



Fitness Flyer

COURTSPO RTS ATHLETIC CLUB

FEBRUARY 2012

EST. 1979

FREE RACQUETBALL LESSON

Wednesday, February 8th @ 6:00pm
COURTSPO RTS EUGENE

Friday, February 17th @ 5:30pm
COURTSPO RTS SPRINGFIELD

Sign-Up at the Service Desk to reserve a spot today!
All equipment will be provided during the lessons!

NEW

DAYTIME Women's Racquetball League at Courtsports Eugene

Calling all female racquetball players!

Join our new Women's DAYTIME Racquetball League
at Courtsports Eugene.

Anyone interested should sign-up on the Interest List posted on the
Racquetball Bulletin Board. Once we have 6 names we will get started!

Questions? Contact Danielle at 541.687.2255!



Join us for a FREE Seminar

Monday, February 6th @ 5:15—6:00pm
COURTSPO RTS EUGENE

Members & Non-Members are welcome!

**Titleist Certified Golf Fitness Instructor,
Chuck Haley Presents:**

Evaluate and prescribe exercises to improve
your golf game and physical lifestyle.

Swing faults • Physical screens • Prescribed Exercises • Nutrition

Register with Chuck at 541.284.7155
to reserve a spot!

INTRODUCING: GROUP POWER® at Courtsports Springfield

At the end of January, many of our Group Exercise Instructors participated in a training to become certified to teach **Group Power®** at the Springfield Club. In February, we will offer many Group Power classes at various times to showcase our new class! *Keep your eyes open for a brand new schedule with new class offerings!*

Group Power® is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

FREE Guest Day Sunday, February 12th

*Each Membership gets two FREE Guests

**All Guests MUST have photo ID



Join us for the **Winter Wonderland**



PARENT'S NIGHT OUT



Saturday, February 25th
5:00—8:00pm



The kids won't want to miss this one!

Members \$10, Non-Members \$15
Sign-Up by Thurs., February 23rd to reserve a spot!

It's a **SUPER** Friends Tea Party!

PARENT'S NIGHT OUT

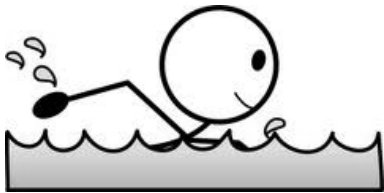
at Courtsports Eugene



Friday, February 17th
5:30—8:30pm

Kids, come dressed in your favorite SUPER HERO costume!
Enjoy decorating sugar cookies, chamomile tea & popcorn.
We will have a dancing contest and do silhouette body tracing!

Members \$10, Non-Members \$15
Sign-Up in Kids Klub—Ages infant to 7 years old



POOL PARTY!!!

at Courtsports Eugene

Friday, February 17th
6:00—9:00pm

Pizza dinner included!

Kids will swim and play pool games, then get to try their luck at ALL Courtsports has to offer: *racquetball, volleyball, pickleball & basketball, or relax and make homemade friendship bracelets!*

Members \$10, Non-Members \$15
Sign-Up at the Service Desk—Ages 8-14

BIGGEST LOSER



Congratulations to all the Biggest Loser Participants! The fitness contest is well underway and going strong! If you were unable to join a team this time around but are interested in also becoming a weight loss or fitness champion, please feel free to contact Director and Trainer Erin Piibor for trainer information.

Revving Up Your Metabolism this Winter

How can we best keep our metabolisms revved up this winter season to win the battle of the bulge?

It is of the utmost importance that we keep our bodies moving as much as possible. The more we move, the more we burn, and the more efficient our metabolism is. Some easy ways to incorporate activity into our day include, but are not limited to:

- Take the stairs.
- Walk to your neighbor's house or work colleague's cubicle instead of calling on the phone.
- Park farther away or even walk to the store.
- Sit on a stability ball at your desk to work your core.
- Do exercises during commercial breaks on TV.
- Make family time an active time.
- Make time to go to the gym before work, during lunch, or after work several times a week.

Make sure that what you are putting into your mouth is high in nutritional value including: fiber, vitamins, minerals, and phytonutrients to help your body run efficiently; but no so much that your body has a hard time getting rid of the extra calories. Avoid processed foods and sugars if you can...instead, snack on mostly vegetables or one serving size of nuts or fruits when you are hungry. By eating this way, your body isn't starving and has adequate nutrients to function at its optimal metabolic state.

When we talk about foods, we frequently forget about our water intake. Our bodies need water to function optimally, so, in trying to keep your metabolism running at its best, you cannot forget about water consumption.

Lastly, don't forget that your body needs rest and relaxation to be able to repair, regenerate, and recuperate from your daily activities. So, make sure you are getting plenty of sleep! Decreasing long term stress with relaxation and sleep can also be beneficial to your metabolic functioning.

So, remember these five tips towards revving up your metabolism:

1. Keep active and incorporate daily exercise or movement into your daily routine.
2. Stay hydrated to optimize physiological functioning.
3. Get plenty of rest and relaxation to decrease stress and fatigue.
4. Eat a mostly plant-based, anti-inflammatory diet.
5. Avoid processed foods and sugars.

SPRING BREAK LIFEGUARD HOURS

at Courtsports Eugene

March 24th—April 1st

Monday—Friday 12-2pm, & 6-8pm
Saturday 11am-2pm
Sunday 4-6pm

*Get Signed-Up for Swim Lessons!

**The March deadline is Friday, March 2nd (3-week session).

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