

MOVE!



JANUARY 2012

YOUR HEALTH AND FITNESS CENTER SINCE 1975

MANAGERS REPORT



2012. I can't believe it is here already. As we gear up for the New Year, I'd like to take this time to remind all members that this is a very

crowded time of year at the club. Don't panic when you arrive in the parking lot and you have to park "way far away". Look at it as a chance to warm up for your in-club work out. Please be patient, "your" machine might be in use by someone else! Make this a positive opportunity to try something new until "yours" opens up.

This year I would also like to encourage you to move slowly into your new exercise routines, thirty years in this business has taught me that too many of us start off too vigorously, then crash and burn with injuries. Better to establish a slow build-up and long and strong finish than a flash burn out by February 1st.

We have so many training options for you to explore, from racquetball, swimming, and basketball to RIPPED, TacFit, Gravity and Yoga, as well as Power Pump, Zumba, Boot Camp, Survival of the Fittest, Biggest Winner, and Activtrax. Our bodies are amazing adaptive machines, we need to change it up and challenge our muscles in new ways. If you do, you will not only be more motivated but will have even more success at achieving those New Year's resolutions.

A few gentle reminders to help us through this busy time of year:



Cell Phones

A reminder that there is NO CELL PHONE use in the locker rooms, or exercise floors.

Sauna

Please use a towel when you sit in the sauna, not only is it safer, (no burned bottoms) its cleaner too! Be sure to leave the shared spaces in as good a shape as you found them. If they are less than great, please let our Front Desk staff know so we can remedy the situation.

Cardio Equipment

Remember, there is a 20 minute limit on any 1 cardio piece, check to make sure no one is waiting, and if you are going longer than the 20 minute allotment, and someone arrives and is waiting, please change cardio pieces. Always take the time to wipe down the machine so it is clean for the next member.



Weight Room

Please unload and rack your weights, it will help everyone move through the area safely. Allow other members to "work-in" between your sets will help speed things along.

Just following a few simple courtesies will help us move through January and February with ease. Most importantly let's communicate, your fellow members are usually more than happy to cooperate if you only ask, and all staff are ready willing and able to assist you whenever necessary.

Happy New Year, see you in the club!

Respectfully,
Cathy Buckley



THANKS TO OUR MEMBERS!

Every year I'm delighted with our member's generosity. Our club was able to contribute over 230 toys to Toys for Tots. Needy kids throughout Whatcom County were able to see the joys of Christmas because of our member's contributions. The Toys for Tots staff is always thankful for all we do. During a time when it is so easy to get caught up in the holiday season and forget about others, our members always seem to come through. Thank you for all you do!



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: 2GETFIT-TER

SURVIVAL OF THE FITTEST WINTER 2012 EDITION

Survival of the Fittest Is a 6-week program of 60-minute of "High Intensity" work three times per week. Participants will be assessed for fitness prior to and after the 6-week program concludes. Cost for members is \$100 and \$175 for non-members. "Survival of the Fittest" Classes begin January 9th!

BIGGEST WINNER WINTER 2012 EDITION

The Biggest Winner is an intensive 6-week weight loss. Each week participants are weighed in by a personal trainer, monitor their calorie intake daily, and participate in 3-30 minute Personal Trainer lead classes. Cash prizes are awarded for the top five finishers! Cost for members is \$125 and \$175 for non-members. Contest begins January 9th



HIT THE POOL!



Is your New Years resolution to lose weight, to get in shape or to get healthy? Swimming is the perfect, low impact

way to accomplish all of these things! The sport improves endurance, builds muscle mass and can be continued for a lifetime. If you're interested in learning how to swim or just want to work on perfecting your stroke, the BAC offers lessons for adults Tuesday and Thursday evenings. Contact our aquatics director, Lindsay, at 676-1800 for more information. Our next session starts **January 3rd**. We'd love to see you there!

