

Getting fit is a harder decision than many people think

gyms 24 Hour Fitness, Bally Total Fitness and East & West Athletic Club are under the scope; three gyms have different and fun things to offer members

By Robert Morrison
Sports Editor

Fitness is always a good thing to worry about in life. The fitter you are, the healthier you will be in the long run. One of the best ways to stay fit is by going to the gym, but many people find it hard to decide exactly which gym to go to. Individuals have many options with gyms all over the area and surrounding areas. There are gyms with different equipment, gyms with different classes, gyms that focus on certain areas and other types; it usually depends on what you're looking for. The three main gyms are probably 24 Hour Fitness, Total Fitness and the East & West Side Athletic

24 Hour Fitness is the club that gives you a great opportunity to work out where ever whenever you want. Most, if not all, clubs are open 24 hours a day and usually seven days a week. 24 has a number of clubs all over Portland and surrounding areas. These gyms have cardio, strength and flexibility stations in their classes. They usually are divided into groups so that the type of machine is near others. Most machines, including the cardio machines, have directions so you can't get hurt. The directions are a nice feature because it allows me to know what I'm doing. I've been to other clubs and to watch someone else before I could know what to do," said Bobby Redman, a 24-year-old from Portland. Redman has been a 24 Hour Fitness member for the last three years and likes the way his fitness has improved among

24 also gives people the opportunity to get a personal trainer, though they are pretty expensive. Most of the clubs have a pool, sauna, steam room, Jacuzzi and basketball court for their members. 24 also has complimentary towels. 24 also has a variety of classes from hip hop to water aerobics. The gym has TVs and a kids' club. The Sunnyside club also has a sports injury clinic. For a regular member, this gym

costs around \$45 a month.

Bally Total Fitness has many clubs in the area such as Milwaukie, Lake Oswego, East Portland and Beaverton. The club offers a wide variety of classes. Much like 24, they have Zumba classes but also have an abdominal clinic, among others. Bally's also has a kid area so that parents can bring in their child and let them play while they work out for a bit. The gym has personal trainers as well. Bally's offers pilates and yoga for their members too.

Their clubs are not open 24 hours but are open late on weekdays. Something that Bally's allows that some 24s do not is being able to go tanning at your gym as well as having a women-only area. This area allows women to go work out without having to worry about getting hit on and lets them feel comfortable while they get in shape. Bally Total Fitness costs roughly \$28 a month for the average package.

"It's good to stay in shape these days," said Susan Miller, a new member to the club. "I live near a Bally's and thought about getting back in shape. I enjoy the Zumba class and being able to bring my kids in and still work out." Miller is a mom of two in her late 30s.

The West & East Side Athletic Clubs have only three locations in the area, located in Clackamas, Milwaukie and Portland. The facilities at these clubs are much like those of Bally's and 24 but do have some variation. The Milwaukie club provides a racquetball court. All three have massages, facials, tanning and acupuncture. They also have pools, cardio classes, women-only centers and child centers. The club also has nutritional coaches, personal trainers, and the Milwaukie club has a full blown salon. The club can also be rented out for parties and events. They have a number of youth events as well, from camps to open swims to their own dance team. The price at this club is \$28 for youth, \$49 for adults.

"I love the spa and salon treatment. Most gyms don't have that," said Annette Jacobs. Jacobs is a woman in her mid 20s on her way out of the club from a day of working out and spa treatment.

Fitness is and always will be a big way to stay healthy and going to a gym is usually the best way to lose weight, gain muscle or have a good time. It all depends on what you're looking for. If you have the finances and the time, give it a go and see how you like it. Fitness is never a bad thing.

Champs come home



John Howard Clackamas Print

Miranda Martine takes a jumper against Lane's MaKenzie Ficek on Feb. 25 in the Randall Gym. CCC won 84-78.



By Robert Morrison
Sports Editor

Oh where, oh where have all the championships gone? Oh where, oh where could they be?

Three letters: CCC. The Clackamas Cougars athletics have done well this year. Many of the sports teams were building on good finishes or championships from last year.

The soccer team made it to the

Northwest Athletic Association of Community Colleges Championships only to lose in a hard fought 2-0 match but won their region. The volleyball team made it to the NWAACC tourney but would go on to lose in multiple matches, but have gotten commitments from a number of athletes to come play at Clackamas, making them a better team. Cross country went on to finish fourth in the region championships and would bring home a nice fifth place finish in their NWAACC tournament.

The women's basketball team had one of their best seasons ever as they came away this season with a region title combined with a great 26-2 record overall, 13-1 in region. The men's basketball team also came away with a region championship with a nice 19-6 record of their own, 11-3 in region. Both the men's and women's teams

have their NWAACC tournaments March 5-8. We will see if they can bring some more championships to Clackamas this year. Women's basketball will start their tourney with a game against Tacoma while the men square off with Clark. Both teams will give their opinions on the NWAACC finishes in next week's sports section.

I can't talk about track and field, baseball and softball just yet because all of those teams seasons have yet to begin, but look forward to articles on those teams at various times in the sports section of *The Print*.

The last sport I can talk about is a sport that holds a fondness in my writing. I have followed this team all year with their wins and their losses, even though they really only had three. Surprise, surprise! Tyrell Fortune and the 2010-2011 NJCAA champion Cougars wrestling team are back home.

The team had a great season and I was able to talk to them throughout. The team started the season with two losses but after that they never looked back, losing only once more. They never overlooked their opponents and last week brought home a Region 18 Championship.

They traveled to Spokane last weekend to take on the best in junior colleges. The team entered No. 1 and would remain that way after winning Nationals by 10.5 points. The team did great after losing 174 lb. Terrence Williams to injury. The team would come away with six All-Americans. Coach Josh Rhoden would also be named the NJCAA National Coach of the Year.

Championships have not been a thing the Cougars have had trouble getting, but with most athletes only being around for two years, they are harder to come by on a continued basis. Clackamas has done a great job this year winning regionals and nationals to bring home championships, but there are still three sports still being played this year. Let's bring some more home, ladies and gentlemen, and good luck to all those athletes that will not return to Clackamas next year.



Contributed by Tracy Swisher

Clackamas' 285 lb. wrestler Tyrell Fortune holds down his opponent during the NJCAA Nationals held on Feb. 25-26. Fortune would go on to win the National Championship.

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