

Downtown Health & Fitness

JULY 2017

Dates to Remember:

Monday, July 3rd

Gym hours:

5 am –12pm

CLOSED: Tuesday, July 4th

**FREE FRIEND DAY
Tuesday, July 25th**

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In observance of Independence Day, we will be closing at Noon on Monday, July 3, and closed all day on Tuesday, July 4th.

Enjoy your holiday with family and friends!



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10 Weeks to the PRE

Have you ever pondered running or walking the Pre? Well if so, we have a fabulous program in store for you!

2017 marks our 8th annual "10 weeks to the Pre", (formerly known as "10 weeks to a 10 K.") We decided to change the name because we are training specifically for our community's own Prefontaine Memorial Run/Walk 10K, Saturday, September 16th.

Brandy Thompson and Laurie Sevier will once again be leading and educating the group on different aspects of running and preparing for a 10K race.

On Tuesday, July 11th we begin the 10 Weeks to the Pre Program. It is designed to help you

achieve your goal of running/walking a 10K (6.2 miles) and finishing strong.

This is a 4-day-a-week running or walking program. Tuesdays and Saturdays are group run days and on Mondays and Thursdays, you run on your own .

This program for members is only \$25.

Prices for Non-Members:

10W to the PRE program PLUS full gym membership for 10 weeks is only \$75.

Sign up at the front desk. Be a part of an event that is greatly supported by the community and Downtown Health & Fitness.

Space is limited, so sign up today.

Maximize Your Results With Group Fitness

By Brandy Thompson

Have you ever wondered what goes on in the classroom at DHF? Magic is what happens! A variety of classes with different instructor styles designed to help you achieve your own greatness. Most classes incorporate body weight moves, dumbbells, mats, stability balls, bands and other equipment to provide a safe and effective full body workout. So you might say, I get all the exercise I need from running or using the machines out in the weight room. You could be right, but let me tell you that diversity is the key.

No matter what your routine entails, without diversity, your body becomes efficient and you get less benefit from the same exercise. Introducing a wide variety, like in our group fitness classes, ensures that you see maximum results with each workout.

I was a born again runner who committed all of my extra time to running. In the beginning I saw great results, but I soon

plateaued and realized I needed to step outside of my box. I was nervous, but I took a chance and entered the magical room of the group fitness class. From that very first class I was hooked. It was a challenging yet fun workout with a group of people at various fitness levels. While we were all different, we were the same in that we struggled to stay to the beat, know the class jargon, do the exercises properly and breathe without falling over.

I kept going and still attend classes regularly at DHF. They are a fun, yet challenging way to continue to reach my fitness goals. I have seen my greatest improvements because of the diverse and challenging work outs I do while in classes. Come in and join me... I teach but I am also a regular attendee, and I guarantee that once you get past the nervousness and make the commitment, you'll see results!

Spicy Sweet Potato Tacos

Recipe of the Month



1 3/4 lb. Sweet potatoes, scrubbed & chopped into 1/2 inch cubes
1 tbsp. Olive oil
1 tsp. Chili Powder
1 can (15 oz) no-salt-added black beans, rinsed and drained
1/2 C. Salsa Verde
1 Avocado, Thinly sliced
8 corn tortillas
1/4 C. crumbled cojita or feta cheese

1. Toss sweet potatoes with olive oil, chili powder and 1/2 tsp. salt . Arrange on large rimmed baking sheet; roast 30 mins at 450 degrees
2. In saucepan, combine black beans with salsa verde, cook on medium until warm, stirring
3. Serve sweet potatoes and beans with avocado , corn tortillas, cojita or feta cheese and cilantro.

In Pre's Steps

By Annis Cassells

“Somebody may beat me, but they are going to have to bleed to do it.” Steve Prefontaine

Over the nearly 20 years I've been coming to Coos Bay, I've walked the Steve Prefontaine 10K Memorial Run only twice. But for the folks who live and grew up here, “The Pre” is part of their DNA, a homage to a young man, a teammate, a friend who became a household name. For long-time residents, it's a community tradition. And for aspiring track stars, it's a measure of their ability and determination.

What does it take to do The Pre? “Guts!” Jean answered straight out with a giggle. According to the rest of the group clustered in front of the coffee pot, and my own limited Pre experience, Jean's right. Guts. Commitment. Determination.

Laurie works her own training regimen at the fitness center and is a regular jogger. She has run every Pre except the first one. “It's a mindset,” she said. “I put my mind elsewhere instead of agonizing over Agony Hill.” And before she knows it, Laurie's rounding the Marshfield track.

For several years now, Downtown Health & Fitness Center has offered the highly successful 10 Weeks to a 10K Boot Camp. This training in preparation for The Pre has helped many reach their goal of participating. Bonnie ran the race on her own in her younger days, but now does the Boot Camp training. She said, “It takes prep and making up your mind.” She likes

to compete with herself, seeing how she measures up each year.

Barb has a history of trying a new form of exercise every decade. But she'd never run until a few years ago. She said. “When turning 70, I decided to try running and took part in the Boot Camp. During the ten-week training period, the Sunset Trail Run came up.” Barb's smile widened when she said, “I ran four miles on my 70th birthday!”

Running The Pre is fun and a personal challenge. Many around the table concurred. You get to say, “I finished” at the end. It's a way to be part of the group. Yes, and often it's peer pressure that makes a person tie up their running shoes and head for the starting line. Laurie quipped, “It's all about the tee-shirt!”

For Marilyn, a former Marshfield and OSU athlete and life-long resident of Coos Bay, it's about more than the steps and miles. It's about tradition and community. She loves the interaction with the crowd, both the other participants and the folks on the sidelines cheering and waving. “You see everyone you've ever known. It's like watching my entire life unfold before my eyes.”

Carol and Bonnie agreed. “It's part of our history. It's honoring Pre's history.”

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**Looking Ahead
Walking, running, and
hiking events.**

**July 4:
Mayors Firecracker Run
Register at Mingus Park
Race starts at 10:00 AM**

\$10 4K, \$5 Kids run

**July 15:
South Slough Trail-n-Treat
Register at South Slough
Estuary**

**\$5 SCRC members, \$15
Non Member
Registration at 9:15 AM
Race starts at 9:45 AM**



Member Feature

Get to know our members! We randomly select members to feature each month. You could be next!

Suzanne Fischer

Q: How long have you been a member of Downtown Health & Fitness?

A: Officially, 8 years. I had been a punch card member before that.

Q: What is your favorite type of exercise?

A: Any & all 5:30 AM classes. My favorite is kickboxing. I also catch a yoga class whenever possible.

Q: What keeps you active?

A: Knowing that I will feel better all day when I'm done working out.

Q: What is your favorite healthy snack?

A: Cottage Cheese mixed with salsa, add cilantro for a change. Sometimes use tortilla chips to dip in it.

Q: What is your biggest struggle with health and fitness?

A: Thinking of something else when working out.

Q: What would you like other members to know about you?

A: If I skip a day or two exercising in some way, I avert my eyes from the gym when I drive by.

Q: What is your favorite recipe or food you like to eat?

A: Veggie frittata



Instructor/Class Highlight

Michelle Frost/Cardio Kickbox

Cardio Kickbox is for anyone wanting a challenging, athletic, and motivating workout. It's explosive, electric, and thrilling. MMA (mixed martial arts) moves drive a great cardio experience that also strengthens the entire body. It's a great way to add variety to your training and improve timing, precision, and focus. Plus it's a great way to kick stress out of your life!

Michelle instructs this class every Thursday morning at 5:30 am.

It is also offered in the Saturday rotation class at 9:00 am. (check the Group Fitness board in the hall)

