

MOVE!



DECEMBER 2010

YOUR HEALTH AND FITNESS CENTER SINCE 1975

JINGLE JINGLE JINGLE

Jingle Bell Run is Saturday December 11th !



Get in the spirit this holiday season at the Arthritis Foundation's Jingle Bell Run/Walk

for Arthritis. Be one of the thousands of runners and walkers who hit the nation's pavements, pathways and parks this winter to fight the nation's number one cause of disability. Imagine the sounds of hundreds of thousands of bells ringing out across the country as people like you tie jingle bells to their shoelaces, don festive costumes and join friends and neighbors in support of the Arthritis Foundation's mission to prevent, control and cure arthritis and related diseases.

Bring friends, family, neighbors and co-workers together and join our team to raise money and put a little jingle in your step to support this important cause. This Bellingham tradition is a fun and festive way to kick off your holidays by helping others. BAC is working hard to win

the team competition this year, and we need your help. Please plan to run or walk, if you're not participating, prepare yourself to be asked to contribute by our staff. **Individual staff members will be vying for a myriad of prizes to encourage them to ask for donations, so make it easy on them and volunteer to give to this great cause, you may even charge your contribution to your account!**

All of us will be affected by arthritis, either afflicted with the disease ourselves or dealing with a family member who is. This year the run/walk begins at Bellingham High School, instead of the Downtown Club. Feel free to park in our Downtown parking lot and walk over to the High School. Register at either club, buy bells or Santa/elf hats through us ! Dogs are welcome, but you must register them, all the registration information is available at our Front Desks.

Come jingle with us!

Respectfully,
Cathy Buckley



TOYS FOR TOTS—MEMBERSHIP DISCOUNT



The past few years our members have been very generous and have donated over 200 toys to children in Whatcom County. As a club we are one of the biggest contributors in the County. I am proud of our members and their generous spirit of giving.

Both clubs will be collecting toys for needy kids in the area so they can have a Merry Christmas. The toys need to be new, unwrapped and for kids between the ages of 2-14. Toys need to be dropped off by December 17th. When you donate a toy you will be eligible to receive a 10% discount when you prepay for the year. You can check in with the member services or the business office to find out your rate. Special toys for tots discounted rates need to be paid by December 29th.

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EMPLOYEE OF THE MONTH WEST LYTTLE

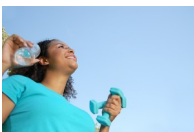


West Lyttle is this month's all star employee. West arrived on our pool step in May, 2010, and has since proven himself to be an excellent and dedicated employee, always willing to do whatever is needed to get the job done and to serve our members. You'll find West cheerfully hustling between departments as he teaches swimming lessons and lifeguards for us, as well as works in the kids club. The kids love him both as a lifeguard and swim instructor, and the parents rave about their children's progress under West's energetic tutelage. Family swims are truly an event when West is guarding, devising games and fun times for the swimmers. West moved to Bellingham from Vancouver, Washington and is looking to further his education here.

Congratulations West, for being the best!

RESULTS: HOW MY HEALTH CLUB CHANGED MY LIFE

Thank you to the 10 members that entered their stories for the "How My Health Club Changed My Life" We will be posting these stories on-line later this month. They were all amazing and inspiring tales of fitness and lifestyle changes. I hope everyone will visit the website once they are posted and read their incredible stories. The supervisory staff was able to vote on their top 3 favorites.



Shawn Marie Jones
Marilyn Kuhns
Jake Birnel

Congratulations to all of you and thank you for taking the time to share your stories.

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360.676.1800 | 360.734.1616

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MEMBER OF THE MONTH GAIL WASILEWSKI



Congratulations to Gail Wasilewski, BAC's member of the month for December.

Gail is one of those upbeat, positive members that comes in, goes about her business in the club, and is on her way...or at least that's what most people would say. To those that have gotten to know her better, we see a dedicated, kind and outgoing member that makes BAC the special place it is.

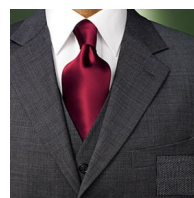
Gail is a regular in the Group exercise department. She says it's the instructors that keep her coming in and motivate her to exercise regularly. She attends a variety of classes, and goes between both clubs about 4 days a week. Gail appreciates the different personalities and individual workouts every instructor brings to their classroom, adding that the variety keeps her in shape to keep up with her 3 grandsons.

Gail and her husband John own Mantle industries in Blaine, and she works part time at the business. She loves to garden, play with their 6-month-old puppy and spend time at the gym.

They also have a summer home in Lake Chelan, which they try to get to as much as possible in the spring and summer months.

Thank you for your contributions to BAC Gail. It's members like you that make our club so joyous and our jobs such a pleasure!

ARE YOU MISSING A SUIT?



Over the years we have had some very unique items in our lost & found. Several months ago a man's suit; coat, shirt, tie and pants were left in the locker room. We know there is someone who someday will go to their closet to get ready for a special occasion and find their suit missing. So, before that happens, men, check your wardrobe and if you are missing a suit come see the Front Desk.

