

LOCAL GYM ASSIGNMENT

Assignment Instructions:

You will research/find a local gym to answer the following questions. You may call them to find out the answers or visit the gym in person. Please let us know if you need help finding a gym to call.

Gym name:

(also include link to their website or physical address here):

1. **How much is a membership per month?**
2. **What is the contract? (e.g., month to month, 3-month, 1-year)**
3. **Are there drop in prices (daily use)? How much are those?**
4. **Where can you store your belongings?**
5. **What is the dress code?**
6. **Do you have a policy on cell phones? If yes, what is it?**
7. **What are the hours of operation?**
8. **Are there gym rules posted inside the facility? If so, where?**
9. **What facilities/classes are provided?**
10. **Do they offer personal training? If so, what is the cost for a personal trainer?**

TSUNAMI TRAINING CENTER

5280 NE Shell World Pl, Newport, OR 97365

<http://www.tsunamitc.com/>

[\(541\) 606-4789](tel:(541)606-4789)



I visited the Tsunami Training Center in Agate Beach. It's not far from my house in Newport, OR.



It is run by “Nathan,” a mixed martial artist, USAF veteran, and graduate of the University of Oregon. He was trained and received his black-belt in Jiu-Jitsu from the “legendary Eddy Bravo.” He runs Tsunami with his wife “Casey,” a registered dietitian nutritionist. They have 2 kids. The gym wasn’t open when I visited, but there was a very cute curly-haired blond toddler peering out the glass door. The studio has a porch with an across Pacific Coast Highway view of Agate beach. I have always wondered about this place because it is sort of in my neighborhood. The Newport movie theater is a 2 minute bike ride south from me, and this is further on the south side, maybe a 10 minute bike ride away.

According to the website <https://www.tsunamitc.com/>, the gym does have private training and has classes in martial arts, yoga, general fitness bootcamp and Jiu Jitsu. There is a fitness bootcamp at 5:30 P.M. on Monday, Wednesday, and Friday. A trial week of 5 classes is \$50. A membership with unlimited classes is \$115.





NEWPORT RECREATION CENTER

225 SE Avery St, Newport, OR 97365

[\(541\) 265-7770](tel:5412657770)

<https://www.newportoregon.gov/dept/par/rec/documents/ActivityGuide.pdf>

I also visited the Newport Recreation Center and got their latest brochure.

Fridays are youth days. It is \$3 for ages 3 - 17. An annual youth pass is \$235.40. A resident 10-pass for youth under 17 is \$31.70. Ages 15 and up are permitted without an adult. There is a giant pool, basketball courts, weight rooms, and an indoor running track. There are showers and lockers. There are groups and private lessons in swimming.





My friend and I swimming at the Rec Center years ago.