

MOVE!



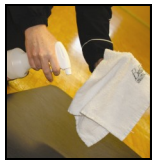
APRIL 2011

YOUR HEALTH AND FITNESS CENTER SINCE 1975

MANAGERS REPORT

We have had an exciting winter, and we have many new members. I thought I would take this opportunity to remind all of us to remember that the club is a shared space, so be respectful of other members, pick up after yourself, and do not leave items scattered around the locker room. Here are some other common sense reminders:

- **Cell phones are getting to be a problem, please restrict use to the lobby areas only.** The ringing and conversations are annoying and do nothing to foster a good workout for you or those around you. There are also very legitimate concerns regarding illicit photos being taken and ending up on the internet. **Cell phone use is prohibited in the locker rooms, period. You will be asked to immediately hang up your phone by staff.**



- After working out please take the time to **wipe off your machines**, the person following you greatly appreciates this common courtesy.
- **Shower completely (with soap) before entering any spa or pool.**
- **Please shave only at the sink** and please wipe up any stray hair or shaving cream.
- Please be aware that once you get exercising any cologne or perfume you may be wearing becomes airborne, please limit use of fragrances while at the gym; many members are sensitive to fragrance.

- **Please let us know if something is out of order,** we strive to get things fixed as fast as possible. This is our goal, sometimes parts need ordering, or a repairman is slow in coming but we cannot start the process if we don't know a piece of equipment is broken. We have been having a persistent, intermittent odor problem in the pool locker rooms. We have replaced all toilets and have doubled our cleaning; we have had plumbers out who have informed us that we perhaps have a faulty "P trap" somewhere on that side of the building. We are in the process of trying to find the culprit. Hang in there with us, we are working on it.



It is our desire to have a clean and well run facility, we do need your help. Always remember there are many other members who will be following you, using the locker room, weight and cardio rooms, please treat the facility in a responsible and hygienic manner. If an area of the club is not clean and well running, please let us know. We will fix it as fast as we can. Keep all your comments coming. It helps us provide you with an ever-improving club.

Respectfully,
Cathy Buckley



EMPLOYEE OF THE MONTH DEBBIE FISH



The employee of the month for April has been selected before. But a great employee maintains high standards and good customer service on a daily basis, so recognizing Debbie Fish again just proves that she is valued and appreciated for the years she has been employed at BAC.

Debbie is an instructor in the Group Exercise department. She teaches several classes including Pilates, step aerobics and Retrofit. And if you've been in one of her classes, you know that her experience and attitude about fitness is contagious. She has been teaching for 15 years and holds several certifications in the industry.

Recently, Debbie has gone above and beyond her scheduled classes to help out by doing a lot of extra subbing while various instructors needed time off. She is always willing to help out when she can – and is an amazing team player.

Debbie has been married to her husband for 23 years. They have 2 sons. One is a freshman at Whitworth College, and the other a senior at Sehome high school. Both of them have done the last name "Fish" justice. They have excelled at swimming, and Austin was just elected the Bellingham Herald's "Swimmer of the Year." Going to their competitions has kept her busy over the years – but she loves it. Her husband and sons started swimming with the Masters swim team about 3 years ago – so she started swimming too.

She also loves to get out on the golf course whenever she gets the chance.

Debbie – we appreciate you and your dedication to BAC so much. Thank you for all the time you dedicate to our members and their workouts.

MEMBER OF THE MONTH MARILYN MCBEATH



In May of 1986, needing to start a recovery program for a broken knee, Marilyn McBeath became a member of PARC athletic club, now 25 years later she is still going strong! The club name may have changed but Marilyn stayed the course. She was able to avoid surgery and no longer walks with a limp. She says "I have BAC to thank for that." With her long commitment to health and fitness she was an obvious choice for our April member of the month.

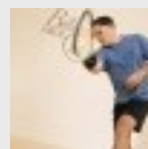
Marilyn taught school for 30 years and has enjoyed the comforts of being retired since 1999. She will be celebrating her 48th anniversary with her husband, Bob, this month. They raised a daughter and now get to dote on their two grandsons. Remember she was working, taking care of a family and still found the time to continue her work out regime!!

Outside of the club she has pursued wilderness canoeing and travel throughout the world. Marilyn maintains an active membership with the Daughters of Norway which keeps her busy as well. With a lifestyle full of adventure and community service it is amazing that she faithfully attends her water aerobics class and is an inspiration to many of her fellow classmates.

