk or to membership immediately.



CALCOURTS

Health & Fitness Center

December

NEWSLETTER



Broadway

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

Annex

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

calcourtsfitness.com

New Classes!

Rachele Robinson will be teaching a new Rev and Row at the Annex on Saturday mornings from 8:30-9:30AM.



Congratulations to Rachel Nutting our new CrossFit instructor! Rachel will be teaching an **Introduction to Crossfit class** on Monday and Weds. evenings at 5PM which is a new program designed for those wishing to try Crossfit in a small group environment with a **focus on basic movements and fundamentals.** See Rachel at the front desk for sign up information.

new YOGA instructors

Welcome to two new yoga instructors!

Micki Lewis will be teaching an early morning class at the Annex on Wednesdays and Fridays from 6-7AM.

Teresa Mahoney will be teaching Yoga at the Annex on Mondays and Wednesdays from 10-11AM.

Both Teresa and Micki are passionate Yoga instructors and they look forward to bringing that energy to these NEW Yoga classes.

Remember all of our class schedules and descriptions can be found at calcourtsfitness.com

Holiday Hours

Friday, December 16th- Broadway and The Annex will be closing early at 6PM so that Cal Courts employees can attend our annual Holiday party.

Broadway:	Annex:
Dec. 24th 5AM-6PM	Dec. 24th Closed
Dec. 25th Closed	Dec. 25th Closed
Dec. 31st 8AM-6PM	Dec. 31st Closed
Jan. 1st Closed	Jan. 1st Closed

Expanded Club Hours!

Cal Courts is happy to announce that starting December 1st **we will be opening both the Broadway and Annex locations bright and early at 5AM.** Come get your day started with us!!! The closing hours are going to remain the same but we are happy to accommodate our early morning members!



Parents be on the lookout for "Zumbatomic" with Adeena, a fun and exiting new class for children ages 4-12 beginning in January on Wednesday's at Broadway. Email Adeena at calcourtsfitness@gmail.com for more information.

Stefani, our new Zumba instructor, will be teaching a new Zumba class in the Broadway studio on Sunday mornings from 10-11AM.

New Personal Trainer

Cal Courts would like to welcome our **newest personal trainer** and front desk employee **Tim Haycock.** Tim recently moved to the Eureka area from Reno with his wife and children. **He is a certified trainer through the National Academy of Sports Medicine (NASM)** and has an extensive background in sports, both playing and coaching. Lifetime fitness plays a very important role in his life and helping other achieve their fitness goals is a top priority for Tim. Tim is also working at the front desk at the Annex as well. If you have any questions about trainers or scheduling call Megan in our Personal Training Department at 445-3322.

Artisan's Faire



Cal Courts will be hosting an **Artisan Faire on Monday December 5th** from 8:30AM-1PM and 3PM-6PM at our Broadway Location. We are proud to showcase the artwork of our members during this sale. There will be a silent auction held with the winners announced at 6PM. Auction proceeds will be donated to charity. Come see the artistic talents of Cal Courts members an staff!



We, the Cal Courts staff, want to extend to you and your loved ones a very happy Holiday Season and best wishes for a healthy new year. We appreciate each and every one of you!!