

Personal Training Director



Megan Lynch

We are proud to present our **NEW Personal Trainer Director, Megan Lynch**. Megan graduated magna cum laude from HSU with a B.S. in Kinesiology. **Megan is**

now an ACSM Certified Personal Trainer and is certified through SCW as a group exercise instructor. She is full of new and fresh ideas and firmly believes in a positive mind-body connection. Megan emphasizes the importance of using proper mechanics and putting fundamentals first. We are also in the process of hiring some new qualified trainers to work with her. **Megan has already reorganized the free weight room at Broadway and is on her way to building a great new team!**

GROUP EXERCISE

Group exercise will now be a shared position. Teri and Adeena have joined forces to lead our group exercise program. Adeena holds a B.S. in Recreation Administration and a Masters degree in Education. She worked for many years in the snowboarding industry and recently relocated to Eureka. Adeena started teaching Zumba Fitness at Cal Courts in 2010 and she looks forward to helping our fine group of fitness instructors.



Looking for great holiday gifts?

Check out the Pro Shop at both Broadway and the Annex for new Cal Courts clothing. We have lots of great colors in sweatshirts and T-shirts including forest green, maroon, red, black, blue, and many others at very affordable prices. Be sure to stop in and check 'em out.



but ...

We will be closed on November 24th in observance of **Thanksgiving**. Not to worry though, because **we will be open at 5:30AM on Friday November 25th, so come in and work off some of that food you enjoyed during your holiday.**



Now available at both Broadway and the Annex!

CALCOURTS
Health & Fitness Center

November NEWSLETTER



Broadway

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

Annex

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

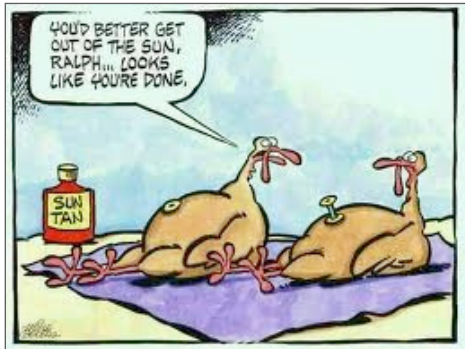


Racquetball Tournament

Don't forget to sign up for our fun, one day, "Poker" racquetball tournament on Saturday November 5th at 8:30AM . This will be a doubles style tournament and you will rotate with different partners. You can actually play poker and racquetball at the same time!!! **All racquetball enthusiasts are welcome, including non members.** Sign up today because space is limited.

WALLYBALL

Wallyball, a fun game combining aspects of volleyball, handball, and racquetball will be set up on Court 1 on Monday evenings starting November 7th at 7 PM. Come try Wallyball which is similar to volleyball but without boundaries.



New Massage Therapist

We have hired a new massage therapist at Broadway. **His name is Treat Meier who has been working as a California Certified massage therapist for the last five years.** Treat specializes in many modalities including Swedish, Table Thai, Deep-Tissue (Myofascial), Passive Joint Mobilization, Ayurvedic, Neuromuscular (Trigger Point Therapy), Russian Sports, Positional Release and Acupressure. Treat's primary goal with massage is to help clients achieve a state of relaxation while addressing areas of discomfort. Treat looks forward to helping you achieve your optimum health goals.



We want to thank both Naomi and Tami and wish them well.

Work out and Win

A reminder to all members about our work out and win prize for the months of October and November. **Cal Courts will be giving away over \$500 worth of gift certificates to local businesses** to one lucky member. The grand prize includes gift certificates to businesses including Glow Body Boutique, Murphy's Market, Broadway Cinema, The Toy Box, Renner Petroleum, It's All About The Dogs, Babetta's & Sport & Cycle. Fill out as many cards as you can to increase your chances of winning.



We are happy to announce that **Carli Zizza will be returning to the personal training department.** Carli is an HSU graduate with a degree in Kinesiology. Carli has also worked at the Hand and Foot Clinic in Eureka. Welcome back Carli!

Rachel Nutting is headed to Portland to become a Cross Fit certified instructor. We look forward to Rachel instructing Cross-Fit in the near future. **Stefani Gambrel will teaching a new Zumba class with a "Hip Hop" flavor** at Broadway on Wednesdays at 6:30 PM and Saturday mornings at 10:30AM.