JINGLE BELL MASTER CLASS



Get ready for a workout to get the holiday season off to a festive start!

On Saturday, Dec. 4th, we will be holding our annual Jingle Bell master

class at the Cordata gym from 10am – 12:00 p.m. This event is held to help raise money for the Arthritis association, in conjunction with the Jingle bell run on Saturday, Dec. 11th.

Everyone that participates is entered to win a variety of great door prizes, and snacks and beverages are also provided.

The class will consist of all the instructors teaching a portion of the class consisting of a warm up, hi-low impact, Jazzercise, Zumba, step, strength & toning, Pilates and Yoga – and we will cool down with a relaxing stretch.

GET READY TO HIT THE SLOPES IN SHAPE!



The ski and snowboard season is upon us! And Courtenay is ready to help you get your mon-ey-s worth

when you head up that mountain!

Getting and staying in shape, as well as doing exercises that are specific to snow sports, will help sustain stamina, reduce your risk of injury and that dreaded muscle soreness.

We've added a ski conditioning class to the winter schedule just for you ski bums. So take advantage – there's no charge – all you need to do is "show up" – Courtenay will make sure you do the rest.

When: Wednesday nights from 6:45 – 7:45 p.m.

Where: Downtown studio

Who??? YOU – and Courtenay

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KIDS CLUB HAPPENINGS



New Friday Night Out Prices

After such an amazing turn out with our half off special, we have decided to reduce the prices of Friday Night Out!

Members: \$7.00

Child of a Member: \$9.00

Non-Member: \$11.00

If you bring a second child along and they are:

Members: \$5.00

Child of a Member: \$7.00

Non-Member: \$9.00

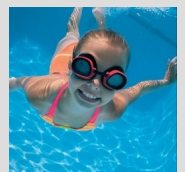


Keep your eyes open for news about our holiday workshops. The money we make is donated to the Arthritis Foundation, and it's a great opportunity for you to get some shopping done without the kids!

One more thing, in order for us to have crafts planned for the older kids over the holiday season and any day that

the public schools are not open, we would really appreciate it if EVERYONE could let us know when you were planning on coming in. We understand that many of you are very happy to be out of the reservation stage, but this will help us to keep things running smoothly and be prepared for the rush of kids. This will also help everyone to have projects/programs ready for the kids! We hope that everyone is ready for the Holidays!

SWIM TEAM WINTER CONDITIONING



Date: December 16th, 2010

Time: 6pm-8pm

Cost: \$25 Members, \$30 Non-Members

See the front desk for more information and to sign up!

RACQUETBALL—LEAGUE AND UPCOMING EVENTS



ADULT WINTER RACQUETBALL LEAGUE

Don't miss out! Winter League will start Wednesday, January 5. You can sign up at the Cordata facility now!

We will have a different format than fall league! You'll get a chance to move into different divisions depending on wins and losses.

NEW SESSION OF JUNIOR RACQUETBALL LESSONS

We'll start new classes for juniors at all ability levels as the new year begins! It's important that you sign up now, before the holidays hit, as these classes will fill early!

Session dates: Week of January 3 through the week of January 24.

Sign up at Cordata on the interest list. We'll call you to place your junior player in the right class!

MONDAY MINI CLINICS FOR DECEMBER

These clinics are a great way to work on a specific part of your game. Sign up required at the front desk of Cordata by the preceding Friday.

6:00 – 7:30 pm

Cost: \$10 BAC Members, \$15 Non Members

Topic: Passing Shots: Drills and Variety

Monday, December 13 – C/D Players

Monday, December 27 – A/B Players



CHRISTMAS EVE MORNING ON THE RACQUETBALL COURTS

This has become quite the tradition at the club. Join your fellow racquetball players and bring your favorite Christmas munchie or beverage to share.

Challenge court doubles and singles from 7 am until 10 am or later!

CHRISTMAS SHOPPING IN THE PROSHOP

Looking for some very usable gifts for your special workout warrior and racquetball / handball players? Check out our pro shop this holiday season!

Stocking stuffer ideas:

Racquetballs

Handballs

Racquetball Glove

Wrist Lacer for their Racquet



Other great gifts:

Stretch cords

Foam Rollers

Racquetball backpack or gear bag

New eyeguards for on the court



Gift Certificates for: personal training, racquetball lessons, weights for women classes, junior racquetball lessons, swim lessons for the grandkids

New! - BAC quality embroidered shirts

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COMPONENTS OF A WARM UP



If you watch people as they first walk into the fitness areas you will see all manner pre-workout rituals, from hopping on a piece of cardio equipment to stretching to jumping right in with their workout. What is the best course of action we should take prior to beginning our workout and do we need to do anything prior to it?

Warm-up is a very important part of your workout regime. Not only does it prepare the body for the requirements that are going to be placed upon it but it can also dramatically improve performance within the workout and help lessen the incidence of injury during it.

