

MOVE!



AUGUST 2008

YOUR HEALTH AND FITNESS CENTER SINCE 1975

MANAGERS REPORT

I hope summer finds you well and you have been able to enjoy the great weather we have had so far. As we wind our way into August, you will notice some repair and maintenance going on at both clubs. I thought I would use this opportunity to let the membership know what is planned over the following weeks. We have found it impossible to get the large scope of work done during the short 3-day closure so a lot of work will be accomplished over the next few weeks. As usual, we will be painting the Racquetball courts, though this year we will be doing the entire court all the way to the ceiling.

New carpeting is coming! The men's locker room and cardio room at Cordata, and the men's and women's locker rooms downtown. A third section of our Cordata roof is scheduled to be re-done, we're on the docket, but weather really determines when it gets done. New counters and sinks will be installed in the women's main locker room at Cordata. Major construction repairing walls will be ongoing in the men's locker room wet area Downtown.

Just recently we installed a new and improved sound system in the gym at Cordata, with an update also headed for the Downtown studio. Six new Keiser spin bikes just arrived and are awaiting assembly. We hope to install one on each club's cardio floor to give a more realistic cycling experience on the floor. As usual we will be closing the pool for re-surfacing for 5 days. The pool will be closed from September 3rd through September 7th. We are hoping to have a brand new pool side hot-tub by the end of our September maintenance closure, stay tuned!

Our staff will be working diligently over the next month, as you notice the changes and upgrades they always appreciate hearing your positive comments.



Respectfully,
Cathy Buckley

OLD JUICE BAR AND MEN'S HOT TUB AREAS UNDERGOING SOME CHANGE

Well the Summer of '08 is shaping up to be the summer of big changes in the Downtown BAC. Both the juice bar and men's hot tub areas will be undergoing some major changes over the next 2 months, but for two very different reasons.

The men's hot tub area has proven to be one of the most popular areas in the club since the Downtown BAC was built nearly 15 years ago. It has been the hub of socialization for the male population here for some time. But, as with everything that gets heavily used for years on end, it has gotten to the point where it is in dire need of a structural face-lift. The most pressing issue of drooping and falling tiles has been addressed on one wall (although tiles remain off that wall for now) and we are going to be addressing more issues on the surrounding walls as we approach our annual shutdown in mid-September.

The juice bar is reaching its fate not because of over use like the men's hot tub area, but because of lack of use. The BAC has tried in vain several times in the last decade and a half to figure out how to make the juice bar area successful. We have finally decided that the members and our own interests may be better served by converting that space into something more usable. With the availability of space declining as we have grown, we have seen the need to utilize every inch of the club as efficiently as possible. We haven't finalized what the space will be yet, but we are leaning towards adding 3-4 cardio pieces in that area.

Thank you for bearing with us as we make these changes and if you have any suggestion on how we can make the Downtown BAC better in the future please let us know.

EMPLOYEE OF THE MONTH

Justin White came to Bellingham Athletic Club while attending Western Washington University in September of 2000. He had previously been employed at Stillaguamish Athletic Club in his hometown of Arlington, WA. Justin has come a long way since being hired as a front desk employee. He received his degree in Art from Western, became a certified personal trainer, and worked his way into becoming the manager of our downtown facility in February of 2004.

Justin is always looking for innovative ideas in fitness and brings those to our members in the programs he has developed. The downtown facility welcomed Scott Sonnen and the Tac-Fit room in January of 2007 through the efforts of Justin. In the last year, he has brought the Gravity program to downtown where there are now sixteen classes offered each week, with Justin and six other instructors teaching this great workout! Justin's newest interest in fitness is The Body Bugg. It is a small personalized computer that you wear on your arm that can keep you on track with calories consumed and burned each day. In addition to all of this, Justin has offered kick boxing classes and holds more personal training sessions than anyone else at either facility.

Justin is a great asset to BAC. When he's not working, he likes to spend time competing in Martial Arts, hiking and keeping busy on outings with his girlfriend Misty and their dog, Blaze.

NOTE FROM THE KIDS KORNER

Need to get rid of the kids during the day? Bring them to the BAC for the August session of Adventure Zone summer camp! See flyer or inquire at the front desk for more details. We would like to thank parents for abiding by the 'No Food Policy' in Kid's club. Kids Club would like to remind families with 3 or more kids to try and give us a heads up when you plan on coming in to the gym, just so we can staff accordingly. Also, remember that Pre-School and Dino-Muscles does take place year round, so sign your little one's up! Monday through Friday. Contact the front desk for more info.