CORDATA | 4191 Meridian St
360.676.1800

DOWNTOWN | 1616 Cornwall Ave
360.734.1616

www.bellinghamathleticclub.com

EMPLOYEE OF THE MONTH GAYLE CHALFANT



June 1993 a new face was added to the Aquatics department, Gayle Chalfant was hired to teach Water Aerobics. Now almost 19 years later she is still an integral part of the program. Gayle has continued her commitment to keeping our members fit in the pool and several years ago became part of the Front Desk staff as well.

Over these 19 years Gayle and her husband Scott have raised two sons, Matt and Jordan. They are a close family and value their time spent together. Gayle spends one or two days a week in the pool getting her workout in by teaching. She also enjoys taking Gravity classes twice a week at the Downtown club. Travel and family vacations are favorite pass times, as well as heading out into the waters of the San Juan's with their restored 32ft. Uniflite boat. Gayle's compassion for "her" students is evident in the rapport she has developed with them over these many years. She gets to know them personally and is genuinely concerned about their health and welfare. Taking her work performance to the next level is what we appreciate and admire about her. Gayle is a well respected member of the BAC community and we would like to say "Thank you" for your loyalty and devotion to us and our members.

MEMBER OF THE MONTH JOSH AND KRISTEN HAGIN



Josh and Kristen Hagin joined the BAC in April. Josh wanted to get healthier because Kristen going to have a third child. Josh began working with me and could barely do 3 pushups. He kept working and now has completed a warrior dash (top 5% in age class) and completed our first survival of the fittest contest. Kristen started working out as soon as she had her daughter. Kristen began to workout with Josh while I trained them. She then began attending boot-camp classes. She now is attending Zumba and TRX classes. They have changed to a healthy lifestyle and have combined for over 150lbs lost this year. They both have big goals they will attain in 2012. The Hagin family are a great example of how to make lifestyle changes.

-Mark Jacques-Personal Trainer

KIDS CLUB REMINDER!

With the new year, we ask that you keep a few things in mind. Keep colds etc. out of kids club. Also please remember to sign your kids in AND out, helps us keep track of the kids. Don't forget about Friday Night Out! Perfect opportunity for a date night, or just time alone. Drop the kids off at BAC, and leave the rest to us. Every Friday 630-930pm.



RACQUETBALL AND COURT SPORTS NEWS

CONGRATULATIONS TRISTON GUTHRIE!!

On December 17, member/employee **Triston Guthrie** presented the Junior Club Championships Racquetball Tournament for his high school senior culminating project. Seventeen of our junior players competed for titles in five age divisions, and had a great day of playing, with pizza to top off the day's activities. We're hoping to make the tourney a yearly event, and there will be a plaque on the wall in the hallway to celebrate the winners in each division. NICE WORK TRISTON!



NEW RACQUETBALL CLINICS TO IMPROVE YOUR GAME

Club Pro, Wanda Collins, will be conducting mini clinics for intermediate and advanced players. Sign up at the Cordata front desk:

Monday, January 9th: Off the back wall and back corner shots. Learn to be offensive and effective from deep in the court. Limited to 8 players. Open to B and C/D level players. 6:00 – 7:30 pm

Monday, January 23rd: Drills for the Advanced Player – One and two person drills designed to improve your game. These are quick paced and will give you a workout while you drill! Limited to 6 players. Open to Open, Elite and A players. 6:00 – 7:30 pm

WINTER SHOOTOUT RACQUETBALL TOURNEY

January 27-29, 2011. Don't miss out on this one! Join us for a lot of fun and some great competition. Players from throughout Northwest Washington will be here to enjoy the weekend. Look for entry forms the first week of January.



WINTER RAQUET BALL LEAGUE

Begins **January 4, 2012**. You must sign up at the front desk at Cordata by December 30th! Divisions available for every level of play.

WINTER HANDBALL LEAUGE

This league will have a new format that will have earlier start times and give everyone plenty of playing time each week! Runs for 10 weeks, starting Monday, January 9. Sign up at the Cordata front desk by January 4.



