



CCFC News Letter

CONSTANTINE COMMUNITY



VOLUME 2, ISSUE 2

FEBRUARY 17, 2009

CPS Faculty vs.

**Constantine Police/Fire Departments
BASKETBALL GAME & BAKE SALE
FUND RAISER FOR C.C.F.C.**

SPONSORED BY: C.C.F.C. & F.O.F. a.k.a. Friends of Fitness



Sunday, March 29, 2009

At

Constantine Middle School Gymnasium

260 W. 6th St.

BASKETBALL GAME 2:00 P.M.

BAKE SALE & CONCESSIONS & more....

DOORS OPEN AT 1:00 P.M.

ADMISSION—FREE OR \$ DONATION

ALL PROCEEDS WILL GO TOWARDS THE MATCHING GRANT TO PURCHASE FREE WEIGHTS FOR THE CONSTANTINE COMMUNITY FITNESS CENTER.

Fitness Center will be open for tours

BRING YOUR FRIENDS, THIS WILL BE A GREAT GAME with the team in BLUE and the team in RED! Last year the team in RED won, who will it be this year?

Donations to the Fitness Center

Good News!

The Constantine Area Community Foundation has awarded the Fitness Center up to \$8,000 in matching funds. That means for every \$1 donated, CCFC will receive \$1 match. Please talk

to people you know in the business community about this matching fund grant. Individual and corporate donations must be pledged by March 31, 2009. All donations are tax deductible.

Make checks out to Constantine Public Schools, memo CCFC or to the Constantine Area Community Foundation, memo CCFC.

To learn more about the Constantine Area Community Foundation go to: www.sturgisfoundation.org

THANK YOU—CPS wood shop students for the oak bench and the tables in the Fitness Room.

Thank You Members

CCFC now has
One year - 46
Six month - 9
Three month -14
One month - 13
members.

We thank you for your membership and your questions/suggestions are important to us so please don't hesitate to ask in person, by

note in the suggestion box or by e-mailing or calling any of us.

Thank you for helping us keep the center clean by changing into your work out shoes and for wiping down the equipment after each use.

We have also tallied other information and our best advertising has been by "word of mouth" so thank you for

spreading the word about the "best kept secret in Constantine" as each new member keeps us open and being able to provide very affordable services for all of us.

Member Becky Dodd was the member who came in and was the 2000th visit!



If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want.

-- Elbert Hubbard

"SPRING FIT" CLASS

"Spring Fit" Class will be held in the Fitness Center in conjunction with the Fitness Center hours. Members not in the class will still be able to use equipment the class will work around you.

Members cost will be \$3

each time or \$24 for all eight sessions. Non-members cost will be \$5 each time or \$40 for eight sessions. (Non-members will be asked to fill out paperwork on the first visit.)

Payment may be made at the desk and receipts

will be given.

Class Dates: March 9, 11, 16, 18, 23, 25, 30 and April 1.

If you have ideas for other classes or instructors put them in the comments bucket.

Thank you!

FOR YOUR PERSONAL TRAINING NEEDS

Niki Tulley

Exercise Physiologist

Personal Trainer- ACE Certified

nikitulley@yahoo.com

269-273-4031

Package Prices @ C.C.F.C. (members)

1 hr. \$20

5 hrs. \$90

10 hrs. \$180

1/2 hr. \$15

To learn more about Niki visit the Fitness Center website and the Fitness Center News Letter Issue 1.

Meet Employee Mary Ann Grile

Mary Ann, is a graduate of Constantine High School, Central Michigan University and Western University. She retired from teaching after 30 years of service. You can find Mary Ann volunteering at school athletic events, performing in local community theatre, directing school plays, or

signing in her church choir. She is married to Tom and has three children and five grandchildren.

Mary Ann wanted to work here to help others and to stay in shape herself. She enjoys meeting the public and supporting members to meet their goals.

Advise to members; Exercise to feel better because you will always reach your goal.

Working out with a partner or friends brings the most rewards.

Laugh A Lot!

Drink water when you're hungry.

F REQUENT

I NTENSE

T RAINING

“SPRING FIT” CLASS

Has winter got the best of you? Are you sick and tired of waiting for spring or summer to come? Are you ready to get that golf swing back or fit into that swimsuit for the beach? Well, come on into the Constantine Fitness Center and we will help you!

Starting March 9th the Constantine Fitness Center will be offering, “Spring Fit”, 8 classes in 4 weeks that will concentrate on every muscle in your body. There will be no problem being ready for Spring Break once you are done with this class. “Spring Fit” will offer cardio workouts, upper and lower body workouts, and core body workouts that you will enjoy, with a young and exciting staff that will be motivating you along the way. “Spring Fit” will be offered **Monday and Wednesday nights from 6:15 p.m. -7:00 p.m.** Come and enjoy the fun with all of your community!