BAC continues to marvel at the dedication and loyalty that members like Marilyn exhibit. Congrats and may you have another 25 health filled years with us!!

facebook

Top News · Most Recent



Bellingham Athletic Club Be sure to become a fan of BAC on Facebook and keep up to date on what is going on in the club!

NW OPEN TOURNAMENT TOPS ITSELF

Everyone worked hard to outdo the past in honor of the 40th year. Players received a goodie bag and a great tourney shirt entering the front door and were treated to a barbecue salmon dinner on Saturday night. An auction to raise funds for the Washington Junior Racquetball Association raised over \$2,200.00 to help junior players with entry fees to upcoming events. Top that off with a lot of great racquetball matches and you've got a weekend to remember. A generous group of sponsors and a top notched tourney staff helped make this a great event. We have to thank our Platinum Sponsors: **Tim Goering of Waddell and Reed, Don Cummins of Elite Electrical, and Walton Beverage and Pepsi.** Their support makes this the class event that it has become. We also have to thank all of the people who volunteered their energies to make our goodie bags outstanding – especially **Derrick Anderson of Haggen Foods.** He even special ordered Chocolate Bars from Portland Oregon to top off the contents! Thanks also to **George Willet of Ultra Tank, Donette Studios and Brynn at WECU.**

The entire staff worked hard to make this happen. A special thanks to:

Brian Porter, Olivia Nicholes, Jessie Scott, Lori & Keith Turley, Krissy, West, Brianna, Bo, Geliza, Doug, Wade, and two moms who worked hard at our junior auction: Karen Burns and Alfreda Moore.

With over 40 players from BAC, we brought home hardware to boot! Here's how our members and close neighbors fared:

Men's Open Consolation – **Andrew Kominsky, 1st Place.**

Men's Elite Consolation - **Brian Dunbar, 1st Place.**

Men's 50+ A/B – **Phil Nelson, 2nd Place.**

Men's 50+ Open/Elite – **Kevin Galley, 2nd Place.**

Men's A – **Jake Birnel, 1st Place;** and winning Consolation in A's was **Andy Andrewson.**

Men's B – **Michael Finley, 1st in Consolation**

Men's C – **Jordan Birnel, 1st in Consolation.**

Men's D – **Tyler Burns, 1st Place; Jordan Birnel, 2nd Place; Ryan Holz, 3rd Place; and Nick Birnel, 4th Place.** In his first tournament, **Sean Graham** placed 1st in the Men's D Consolation bracket.

Women's A – **Sharon Chandler, 3rd Place.**

Women's B – **Hollie Scott, 1st Place.**

Women's C/D – **Geliza Hoes, 2nd Place; Kelli Holz, 4th Place; and Jessie Scott, Consolation.**

Men's Elite Doubles – father and son **Don Birnel & Jake Birnel, 1st Place.**

Men's A Doubles – **Andy Andrewson & Michael Finley, 1st Place; Dave Hammers & Rob Beach, 2nd Place; and Nick Villa & Shane Reilly, 3rd Place.**

Men's C Doubles – **Jairo Batres & Adrian Burns, 2nd Place; Randy Best & Tim Vail – 3rd Place.**

Mixed Open Doubles – **Wanda Collins & Vince Kiteley – 1st Place, Brianna Ho & Neal Jentsch – 2nd Place.**

Mixed E/A Doubles – **Joann Johnson & Gary Olson, 2nd Place.**

Women's Open Doubles – **Wanda Collins & Vicki Panzeri, 1st Place.**

Women's B/C Doubles – **Hollie Scott & Jessie Scott (Scott Squared!), 2nd Place; and Kelli Holz and Cheryl Redford taking 3rd Place.**



ROAD TRIP TO STATE SINGLES!!

We are working on getting a group from Bellingham Athletic Club to attend state doubles at the Pro Club in Bellevue the weekend of April 8-10, 2011. Join us for a fun weekend and get a special travelling tourney shirt from BAC! This event is open to both adult and junior players and serves as a qualifier for anyone interested in attending a national event. Contact Club Pro Wanda Collins for more information.

