

CCC: the affordable workout

your pocket-
books away, we're
to tell you how
keep money in
wallet but get
shape

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you're back at school, taking
to expand your knowledge
as a person. After a sum-
of fun and not much exer-
want to start a workout
that will keep you healthy
the upcoming cold, wet and
months. You'd think that this
be hassle-free, right? Sadly,
is finding the right place
is a workout in itself!

you're probably going to
a gym nearby. There are
gym in the Clackamas
area within 10 miles of
Community College:
Fitness (Clackamas),
Total Fitness (Milwaukie),
Nautilus (Oregon City),
Milwaukie) and East Side
Club (Milwaukie and
Clackamas). There are also
Curves locations in
Milwaukie, Oregon City, West
Clackamas.

hold your horses before
one of those large gyms.
to a school with a workout
on campus! In fact, you
even take a class that uses
equipment. If a one-hour workout
is convenient.

that as it may, there are
good things and bad things
with working out a public
and CCC gym. Such as,
and quiet is what you
when a public gym is not a
good idea, unless you plan
to go in the middle of the day
at night (in the case of 24-HR

other thing that might pres-
sion is your schedule.
CCC workout room is only
open to the public from 8:30 a.m.
to 10 p.m., then is closed for class,
and is again from 1 p.m. to 8

In addition, if you were to take
a class that involves exercise,
it may either be one hour, three
times a week, or one to two hours,
two times a week. A good thing
about having the schedule is it can
get you into a routine, which is
difficult for most people and gets
in the way of having the desire to
work out. Guilty as charged over
here.

Cost is a huge factor in a deci-
sion for a gym. All large gyms
charge monthly, with an initiation
fee due immediately.

Of the four gyms I looked
into, 24-HR Fitness is the most
cost efficient option in the area,
charging \$66.58 immediately, and
\$26.99 per month. For access to all
'24' locations, they charge \$72.87
and then \$29.99 per month.

East Side Athletic Club comes
next charging \$59 immediately

with a one-year agreement and
then \$39.50 for those under 21 and
\$47 for those over 21. If you're a
commitment-phobe though, and



*After a summer
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much exercise,
you want to start
a workout routine
that will keep you
healthy.*

prefer to go month-to-month, it's
\$200 for initiation and \$41.50
under 21, \$49.50 over 21.

Nelson's Nautilus comes in a
close third charging \$69 with a
one-year agreement and \$33 per
month. For just starting month-
to-month, \$89 to start and \$41 a
month.

Finally, Bally Total Fitness
charges \$118.98 to begin at one
club and \$29.99 after that. Their
initiation cost rises by \$10 for
local and another \$10 for national.
Monthly rates rise \$5 for local and
national access as well.

Keep in mind that these clubs
also may have specials going on
that can lower initiation fees or
monthly, but that varies by club
and time period.

So the large gyms are pretty
spendy if you're on a tight budget.
Once again, you have a college

campus! For taking a class, it's
\$77 a credit hour, which divides
up to \$36.66 a month for a one
credit class. If you have financial
aid, it could be covered! Plus,
most of the day the workout room
is open, and if you want to take a
nice brisk run, you can head over
to the track!

The verdict? If you have some
disposable income and patience, I
suggest a large gym. They provide
a lot of amenities, workout options
and have convenient locations.
Real good option for those who
are the hardcore type, but it could
be intimidating for beginners. If
you're looking for an easy, low
pressure environment to stay fit
for a low cost, CCC is where it's
at. You're already here to expand
your mind, why not kill two birds
with one stone? Get out there and
start your new workout plan!



From left to right, Melissa Faye and Brittany Duty prepare for the upcoming basketball season in the CCC workout room on Oct. 20, 2009. Kayla Berge Clackamas Print

Cougars Competition

By Mark Foster
Sports Editor

The Clackamas Print sits down
Lindsay Bauman, a freshmen
player on the CCC women's soc-
cer team.

How do you feel this team has
performed over the course of the sea-
son so far?

I feel that we have become closer
as a team; we have a lot of potential
and sometimes we have a hard time
staying together on the field but I
think our chemistry has grown a
lot both on and off the field, which
has made our game better.

What do you feel your big-
gest contribution has been this
season?

I think that I try to come out hard
in every game and practice to the best
of my ability.

How do you feel about your
team heading in to the play-
offs?

I feel like we have a really good
chance to potentially win it all. It's
a matter of putting it together

game by game. I think sometimes
we look to the future too much and
we just need to focus on the game
at hand.

Who is your biggest competi-
tion in the playoffs?

Definitely Walla Walla. We
played them during the season and
lost to them by one, so they are
definitely going to be our biggest
challenge.

Who has been the biggest
challenge during the season in
your region?

I think Chemeketa, but we
haven't played them yet. We have
two hard games this week and we
play them Friday. In season so far,
Lane has been our toughest game in
our conference. I think we have our
hardest games to come still, though.

How is this team different
from other teams you have been
on?

I think that this team has more
of the same common goal. Other
teams have been more scattered for
more personal goal. This team plays
more as one.

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