Don't wait; get in shape for spring!!!

MEET YOUR “SPRING FIT” INSTRUCTORS

Hello, my name is **Jerry Burgess**. Yes, I am from Constantine so some of you may recognize me or the name. I graduated from Western Michigan University with a degree in physical education/coaching and a minor in school health. I recently have moved back to this area from Baltimore, Maryland where I was a Fitness Specialist for a company that emphasized corporate wellness. I had the opportunity to teach many great group exercise classes such as: abs, sports conditioning, spin, water aerobics, circuit training, etc. Also, I helped prescribe workouts for those individuals who needed help just getting started.

Currently, I coach football at Constantine and am a basketball referee and as well as an umpire for baseball and softball. I am a substitute teacher and often work in Constantine. I also enjoy working out and training with my fiancé for 5ks and possible 10ks. Eventually, I am looking to get a physical education job and coach either football or baseball.

I look forward to working and pushing each and every one of Constantine Fitness Center members in becoming healthier. It will be fun and beneficial for everyone including myself. Make sure you come to sweat!

My name is **Micael Newman** and I am from Constantine. I am a Western Michigan University graduate with a degree in Exercise Science and a minor in Biology. After graduating from WMU, I moved to Baltimore, Maryland, to pursue a career as a Regional Fitness Specialist for a corporate wellness company. As a Fitness Specialist, I gained experience traveling around to 10 fitness centers teaching classes such as: body sculpting, spin, sports conditioning, abdominal and “b utt ” classes, circuit training, and many more. I enjoyed the variety of age groups I worked with throughout my traveling, as it allowed me to be creative in workouts and class ideas.

After living in Maryland for eight months, I moved back to MI to allow my, now fiancé, Jerry Burgess to gain experience coaching and teaching to further his career goals. I have recently decided to pursue a second degree in nursing and am currently enrolled in classes. Along with my classes, I am currently holding several part-time jobs that keep me very busy. In my free time, which is rare, I enjoy working out, running – I will be training for my first half marathon beginning in March, and wedding planning with my amazing fiancé, Jerry!

I love passing along my passion and knowledge for health and fitness to everyone I possibly can and am looking forward to doing so with all of the Constantine Fitness Center members. My motto taken from John Mel encamp, one of my favorite singers, “Make it hurt so good ”! Without pain there is no gain, including becoming healthier individuals!

MONEY NEWS—Two new sets of training posters have been ordered thanks to members purchasing water from the Fitness Center. Dumb Bell Training & Strength Training Anatomy

**CONSTANTINE
COMMUNITY FITNESS
CENTER STAFF**

*Ken Rimer, Manager
Dave Barney
Donna Bullock
Danica Dreher
Judy Elliott
Joy Freude
Mary Ann Grile
Sharon Juday
Jan Rimer
Peggy Zimont*

CCFC BOARD

*Mike Messner,
Director
Mike Tulley
Shawn Griffith
Tim Baker
Kathy Messner
Ken Rimer*

*Phone: 269-435-8940
During business hours:
269-435-9016
Fax: 269-435-8982*

*[http://
www.constantinefitness.org/](http://www.constantinefitness.org/)*

**Our mission is to improve
our community by offering
an affordable means to
create and maintain
healthy lifestyles for
individuals and families.**

SPRING SPORTS SEASON/PARKING

Spring Sports begin March 9th, baseball and track may effect the parking for the Fitness Center. The baseball team will be asked to not park in the parking spots nearest the Fitness Center and we do want you to be aware that foul balls do come into the parking area. On game days there will also be more people around and on large track meets there will also be more people around. The bathrooms will also be being used by the public during those times. We just want our members to be aware of what is coming up, as this will be the first spring that the Fitness Center has been open.

We will post the spring sports schedules on the bulletin board so that you can see what is going on and what days might be crowded.

Wanted: anyone to help with concessions and bake sale at the BASKETBALL game on Sunday, March 29. If you can help or make items to sell sign up in the Fitness Center. Details will follow.

TRAINER'S CORNER

Need more Fruit in your Diet? Here's a healthy snack or breakfast for all ages!!

Creamy Berry Smoothie

- 1 cup lowfat yogurt
- ½ cup skim or soy milk
- 1 cup frozen strawberries
- 1 cup frozen blueberries
- 1 cup frozen cherries
- ½ frozen banana

~ Blend and drink!!



Friends of the Fitness Center Booster Club – a.k.a. FOF— This group will help the Fitness Center with fund raising activities that will directly result in Fitness Center programming and equipment purchases, also this group will aid in marketing the center, planning fun events, cleaning, decorating and various other activities. You do not need to be a member of the Fitness Center to be a “friend” so if you have talents or time you can share with this group for the betterment of our community and schools please contact us.

The next meeting will be: Thursday, March 12th 6:00 p.m. in the Fitness Center. Anyone is welcome to attend.