

MOVE!



DECEMBER 2011

YOUR HEALTH AND FITNESS CENTER SINCE 1975

HAPPY HOLIDAYS TO ONE AND ALL!



We are in the throes of a number of promotions for the holidays. I hope you've had a chance to participate.

The Group Exercise Department put together a great event. On Saturday December 3rd we hosted a Master Class Blast! All proceeds benefit the Jingle Bell Run for Arthritis. Two hours of non-stop music, exercise and prizes. The gym was beautifully decorated, everyone was in holiday spirits, maybe even snow will be falling and sweat certainly will be dripping. A great time was had by all. I want to thank Jeri Winterburn for putting the event together and applaud the whole Group Exercise department for their incredible range of expertise, and the enthusiasm with which they embraced the project. We are hoping to raise \$1000 for the Arthritis Foundation. Way to go Team!

Toys for Tots Pre Pay Special



Following on the heels of our Arthritis Foundation campaign is our annual Toys for Tots toy drive. You will notice the bins in the lobbies of

both clubs. The members have always been generous in the past and this year will be no exception. As a reward for your generosity the club gives you the opportunity save 10% on your club dues if you pre-pay for the year. The toys need to be new, unwrapped and for kids between the ages of 2-14 and need to be dropped off by December 21st.

Holiday hours

Christmas and New Years days are on Sunday this year, so please consult the schedule below as well as the signs in the clubs and postings on the website should you wonder about the hours of the clubs.



HOLIDAY HOURS 2011

December 16 th :	Holiday party. Both clubs close 6pm.
X-mas eve:	Regular open, close at 2pm.
Christmas:	Both clubs closed.
Day after X-mas:	Holiday hours. No classes.
New Years eve:	Regular open, close at 5pm.
New Years day:	Holiday hours, No classes.
Day after New Years:	Holiday hours. One class Cordata.

Inclement weather policy

Remember to check the status of Bellingham Public schools (either on the radio or through their website)

If the Bellingham schools are delayed, there will be NO morning classes, regular schedule will resume at noon. If the schools are closed, the club will be open but all programming will not be available, that includes swim lessons, training, and group exercise classes.

Respectfully,
Cathy Buckley



EMPLOYEE OF THE MONTH ATALIA JONES



BAC would like to recognize Atalia Jones as December's employee of the month. She has been with us since June of 2011. She was hired to work at the front desk and quickly wanted to help out in Kid's Club too. She has also put some time in the maintenance department. Atalia is always willing help out when and wherever she is needed.

Atalia is from Univeristy Place, WA, about two hours south of Bellingham. She is a junior at WWU majoring in English Literature with a minor in Sports psychology. Atalia hopes to study abroad in Australia before graduating from Western. Outside of work she enjoys taking spin and step classes at Western.

Atalia enjoys volunteering at the humane society where her mom works, working with the kittens! Speaking of kittens, she is the proud new owner of a little orange kitten named Jecko.

Atalia loves spending time with her mom and niece when she goes home. She also loves cooking and baking. A little random fact: She has been to over 20 of the states, just 30 more to go!

Be sure to congratulate Atalia if you see her running around the club, she is an amazing asset to our team and we couldn't be more thankful! Thank you, Atalia, for all you do at BAC!

MEMBER OF THE MONTH JENNA GRAHAM



Fourteen years ago Jenna Graham made a choice to make BAC part of her life and we are proud to recognize her as our December Member of the Month. Jenna has made water aerobics part of her daily life and she rarely misses her morning classes. Her smile and kindness has made her a favorite of many of our members and staff.

Jenna's family life is full as well. She has 2 daughters and a son, 6 grandchildren and 4 great-grandchildren. Seems like that is enough to keep any Grandma happy and busy.

Jenna has done some extensive travelling in the past years but now sticks closer to home. Her adventures have taken her to Israel, England and South America. Although she may have cured her travel bug that does not mean she has slowed down. She fills her spare time with flower gardening in the spring and summer and she loves to relax with her sewing projects which include; embroidery, crocheting and knitting. Hmmmm wonder if she could whip out a few pairs of gloves for our cold hands.

It is a pleasure to have members like Jenna who are committed to their health and make everyone's day a little brighter. Congratulations to a special lady!

KIDS CLUB!

Thank you to all of you that have participated in Friday Night out and have donated a little extra to the Arthritis Foundation. It means so much to all of us! Remember with the cold



weather quickly approaching us to keep sick kiddos home. We will also do our best to keep our hands and facility clean!

Also please keep your eyes open for Holiday Hours for Christmas, New Years and a couple of Racquetball Events in the next couple of months.

BAC ON FACEBOOK AND TWITTER

Get program news and info from our fitness professionals between newsletters! If you're already a member of these social networking sites then you can take part in our updates and tips by becoming our fan and following our tweets.



You can find us on Facebook by searching for "Bellingham Athletic Club"



On Twitter our username is: 2GETFITTER

BIGGEST WINNER FALL 2011 FINAL RESULTS

BAC's Biggest Winner Fall 2011 edition finished on November 18th and we would like to congratulate all 30 participants for their dedication and hard work. It was great to see everyone make positive changes to their health and fitness. You are all winners in our book!

