New owners, new space for Keizer gym



Personal trainer Cameron Tadlock, one of the new Snap Fitness franchise owners in Keizer, shows off new space inside the gym.

By ERIC A. HOWALD Of the Keizertimes

Keizer's Snap Fitness location has new owners and will unveil a new expansion at 10 a.m. Saturday, Jan. 26.

Personal trainers Cameron Tadlock and Carrie Strong recently purchased the franchise location from the previous owner and have added nearly 1,500 square feet of "functional fitness" space.

"The stuff we have in there is colorful and fun and its the perfect way to supplement the regular gym stuff. Looks more like a daycare center for adults," said Tadlock.

Functional fitness focuses on balance and coordination through movements like kneeling, squatting, running, jumping and more. It's completing the circuit found in traditional gyms that focus on cardio and lifting, Tadlock

The new space will have seven stations

outfitted with equipment like punching bags, sandbags, tire flips and battle ropes. It also has 57 feet of turf surface and a sled push.

"I am so unbelievably excited. When I got into fitness, I was so bored. You're stuck between science and very creative marketing. I think most gyms are done wrong, we're supposed to be here to help people," Tadlock said.

Tadlock became a certified trainer almost 10 years ago after a career in retail management. While working in construction, a friend encouraged him to go to a gym and he dropped 70 pounds and it put him on a new path.

He's been part the Keizer Snap Fitness location, 5442 River Road N., since 2011.

In addition to the new space, Keizer's Snap Fitness offers cardio and weight machines, personal training and a special room where members can cue up one of more than 350 training programs on demand.

For more information, call 503-400-6344.

Planning Commission looks to a more proactive 2019

By ERIC A. HOWALD Of the Keizertimes

In the midst of numerous conversations about growth in Keizer, the city's Planning Commission is expecting a busy year.

In that widening gyre, Commissioner Garry Whalen urged fellow commissioners to approach their tasks with a different mindset.

'This is a great time for us to think about what we want to be. We have a chance to look at Keizer's future and what it will be for our kids and grandkids," Whalen said. "We can direct questions to city staff rather than reacting to staff reports and questions."

Whalen, who chairs the committee, said his thoughts on the matter were prompted by looking at the commission's upcoming slate of growth-centered projects.

"We're not required to grow outside the current UGB and I don't think it should be automatic that bigger is better," he

Keizer Development Director Nate Brown said city staff will be looking to the commissioners this year to "grind through" a number of expected reports the city will use to determine how to grow.

"When we start talking about potentially limiting access along River Road, there is no business that is going to be okay with that, and we will need your help," Brown said.

The Keizer Planning Commission holds a unique place among the city's various committee and task forces in that it is the only one required to exist under Oregon law and that mandate comes with specific guidelines regarding the makeup of the commission.

While much of the conversation in city's guiding offices has revolved around expanding the Urban Growth Boundary, Whalen said the city is only required, under land use rules, to encourage enough housing for the expected growth.

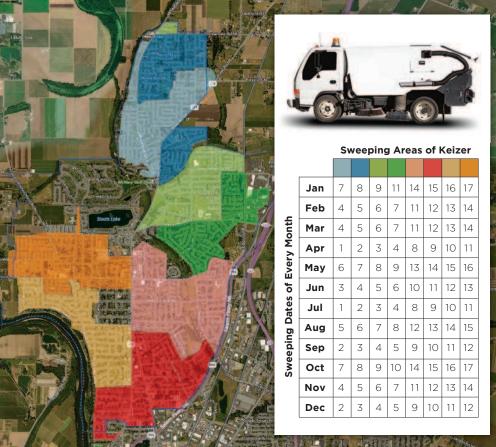
"I think we can grow without expanding, and I think it falls to us to think through this and determine how we align with city council and staff," he

He also referenced the lack of jobs in the community. Keizer has a meager jobs-to-household ratio. A balanced ratio is considered slightly more than one job per household. Keizer has .48 jobs per household and more than a third of them are in the retail sector. Economists suggest ideal communities have about 10 percent of their jobs in retail.

"There is a number of small business and then grocery stores and things like that to sell us needed goods, but we don't really have a jobs space. We need to find a way to attract jobs and figure out where to place those jobs,"Whalen said.

Brown said the ramped-up interest in growth might mean meeting on different days, but commissioners agreed to being

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KFD plans work session on 5-year strategic plan

There will be a public at 8:30 a.m. at the Keizer work session of the Keizer Fire District Board of Directors on Saturday, Feb. 2

Fire Station (661 Chemawa Road NE, Keizer, Oregon).

Strategic planning (five-The session will begin year forecast) will be the

main topic of discussion. Upon request, auxiliary aids and/or special services

will be provided. To request services, please contact the District office at 503-390-9111 or Oregon Relay at 1-800-735-2900 at least two working days (48 hours) in

Additional information on the meeting can be obtained by calling the District's business office at 503-390-9111.









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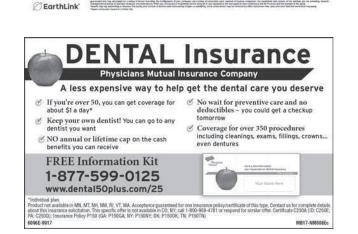


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