

December 5th



Save the date for Cal Court's Artisan's Fair

Calling all Cal Courts Artists!!!! We will be hosting our **2nd Annual Artisan Fair** at Cal Courts on Monday, **December 5th**. This is a good opportunity for our members who are artistic to exhibit their art and get some exposure. All proceeds will be retained by the artist and there is no fee for participating.

We will be asking each participant to donate one item that will go into our silent auction. **All the proceeds from the auction will be donated to charity.** A description of what you will be selling as well as a photo will be requested with your application as it is a juried show. For an application and more information e-mail Ellie at esnedeker2@suddenlink.net or call 443-5543.



A reminder to all members about our Cal Courts rewards list. We have many partnerships around the community with local businesses. If you are unaware of the participating companies in the area we have a copy of our "Reward's List" at both locations. There are many great deals around town, make sure you check the list to start saving some money.



Thank you to all the members that participated in the "Hawaiian" workout on Saturday, September 17th. **Mj Goble and Ashley Chiu both received a special prize** for their participation. Congratulations!



**Now available at both
Broadway and the
Annex!**

CALCOURTS

Health & Fitness Center

October

NEWSLETTER



Broadway

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

Annex

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



Congratulations to our “Alcatraz Swimmers.” These members of Cal Courts all completed the 2011 Alcatraz Invitational, a swim from Alcatraz Island to the Aquatic Park in San Francisco!



Don Kudrna (41:56), Jim Gomes (46:28), Jeff Klemp (32:40), Deb Kingshill (45:51), Travis Schneider (32:11), Tom Kingshill (33:23), Amanda Shawala (46:22), and Rachel Nutting (34:12).

Congratulations to Angie Cossolotto our work out and win grand prize winner! She has won 10 1-hour personal training sessions with one of our great personal trainers plus an hour long massage with our amazingly gifted massage therapist Tami Roberts. For the months of October and November we will be doing our **Holiday giveaway** for our work out and win. The winner will receive **over \$500 worth of gift certificates** from local businesses. Fill out as many cards as you can to increase your odds of winning this great prize.

Did You Know?

At Cal Courts we offer **over 90 free classes each month** and we want to encourage members to take a look at our class schedules either online at calcourtsfitness.com or at the front desk at either location. These group fitness classes are an extremely effective way to supplement a workout routine you already have or if you are looking to jump start your fitness goal. Since many of our classes are held at the Annex, we encourage members to make a trip to Cutten and see what we mean!



New Employees!

Cal Courts would like to welcome a few new employees to our staff. First off is our new REVV instructor **Brittney**, who will be teaching at Broadway on Monday afternoons at 4:30PM. We would also like to welcome **Kristine Legg** who will be teaching REVV at Broadway on Thursdays at 5:30PM. Many of you might have seen Kristine around the club. Lastly we would like to welcome **Amy Day** to our Yoga staff. Amy will be teaching Level 2 Yoga on Friday evenings at the Annex from 6:30-7:30PM and Saturday mornings at the Annex from 10:30-11:30AM. Welcome Ladies.



A very big and heart felt congratulations to **three employees who have tied the knot in the past few months!** The first couple to congratulate is our personal trainer **Shaun Condon** and his new wife **Lacy**. The next couple who recently said “I do” is **Lindy and Eric Keppner**. Lindy is the daycare manager at Cal Courts. And finally we want to congratulate **Matt and Rachelle Robinson**. Rachelle is one of our great REVV instructors. We wish all these new couples a lifetime of love, happiness and great health!