Biggest Winner Fall 2011 Prize Winners



1 st Place	Jeff Hinds	14.5% lost	\$300
2 nd Place	Shannon Claeys	14.0% lost	\$200
3 rd Place	Cindy Whitney	11.6% lost	\$100
4 th Place	Kristen Hagin	10.3% lost	\$ 75
5 th Place	Josh Fancis	9.0% lost	\$ 50

Biggest Winner Fall 2011 Top Ten Finishers

6 th Place	Nikki Masters	8.7% lost
7 th Place	Karissa Francis	8.2% lost
8 th Place	Cindy Harris	7.6% lost
9 th Place	Marla Tyrell	5.7% lost
10 th Place	Melodee Dobbins	4.8% lost



Join us for our Winter 2012 Biggest Winner program on January, 9th 2012! Registration begins Thursday, December 1, 2011. Reserve your spot!

RACQUETBALL LEAGUE AND EVENTS

Fall Racquetball League

ALL SECOND HALF MATCHES MUST BE PLAYED AND RECORDED BY SAT. DEC 3. Fall league will be concluded with a two week play off. First round games will be on Dec 7. Everyone in league will play the first week of play off games. Plan to be here Dec. 7. Refreshments and sandwiches will be provided also this night. The conclusion of league will take place Dec 14, with second and third round play offs.

Christmas Eve Doubles

December 24, 7:30am- 11:30am

We will be having our annual doubles challenge morning. Dress festive, bring a snack to share and come have some fun! There will be a sign up sheet on the Racquetball bulletin board (located outside the men's locker room) for those who are interested in bringing their favorite holiday treat.

Holiday Pro Shop Sale

December 15-18, 2011

Enjoy a Christmas treat and score on specially priced items. We will kick this sale off on Thursday Dec 15, with great ideas for both stocking stuffers and presents. Platinum members will be given a 25% discount on all racquetball gear; gold members will be given a 15% discount.

Winter Racquetball League

January 4, 2012- March 14, 2012

League is open to all levels of play. League play will be on Wednesday evenings starting at 5:30pm. Each week you will have an assigned opponent and assigned court time. This is a great way to meet new opponents and get some good competition. Sign up at the Front Desk by Dec 30.

