

Burning calories around the Harbor

**“Moving Grays Harbor”
By Maryann Welch**

As the daylight hours continue to dwindle it's obvious that, for most of us, the bulk of our physical activity will be taking place indoors. Dark evenings mean I'm no longer working in my yard or garden for part of each day so it's time to think about doing something new to fill some of this time. Three years ago November evenings spurred me to start a yoga class. Now yoga is a routine part of my life. A couple of years ago my husband and I even ventured to try our prowess at ballroom dancing. We won't be winning any competitions in the near future, but we sure enjoyed learning a new activity. This year I'm thinking about trying spinning thanks to my daughter's persistent enthusiasm about her class.

I know that many of you have had good intentions of going to the gym to try that new Pilates, yoga, or spinning class or schedule an appointment with a personal trainer to get you started in the right direction. Why not make that your goal before the holidays hit? That way you are avoiding the inevitable rush at the first of the year and you might even establish a healthy habit heading into the holiday season – goodness knows we can all use a little help then!

I contacted some of the local fitness centers around the harbor to see what enticing services they offer...if you see one that grabs your attention, I challenge you to make the call to find out more about it. Who knows, it might lead to a healthy new habit.

Coastal Fitness Center in Aberdeen boasts a variety of independent activity choices. Chad Allen, the fitness center supervisor, shares that members can use the pool for aquatic exercises, play racquetball, walk around the track that overlooks the gym, or enjoy a workout on the center's cardiovascular equipment or nautilus strength-training machines. They also have an ample selection of free weights. Chad is pleased to note that the knowledgeable staff provides program supervision and specific exercise advice as well. Coastal Fitness can be reached at 532-7002 for more information.

This column would not be complete without mentioning the 5 county-wide locations (Aberdeen, Elma, Hoquiam, Ocean Shores and Westport) of the franchise, *Curves for Women*. *Curves* offers aerobic and strength training exercises in an inviting atmosphere and the program can be completed in just 30 minutes. During the month of November they are offering half off on their joining fees and no monthly payment until January 2007. Check the phone book for the number of a *Curves* near you.

Get Fit Health Club in Elma has been a fixture in town for 21 years and all under the ownership of Rod Seaverg. They offer 24-hour access to the club and have the following amenities: swimming pool, hot tub, sauna, cardiovascular equipment, and weight training equipment. They currently have a morning aquasize (water aerobic) class and have a personal trainer available to help set up your program. Get Fit can be reached at 482-5047.

Monte Fitness Center is truly in the heart of downtown Montesano and is now under new ownership. Catherine and Steve Kom have been enthusiastically refurbishing the gym since taking over in early October. They

currently offer bicycle (spinning) classes and an “Abs & Buns” class as well as the independent cardiovascular and strength training equipment. Catherine shares that in the next few months they will be adding Pilates, yoga and something that she is personally very excited about....Senior Fitness classes. Monte Fitness Center can be reached at 249-0073.

Another great resource is Montesano Community Education. They offer everything from Jazzercise to open gym volleyball and basketball, and yoga classes - and all at very reasonable prices. For more information or to get a schedule of classes call 249-5781 or visit them on the web at www.monte.wednet.edu/communityschool/community.htm.

Ocean Crest resort in Moclips is not only a great place to dine, but they also offer adult memberships to their fitness facility. Their fitness room is furnished with cardiovascular and weight training equipment as well as a pool, sauna and hot tub. As an added bonus, there is a massage therapist on site to help rejuvenate those aching muscles. Ocean Crest can be reached at 276-4465 for more information about their services.

Larry Benner, of Timber Gym in Aberdeen, tells me they like to focus on a 5-step approach to fitness. The key elements are heart and lung development, core stabilization, muscle density, range of motion, and metabolic rate. Timber Gym has an impressive array of free weights as well as cardiovascular equipment and strength training machines and also offers personal training services from a certified instructor. Larry informs me that they have a women’s only area called “The Firm” that is in a separate section of the building offering a full-

body workout for women in a private setting. Timber Gym has 24-hour gym access and can be reached at 532-8339 for more information.

Last, but certainly not least is the YMCA of Grays Harbor. The YMCA has been offering a vast array of programs on the harbor for many years. Dan Brown, fitness director at the “Y”, tells me that the hottest thing going right now are the spinning classes (a bike ride with attitude) – but they have something for every one of every age. Water aerobics classes, racquetball, basketball, busy town for toddlers, the y-clubhouse for grades 3-8, circuit training classes and coming soon a rock climbing wall. They also have a fitness room equipped with free weights, nautilus machines and cardiovascular equipment and offer personal training services with a certified instructor. For more information call 537-9622 or visit them on the web at www.ghymca.net.

As you can see, there are a number of options available for the pursuit of indoor physical activity and they’re scattered around the county. Aside from all the clubs, there are private studios that offer one-on-one training as well as group classes in yoga, Pilates, martial arts and dance. Challenge yourself to try something new this month; you might just discover a new passion.

Maryann Welch is the director of Grays Harbor County’s Public Health and Social Services Department.

If you have questions about becoming more active or have information about free or low-cost activity in the area, contact the health department at 532-8665 ext. 483, e-mail us at moving@co.grays-harbor.wa.us or visit our web site at www.ghphss.org.