What are the components of a sound warm-up? **First**, we want to remove any **density** within the tissue. This includes the fascia and muscles. We can remove any “knots” in these tissues by performing foam rolling exercises. This breaks-up adhesions or “knots” in the tissue and allows them to move. **Second**, we want to restore **length** to the tissues, which can be done with short duration static type stretching. Lengthen tissue moves through the fullest ranges of motion adding quality to the movements performed in your workout. **Third** and finally we want to **ready** the tissues to move. Dynamic flexibility exercises mimic the movements we are about to perform, sending the tissue and the nervous system a message to get ready to move! All three components can be done in a relatively short period of time but can dramatically affect the effectiveness of your workout. If you would like to learn more about how to perform an effective warm-up routine prior to your workout please stop by and speak to one of our Personal Training staff. They would be happy to help you!

EQUIPMENT SPOTLIGHT

QUADMILL



This month's Equipment Spotlight focuses on a unique piece of equipment called the “Quadmill”. What makes the Quadmill so unique is it is one of the only machines of its kind that targets strengthening the lower body through eccentric muscle conditioning. An eccentric contraction is one that occurs while the muscle is lengthening under resistance.

The Quadmill is tremendous for sports that require shock-absorbing strength and endurance, as well as being an excellent rehabilitation tool for the lower extremities when coming back from an injury. Alpine skiing for example requires 85% of the work done by the lower back and lower body to be eccentric in nature. Running and jumping sports are different in that they combine concentric and eccentric work by the legs and lower back, depending on whether you are pushing off or are absorbing a landing. The important idea is that if the lower body is eccentrically well-conditioned, it can then smoothly and safely absorb the impact of gravity and velocity imposed upon it by these activities...time after time after time.

Operation of the Quadmill is pretty straight forward. There are four pre-programmed workouts and one manual workout to choose from. To receive the most benefit from the Quadmill the rider needs to be centered in the middle of the platform with the feet parallel to each other about 2 inches from the side panels. Grasp the handles to maintain balance and safety. Your hips and legs should be bent so that you can absorb the motion of the Quadmill by following the arc of the platform by flexing your legs. You should never ride the Quadmill with stiff legs. Try to keep your head level at all times and let your lower body do the work. To experience some of the other positions please have one of the BAC trainers demonstrate them for you and check your technique! There are a variety of techniques and workouts you can do!

So if you want to prepare for the upcoming ski season, field or court sport, rehab a lower body injury, or just add a great exercise to your lower body routine think about incorporating the Quadmill! You will be amazed at the results!!

FALL CLASSIC TOURNEY DRAWS RECORD NUMBERS



Congratulations to all of our winners of turkeys, pumpkin pies and the all important baking potatoes!

We had one of our biggest turnouts for this event, as players came from as far south as Olympia and as far north as British Columbia

A big thanks to our sponsors: Don Cummins and Elite Electrical, Derrick Anderson and Haggen, & Pepsi and Walton Beverage.

Here is how our BAC players fared:

Mens Open/Elite: Jeremy Disch -2nd Place, Taylor Disch – 3rd Place, Kevin Galley – 4th Place

Men's A: Les Powers – 2nd Place, Andy Andrewson, 3rd Place, Nick Villa – Consolation

Mens B: Brett DeVries – 1st Place, Mike Morones – Consolation

Mens C/D: John Webb – 3rd Place, Bob Cofer, 4th Place, Tyler Burns – Consolation

Mens 45-55+: Phil Nelson – Consolation

Womens Open/Elite: Wanda Collins – 1st Place, Rowena Birnel – 3rd Place, Michelle Medlen -4th Place

Womens A: Michelle Medlen – 1st Place, Sharon Chandler – 3rd Place, Leah DeVries – 4th Place

Women's B: Hollie Scott – 1st Place, Olivia Nicholes – 3rd Place, Madeline Butler – 4th Place

Womens C: Hollie Scott – 1st Place, Randi Dennis – 4th Place

Womens D: Marla Cooper – 1st Place, Denise Doezman – 2nd Place, Julie Brunhaver – 3rd Place, Brenna Guthrie – 4th Place, Rhonda McInturff – Consolation

Juniors 10 : Ryan Holz – 1st Place, Brannon Shrock – 2nd Place, Derek Holz – 3rd Place, Jett Guthrie – 4th Place

Juniors 10 – Double Bounce: Micah Miller – 1st Place, Andrew Burns – 2nd Place, Addison Shrock – 3rd Place, Jeremy Holz – 4th Place, Paige DeVries – 5th Place

WINTER BIGGEST WINNER



Do you have a few extra pounds to lose? Want to get a jump on your health in 2011? Our next addition of our successful **Biggest Winner** program is slated to begin January 10th! The program runs 12-weeks and includes: guidance from a BAC Personal Trainer, one personal training class per week, weekly food journaling, weekly weigh-ins, and body measurements. Cost for the 12-week program is \$150 for BAC members and \$200 for non-members. Cash prizes will be awarded to the top five participants who have the greatest percentage change in body weight. Kick off your NewYear's resolution by joining us for our Winter 2011 edition of the **Biggest Winner!** Register at the at the Front Desk at either the Cordata or Downtown BAC.