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Eugene's health clubs offer alternative to winter lethargy

By Paul Morgan
Emerald Reporter

Now that summer is over, there is no reason to sit around and let the glow of the past season's activity fade away. There are many health and fitness clubs in the area that can be a good place to keep fit during the long winter months.

Most of the health and fitness clubs in the area offer more than just a workout. There are tanning beds, full service locker rooms, racquetball courts, nursery facilities, saunas, aerobic classes, and even personal trainers. The trick, however, is finding the right club to suit your needs.

The following is a listing of a few clubs in the area and a short review of what each of them has to offer.

COURTSPO RTS ATHLETIC CLUB

Courtsports, located in West Eugene at 4242 Commerce St., offers racquetball leagues, aerobic classes, a weight room, saunas, jacuzzis, sunbaths, a lounge and deli, and nursery facilities. Lori Wilson, Courtsports operations director, said the club will be directing children's day camps, racquetball clinics, and an in-club triathlon - using the treadmills for the running segment, life-cycles for the bicycling, and a pool

for the swimming.

Along with admittance to the club is a required fitness evaluation. The evaluation is a series of three visits to find out what your current physical condition is, introduce the equipment in the club, review the fitness evaluation, set goals, and then recheck the computer print-out in two months to see how far you have come.

Initiation fees for people under 21 are \$40, with a monthly fee of \$25. People over 21 can expect an initiation fee of \$150 to \$200 and monthly fees of \$29 to \$65.

OREGON WEST FITNESS

Oregon West Fitness is located just across from campus on Franklin Boulevard, and along with the YMCA is probably the club most frequently used by college students. It specializes in aerobics training and offers many different levels of aerobic classes. There are also fitness instructors available for no fee, body fat testing, and programs to help set goals and check progress.

The club offers tanning beds, lifecycles, stairmaster machines, and spa and locker facilities, but the main focus is aerobics, said Terry Thurmant, an Oregon West employee. The range of aerobic workout classes includes low impact or

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