

Monmouth Fitness under new ownership

By Emily Mentzer
The Itemizer-Observer

MONMOUTH — The Monmouth Fitness Club will be getting some new paint and techy equipment, but it will still be the same, comfortable haven for those seeking fitness.

Tony Jeffries, longtime manager, will take ownership on Friday.

“We’re going to do some updates right away,” Jeffries said.

Jeffries has been with Monmouth Fitness from the beginning, joining the club in August 2001, before it even opened its doors.

“I was going to college here at Western and signed up here,” he said. When the club opened in September 2001, there weren’t any other gyms to choose from.

When he graduated from WOU with a degree in physical education — non-teaching emphasis — what is now called exercise science — the manager at Monmouth Fitness hired him on as a fitness director.

“I was in charge of classes and the personal training and the floor,” Jeffries said. “They were just trying to figure that stuff out.”

Placement of equipment can make a difference in someone’s fitness routine, or at least increase the experience.

“You want a comfortable entrance,” Jeffries said. “We’ve got a women’s area to allow a more private access. You want your cardio equipment next to your weight equipment — you don’t want classes in the



EMILY MENTZER/Itemizer-Observer
Former owner John McGonegal, left, will hand over ownership of Monmouth Fitness to longtime manager, Tony Jeffries.

middle of that.”

Baby-sitting services are available, and placed near the back of the gym near the Main Street entrance. Even that area will get an update.

“We’re going to bring in some new stuff, give it a refreshed look, make it more inviting for the kids,” Jeffries said. “It gets used by a lot of moms and dads. We probably have 25 or 30 kids that are in there on a weekly basis.”

Jeffries used to teach classes, but is grateful to have more skilled instructors at the club now.

“I had no experience,” he said. “I wasn’t into aerobics, so I would just put on coun-

try music. We’d lift to Tim McGraw and George Strait. I had full classes, but I wasn’t a great instructor.”

The club offers about 35 classes a week, from yoga to spinning, aerobics and zumba to interval training.

Interval training — similar to CrossFit — is one current fitness trend Jeffries has noticed. Another is the increasing technical gadgets people use to connect to their health. New equipment will help club members make use of such gadgets.

“I have people who have three or four trackers,” Jeffries said. “It’s great for them. Then, I have people like John (McGonegal) the owner who still uses Notepad on the computer because he won’t learn Word.”

The technical trend extends far beyond wrist-wearing devices. The internet and social media play a much larger role in the gym world than it did when Jeffries started in 2001.

“Now people look at videos of our classes online,

our layout,” he said. “It used to be they never saw the inside of our club until they took a tour.

Monmouth Fitness is taking advantage of that by offering membership sign-ups online.

But even the most trendy, up-to-date gadget doesn’t replace the sweat factor. To help members stay motivated to exercise, Jeffries organizes fun challenges, some with big rewards such as a free year’s membership.

“Because it’s Olympics this summer, we’re going to have a MFC Olympics,” Jeffries said. “Different days will be different programs.”

While owning Monmouth Fitness was not what he thought he’d be doing — Jeffries had plans to tend bar in a resort Idaho town — he is glad he decided to make Monmouth his home.

“We’ve taken over this club after managing it for 14 years, and we’re going to keep it the clean, family friendly place it’s always been, with added updates,” he said.

Fourth: Dallas to have line music, food and fireworks

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In Dallas, the festivities begin at 5 p.m. at Roger Jordan Park. The celebration, called Freedomfest, is shorter than it has been in the past, with no sanctioned barbecue contest taking place in the morning and afternoon.

But that doesn’t mean Dallas residents have to leave town to celebrate the country’s birthday.

Delicious food trucks — Black Rock BBQ, El Pique and JT’s Food Truck — will be serving dinner, and Johnny Wheels and the Swamp Donkeys will take the entertainment stage at 5:30 p.m.

The Dallas Fire Department will launch the fireworks show at dusk.

Falls City: Parade and potluck scheduled for Saturday afternoon

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The traditional festival and parade also were in search of a person or organization to take over coordination.

With little time to organize, Britton wasn’t able to coordinate all the features of Independence Day past — such as vendors — but the holiday is no longer in danger of going unnoticed in Falls City this year.

“It’s just kind of like a community celebration,” Britton said. “We hope everybody gathers and has a good time by the river.”

Community Celebration

What: Falls City Independence Day parade and potluck.
When: July 2 with the parade at noon and potluck beginning at 1 p.m.

Where: Parade on North Main Street; Potluck at Fay Wilson Park, or Lower Park.

For more information and parade entries: 503-787-2700.

Week five of building your emergency kit

POLK COUNTY — The American Red Cross has designed a 24-week calendar to build a two-week home disaster kit. The following is the fifth week. The *I-O* will occasionally supplement the checklist with tips from local experts. To see other weeks, go to www.polkio.com.

- Week 5
- 2 gallons water*
 - 2 cans fruit*
 - 2 cans vegetables
 - 2 cans meat
 - 3 rolls toilet paper
 - Extra toothbrush
 - Travel-size toothpaste
- Additional: Special foods for special dietary needs.
Action Steps:
- Identify escape routes from house for all family members.
 - Identify safe places to go in case of fire, flood, earthquake, or other local disasters.
 - Practice a drill for each of your plans.
- Source: American Red Cross

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Friday - Wednesday July 1 - July 6			
THE SHALLOWS (Digital) (PG13)	(1:00 3:10 5:20)	7:30	9:35*
INDEPENDENCE DAY: RESURGENCE (Digital) (PG13)	(1:40 4:25)	7:15	10:00*
LEGEND OF TARZAN (Digital) (PG13)	(11:40 2:15 4:50)	7:25	9:55*
FINDING DORY (Digital) (PG)	(11:30 1:00 2:00 4:30)	7:00	9:30*
PURGE: ELECTION YEAR (Digital) (R)	(11:45 2:10 4:35)	7:05	9:40*
THE BFG (Digital) (PG)	(11:15 1:55 4:40)	7:20	10:05*
CENTRAL INTELLIGENCE (Digital) (PG13)	(11:20 1:55 4:25)	7:10	9:50*
FREE STATE OF JONES (Digital) (R)	(3:20)	6:40	9:45*
Thursday July 7			
THE SHALLOWS (Digital) (PG13)	(1:00 3:10 5:20)	7:30	9:35
INDEPENDENCE DAY: RESURGENCE (Digital) (PG13)	(1:40 4:25)		
LEGEND OF TARZAN (Digital) (PG13)	(11:40 2:15 4:50)	7:25	9:55
MIKE AND DAVE NEED WEDDING DATES (Digital) (R)		7:00	9:25
FINDING DORY (Digital) (PG)	(11:30 1:00 2:00 4:30)	7:00	9:30
SECRET LIFE OF PETS (Digital) (PG)		6:00	
PURGE: ELECTION YEAR (Digital) (R)	(11:45 2:10 4:35)	7:05	9:40
THE BFG (Digital) (PG)	(11:15 1:55 4:40)	7:20	10:05
CENTRAL INTELLIGENCE (Digital) (PG13)	(11:20 1:55 4:25)	7:10	9:50
FREE STATE OF JONES (Digital) (R)	(3:20)		9:45

*Not running Monday, July 4th

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