MEMBER OF THE MONTH

Congratulations to Marc and Mary Shaner for being selected Member of the Month for August! The Shaners have been members at the BAC for 5 years. Marc and Mary live in the El Dorado condominiums and Marc represents them as President of the association. In his spare time Marc enjoys fly-fishing and skiing. You can usually find Marc in energetic, Pilates or power pump. In March, Mary had a total knee replacement and is using the pool for rehab and also likes water aerobics. Mary enjoys using her spare time to volunteer. She volunteers for the Hope House at Assumption Catholic Church and she also helps out in her daughter's classroom at Blaine Primary School. Marc and Mary have two grown kids and three grand children who they love and adore. We would like to thank Marc and Mary for being wonderful members at the BAC. Congratulations!

BE A BIG BROTHER

Mentoring Facts:

- Over 150 children in Whatcom County are on the waiting list for a Big Brother or Big Sister
- 75% of Washington students say that they don't have adult role models to help guide them.
- Every young person who drops out of school for a life of drugs and crime ends up costing the state between \$1.5 to 2 million. Maintaining a match cost around \$1400 per year.
- Children with mentors are 97% less likely to be involved with juvenile authorities, 52% less likely to skip school, 46% less likely to begin using illegal drugs, and 33% less likely to use violence to solve problems.
- Being a mentor has been proven to reduce depression, help improve longevity and health and lessen the chances of heart disease.

If you feel a need to help out your community and Big Brothers Big Sisters contact Marinda Peugh and she'll be able to help you out with all your questions.

Thank you!

RACQUETBALL PRO TIP

Racquetball demands a lot of your body. It's quick, with lots of starts and stops and lateral turning. And that's just for your legs. It also demands rotation of your torso, use of your biceps, triceps and repeated use of your rotator cuff. Early summer is a good time to reduce the amount of time you spend on the court to once or twice a week, and use the other days to get yourself in shape doing different things: bicycling, running stairs at Civic Stadium, golfing, starting a viable weight routine that you can carry into the Fall. But if you are planning on playing in fall league, fall tournaments (or both), you need to think about stepping up your court time in August. This will give you time to get the rust out and be ready to succeed when you step on the court. Working on cleaning up your strokes is a great idea. The purer your swing, the less stress on your body. Just remember when you first come back, limit your playing time to 45 minutes or an hour for singles and 1 or 1 1/2 hours for doubles, twice a week. Build up each week to playing a little more often and maybe a little longer. Over doing it when you first start in is a great way to end up with an injury that will prevent you from enjoying your court time in the Fall. And remember to keep up that weight routine. It will make your shots stronger and keep your muscles from fatiguing as quickly when you get to the tiebreaker of that important match.

SWIM TEAM SUCCESS!



So for the last few months we have been improving and making our Bellingham Athletic Club swim-team stronger and faster. Swim team members and their parents were all invited to a pre-meet picnic on Friday July 18th at Boulevard Park. The picnic was a huge success with almost forty people who attended. 20 kids competed in the swim meet on Saturday July 19th at the Bayside swimming pool against both the Bayside and Sun Valley teams. The teams competed with a lot of heart and talent. Every race was close and filled with excitement. This was one of the first times where all three BAC swim teams all met each other as one full team. This swim meet was a chance for our community members to form bonds and come together as a team. The coaches want to say thanks to all the parents and kids for helping us put this together and giving it all you have! We invite all kids and parents to join the swim-team, and participate in the up coming meets.

BAC PLAYERS BACK FROM JUNIOR NATIONALS

Eleven junior players traveled from BAC to Concord, California to compete at the Junior National Olympic Championships at the Big C Athletic Club June 25-29. They did a great job representing the club and the state of Washington! We couldn't be prouder!



Center Back: Triston Guthrie
Middle Row: Madeline Butler, Jake Birmel, Brenna Guthrie, Jordon Birmel
Front Row: Jett Guthrie, Nick Birmel
Not Pictured: Hollie Scott, Paige Guthrie, Brianna Ho and Tim Ho

SIGN UPS ARE OUT FOR AUGUST

The sign-ups are out for the August Gravity and Weights for Women classes that will be starting Monday the 4th. If you are interested in trying something new this summer this is your chance. Both of these programs offer a change of pace in your routine, a new way to get in great shape, and personal guided instruction. It's time to shake things up!