

The Eugene club scene

For anyone who is looking for a gym that is within good biking distance to campus, these four alternatives are worth checking out:

Esslinger Athletic Facility

15th Avenue and University Street
346-4318

■ **HOURS:** Monday through Thursday, 6:45 a.m.-10:50 p.m.; Friday, 6:45 a.m.-9:30 p.m.; Saturday 10 a.m.-8 p.m.; Sunday, noon-5 p.m.

■ **COST:** The use of facilities is free for full-time UO students; part-time students pay \$50 per term.

■ **NOTES:** The club has 2 pools, basketball and tennis courts and a cardio room with Stairmasters, treadmills, bikes and rowing machines. There is an Aikido/judo room with padded floor and walls. Four athletic trainers are on hand to instruct or assist students or tend to the injured.

In September, when renovations are completed, the club will have a suspended running track, a rock-climbing wall, an artificial turf field, an indoor tennis complex, remodeled locker rooms, a juice bar and a new name, "The Rec."

Students like the fact that the facility is on campus and that "students personally do not have to shell out any money to join," said facility manager Korash Hernandez. "Also, there is a good diversity of equipment."

Sophomore Kiran Young, who uses the pool during her diving class and on weekends, likes the convenience. "All I need to do is show my student card. It's just easy," she said.

YMCA

2055 Patterson St.
686-9622

■ **HOURS:** Monday through Friday, 5:30 a.m.-10 p.m.; Saturday, 6 a.m.-8 p.m.; Sunday, 10 a.m.-6 p.m.

■ **COST:** There is a \$40 initiation fee, and monthly dues are \$29, or \$39 with tennis court privileges.

■ **NOTES:** This club is similar to Esslinger because it is large and has a large student patronage. However, the atmosphere gets more diverse on the weekends when it becomes more family-oriented with many small children milling about.

The club is unique because it offers financial assistance to those in need and has a month-to-month payment system; there are no contracts. Membership includes a free fitness evaluation and an hour of personal training for those 18 and older. Aerobics classes are free. Swim lessons and child care are extra, as is use of the tennis courts.

The fitness center has a fully equipped weight room with state-of-the-art equipment, including Stairmasters, bikes, treadmills, rowing machines, two swimming pools, basketball courts and tennis courts.

Susan Niles-Brown, director of fun at the club, said students like the club because of its "proximity to the University, flexible schedules and the fact that it is an easy atmosphere to feel healthy and safe in."

Ironworks Gym & Fitness

189 W. 8th Ave.
485-4475

■ **HOURS:** Monday through Friday, 5:30 a.m.-10 p.m., Saturday 7 a.m.-7 p.m., Sunday, 9 a.m.-7 p.m.

■ **COST:** Students pay \$27 - \$35, depending on the plan, and there is no initiation fee.

■ **NOTES:** This smaller club would be a good choice for students who want to work out in a truly authentic gym atmosphere without the glitz. The atmosphere is quiet and private, and the staff is low-key and friendly.

The facility includes a 3,000-square-foot free weight area, weight training equipment, Eugene's largest selection of Hammer Strength equipment, treadmills, step machines, rowing machines and bikes. Classes include Olympic weightlifting and aerobics. There is a mountain room for rock climbers. Massage therapy and personalized training are available, and the club has tanning beds, a co-ed whirlpool and spacious locker rooms.

The club is geared to "those who want to work out, not those who are here to get a date or be seen," said club spokesman Weston Whittingham. "It is not a social hang-out."

Club member Chris Thomas praises the club's myriad benefits in comparison to other clubs. "It has better weight equipment, less crowds and it's not a fashion runway," Thomas said.

24-Hour Fitness

252 Lawrence St.
686-4653

■ **HOURS:** Open 24 hours, 7 days a week

■ **COST:** Initiation and monthly fees vary.

■ **NOTES:** This smaller club is full of state-of-the-art equipment. Music blasts from the stereo system while various 20-something members ride bikes, lift weights or use Stairmasters. The atmosphere is upbeat, fun and visually stimulating with good lighting, wall paintings of tropical scenes and televisions above the Stairmasters.

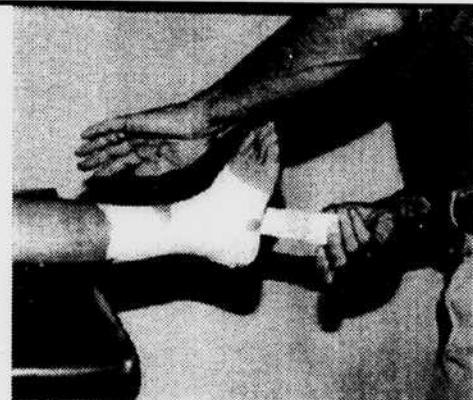
Classes offered include aerobics, spin, kick-boxing, yoga, step and boot camp. There is no pool, tennis court or basketball court. Food is available at an extra cost, as are personal trainers, child care, tanning and clothing.

All membership plans are individualized with an emphasis on affordability, according to a spokesman for the club. Membership can be transferable to other clubs in the nation, depending on the plan you choose, and fitness evaluations are free.

—Compiled by Brooke Haycox



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