

Club News

CLUB STUFF

Racquetball Doubles Challenge Courts: This annual/awesome program is set to start Wednesday January 6th at 6:00PM. The contest runs approximately 10-weeks and culminates with acknowledging the person who scores the most total points playing with different partners weekly, for the 10-period. We then celebrate at a pizza party after the last game is played. Anyone who is interested in playing just needs to show-up Wednesday January 6th @ 6:00PM. And if you can't commit to the entire 10-weeks that's ok cause, there will be people that can sub-in for you, the points they score will go to your total.

Basketball Challenge Courts:

This program is also awesome and is the best place to catch a really good game while you run on a true NCAA regulation court. There are no set teams, so if you're interested all you need to do is show-up. They play every Monday and Wednesday evening starting at 6:30PM and you can just play-in anytime the program is going. For some folks this is the best place to get in shape for their City league teams.

CCC Trekking Club:

We're going on our first outing this month, it's close to home and includes a special dutch over lunch too boot!

In last months newsletter (December 2009) we an-



nounced the creation of a totally new club within our Club. The new club is for those who are interested in Trekking; aided/guided by the knowledge and experience gained from our own staffer Adrian Thompson.

We'll be going out to the Lewis and Clark trail which runs along a section of the Columbia River (Hat Rock to McNary Beach) just a few miles from the Club. If you're interested please sign-up at our service desk by January 6th, space is limited so don't delay!

We Restore
A
Persons Health
And
Energy

Special points of interest:

- Club Stuff
- Kid's Fit Camp Pee Wee Sports & Gymnastics
- New Year Resolution?
- One Spice Actually Kills Cancer Cells
- Hire A Trainer Today—You're Worth It!

Kid's Fit Camp Pee Wee Sports & Gymnastics

Kids Fit Camp: The camp is a 55-minute class designed for ages 7-12 years old. They'll work on a variety of fitness related skills and will learn the importance of being physically active, make wise food choices and develop healthy eating habits in a kid friendly atmosphere. Participants must have

the appropriate attire to attend the class, (gym/tennis shoes and shorts). Children will be sent to the day care if they come to class without the appropriate exercise attire so please send them ready to exercise and have fun. Classes are offered on Tuesday and Thursday's at 5:30PM. Parents

must sign their children in at the service desk prior to class. Non family memberships are just \$4.00 child/class. Club members with family memberships include this class at no extra charge.

Pee Wee Sports & Gymnastics: These two very popular classes are held here at the Club but, registration is through the City of Hermiston, more info is at our service desk or call Gina @ 667-5018



New Year Resolution?

First off, we we'd like to extend our sincere appreciation to all of our long-term members and also to those members who have recently joined for their trust and support. We value each and every member and as the spot light turns in our direction, (January and February are the busiest months for us) it's time to once again demonstrate to our membership what we have to offer—improved personal wellness and the joy of an active healthy lifestyle.

The Club provides all three of the essential components nec-

essary to give each member the highest possible venue to achieving their wellness goal; supportive staff, diverse facility and access to certified/educated trainers.

Without these essential fitness components the ability for most to achieve and then maintain a fitness goal is extremely difficult if not impossible. If you've made a new year resolution to lose weight or get fit you already belong to the best place to make it happen for you, your club, cause



CCC is where your fitness is our business.

41 Million

The number of Americans estimated to have pre-diabetes. Most people with pre-diabetes develop Type 2 diabetes within a decade, unless they make changes to their diet and physical activity that results in a loss of about 5-7% of their body weight.

We are the answer to many of the things that ail our community, such as stress, depression, anxiety, obesity, eating disorders, heart disease, cancer and diabetes!
Columbia Court Club
Where Your Fitness Is Our Business....

One Spice Actually Kills Cancer Cells

Eat curry. It may well be the new wonder food.

An extract that is found in the bright yellow curry spice turmeric actually kills cancer cells, The BBC News reports of a study from the Cork Cancer Research Centre in Ireland.

Scientist and all those famous "old wives" have long thought that the chemical, which is called cumin, has healing powers for everything from

arthritis to dementia. But now, there is actual proof that it deals a fatal blow to esophageal cancer cells—at least in the lab.

Led by Dr. Sharon McKenna, the team found that cumin started to kill cancer cells within 24 hours. It does this by triggering lethal cell death signals that when received by the cancer cells causes those cells to digest themselves.

"Scientists have known for a long time that natural com-

pounds have the potential to treat faulty cells that have become cancerous, and we suspected that cumin might have therapeutic value," McKenna told the BBC.

The takeaway: this groundbreaking research opens the possibility of using the natural chemicals found in turmeric to develop new treatments for esophageal cancer.

—From the Editors at Netscape

Hire A Trainer Today — You're Worth It!

Do you need someone to turn the lights on for your weight loss or exercise program?

Without the guidance and experience provided by a trainer your effort to get fit or lose weight is more like playing darts in a room with the lights off! Or an even better example would be a comparison of the hit TV show "The Biggest Loser", can you imag-

ine those folks without trainers?

A trainer can turn the lights on for you; you'll be able to see the target and much more. If you've tried to lose weight or just get to a better fitness level and you want to save time and frustration hire a trainer. Get real results and make a lifestyle change with the help of a trainer today!