Winter Shootout

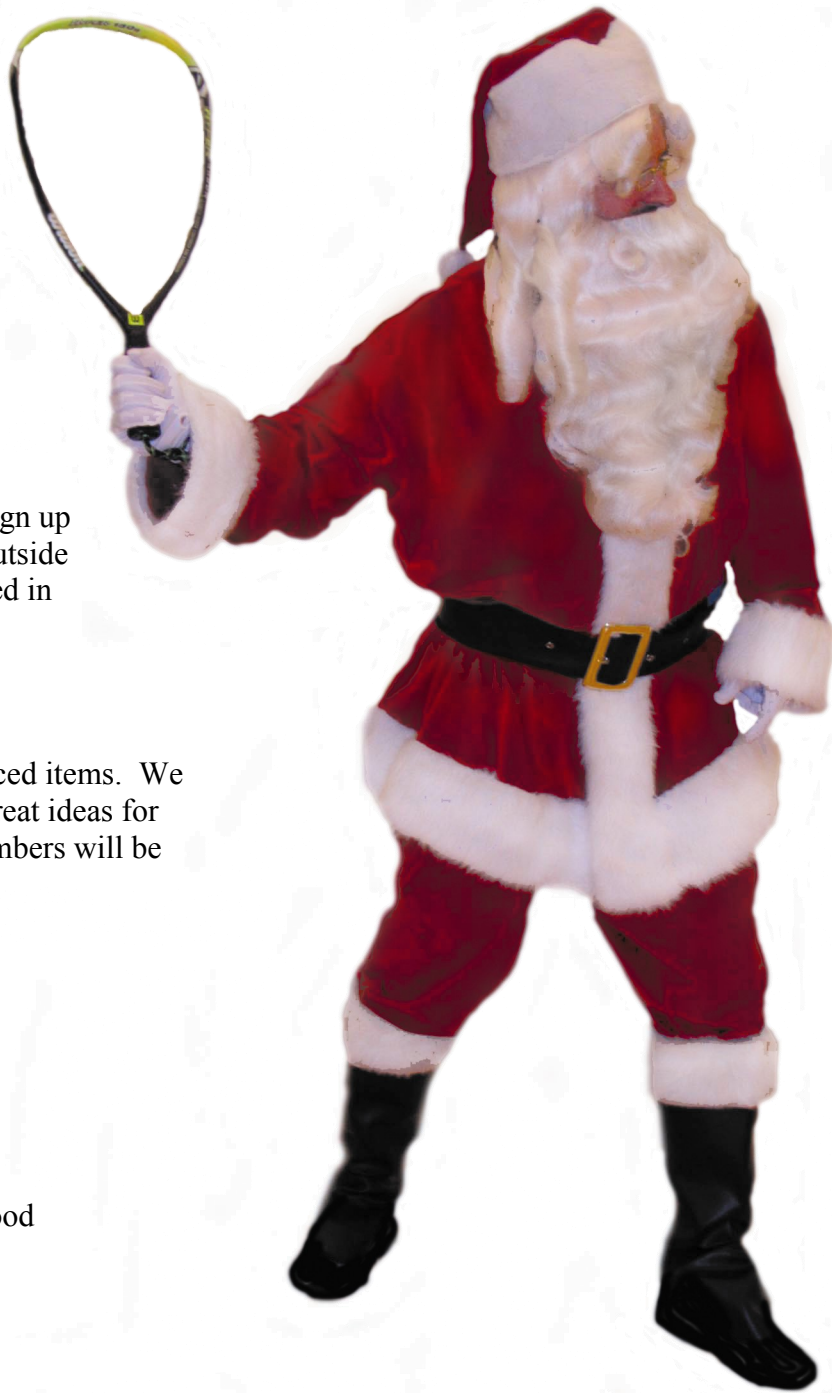
January 27-29, 2012

Mark your calendars now! BAC will be hosting this tournament open to both adults and juniors. Entry Forms Will be out by Jan 1, 2012.

Jr. Club Championships

December 17, 2011

Triston Guthrie will be hosting a Jr Club Championship tournament. Open to all levels of play with a souvenir t-shirt for each player. Awards for every division. Beginners welcome!



FALL CLASSIC TOURNAMENT RESULTS

A great turnout of participants came to play for their Thanksgiving turkeys and pumpkin pies the weekend of November 11 -13! Every division had great competition and the tourney desk did an excellent job of keeping things running ahead of schedule throughout the weekend. Add a nice tournament shirt, tasty hospitality (including Jessie's pancakes!) and we were treated to another event at BAC that keeps the courts full of members getting their workout and enjoying the camaraderie of the game.

Thanks to our sponsors: Elite Electrical, Walton Beverage, Haggen Foods, and Billy McHale's

Mens Open/Elite Singles

1st: Taylor Disch (BAC)
2nd Favian Elmore (Everett)
3rd Connor Culhane (British Columbia)
Consolation: Anthony Schonberger (B.C.)

Mens A

1st Tom Dorr (BAC)
2nd Jim Unruh (Ferndale)
3rd Nick villa
Cons. Les Powers

Mens B

lumbia)
1st Mike Finley (BAC)
2nd Mike Morones
3rd Dean Hendrickson (Ferndale)
Cons. Sonny Mauricio (BAC)

Mens C/D

1st Victor Pento Gonzales
2nd Ryan Holz
3rd Chris Culhane
Cons Tyler Burns

Juniors 10 -

1st Nick Birnel (BAC)
2nd Micah Miller (BAC)
3rd Jett Guthrie (BAC)
4th Will Medlen (BAC)

Men's O/E Doubles

1st K Galley/F Elmore (BAC & Everett)
2nd A Schonberger/C Culhane (B.C.)
3rd J Poe/C Scott (BAC)

Mens A Doubles

1st J Unruh/D Barnes (Ferndale)
2nd S Reilly/N Villa (BAC)
3rd A Andrewson/M Finley (BAC)
Cons K Slade/R Switch (B.C.)

Mens B/C Doubles

1st V Pento Gonzales/L Jenne (BAC)
2nd P Stevenson/T Brackinreed (BAC)
3rd J Shrock/D Hendrickson (BAC)

Mens 45 +

1st Kai Coble (BAC)
2nd Viron Elmore (Everett)
3rd John Webb (BAC)

Mens 55 +

1st Ralph Switch (British Columbia)
2nd John O'Conner (Olympia)
3rd Phil Nelson (BAC)

Women's Open/Elite Singles

1st Wanda Collins (BAC)
2nd Diana Hambley (British Co-
3rd Joann Johnson (BAC)
4th Hollie Scott (BAC)

Women's A

1st Hollie Scott (BAC)
2nd Pat Lew (Mukilteo)
3rd Leah DeVries (BAC)
4th Olivia Nicholes

Women's C

1st Mili Blok (BAC)
2nd Kelli Holz (BAC)
3rd Jessie Scott (BAC)
4th Amy Butler (BAC)
Cons Ann Baker (BAC & B.C.)

Women's D

1st Brenna Guthrie (BAC)
2nd Mary Baldwin (BAC)
3rd Diana Littrel

Mixed O/E Doubles

1st W Collins/T Disch
2nd D Hambley/R Mattson (B.C.)
3rd R Birnel/J Duryee

Mixed A Doubles

1st T May/J Feemster (BAC)
2nd L DeVries/K Coble (BAC)
3rd O Nicholes/R Lawson (BAC)

Mixed B/C Doubles

1st A Butler / Viron Elmore (BAC & Everett)
2nd M Blok/J Webb (BAC)
3rd J Scott/B Cofer (BAC)