PRO TIP OF THE MONTH

By Wanda Collins

Watch Those Feet! It is important to remember the rule regarding leaving the service box early after serving. If you (or your partner in doubles) steps over any part of the back line (the "short line") of the service box before your serve passes that line on its way to the back of the court, it is an out. You do not get a 2nd serve when this occurs! This rule usually comes into effect when you lob serve, as it takes a while for the ball to pass the short line. Hard hit serves usually cross before you have a chance to step out. So get used to timing yourself out of the box appropriately, and remember to look for this when you are the referee of a match!

ACTIVTRAX

“Taking the guesswork out of exercise”!



Is your exercise routine becoming too routine for you? Have you hit a plateau in your training? Do you need more structure to your program? Or are just beginning and need direction? If any of these sound familiar then *Activtrax* is what you have been looking for. *Activtrax* is a computer generated resistance training program specifically designed to help you reach your health and fitness goals. Based on your requirements for the number of sessions per week you want to perform, the types of exercise, the intensity level, and the results you

would like to achieve *Activtrax* will design a structured, progressive workout just for you.

To get started BAC’s certified personal trainers will assess your fitness level then guide you through how to get started. *Activtrax* holds you accountable to the goals you have established by tracking your usage and progress. Your *Activtrax* Coach receives a report every week on your progress to help keep you on track. Because *Activtrax* is an online program you have the versatility to access your workouts from anywhere, so So why wait, schedule your *Activtrax* appointment today.

Activtrax is available wherever you are.



KIDS CLUB

Parents: Remember that you can bring your kids to the club on Friday Nights for an evening of games, swimming, snacks and a movie. Kids are between the ages of 4 and 12. Friday Night Out runs from 6:30 -9:30pm. Sign up now, it fills up fast!

Come and celebrate your child’s birthday at the BAC! We do the set up and clean up, provide cups, napkins, and plates. Starting with games in the gym. Cake and presents upstairs, and ends with a splash in the pool! Inquire at the front desk for prices.



Please remember to escort your kids to and from Kid's Club, and not let them roam the halls or lobby unsupervised. Thank you.

MOMMY AND ME AT THE PARK



The weather is getting nicer and it is time to take advantage of Bellingham’s beautiful outdoors. Parent’s, bring your kids and come join me and my kids as we play and work out in several of our city’s parks and outdoor areas. Call for more information. 360-676-1800

Tiffany Morton
Personal Trainer



WHAT IS YOUR REPETITION TEMPO?

Did you realize that you could be cheating yourself in your resistance exercises if you not only do not use proper technique but also the appropriate “cadence or tempo”? That’s right “repetition tempo” plays an important role in receiving the most benefit out of whatever exercise you perform.

On many pieces of weight stack and plate loaded equipment, except for our Keiser equipment, to receive the most benefit you need to control your tempo of how fast you perform each repetition. Most equipment’s strength curves are based on moving the movement arm through a range of motion at a specific amount of time, what they call degrees per second. Going faster than that time takes the piece out of its prescribed strength curve making it less efficient in its delivery of resistance. What this means is the faster that you try to move that movement arm and weight the more momentum assists you. Some would think that would be a good thing, I can lift more weight, but in reality you are working your muscles less.

The more controlled the tempo the more work the muscles have to do. You also have better control over the resistance and your technique is better giving you greater

benefit. Standard recommended repetition tempo for most exercises is a 2 second lifting phase, a pause at the end range of contraction for 1 second, and then a 4 second lowering phase. What we call a 2-1-4 tempo. There

are many variations of this base tempo, ones that work more on the lifting phase (super-slows 8-10 seconds up, pause, and 4 seconds down) or lowering phase (negatives 2 seconds up, pause, and 8-10 seconds down). During these controlled tempo reps you should also maintain constant tension on the muscle by not slamming the weight stacks, clacking the plates on each rep, or banging the movement arms to the stops. Keep the tension on with good mechanics.

If you have questions regarding your exercise tempo or technique we invite you to speak to one of our Personal Training Staff. They would be happy to answer any of your questions. Remember to receive the most benefit out of your exercise use the proper technique at the right tempo. You will be pleased with the results!



BIGGEST WINNER IN THE FINAL STRETCH

Biggest Winner Individual Results for the Week of March 28th. These are the results of the last week before Final Weigh-ins Friday, April 8th.

Look for the final results and top prize winners in the May newsletter!

Aaron 18.30%
Mandi 16.20%
Cindy 14.10%
Matt 11.80%
Stacy 11.60%
Aimee 11.00%
Wendy 10.90%
Gina 10.50%
Alyssa 7.50%
Amy 7.40%



