

MOVE!



JULY 2008

YOUR HEALTH AND FITNESS CENTER SINCE 1975

THE BOSS IS ON VACATION

Three days ago Cathy was madly wrapping up last minute loose ends before she headed out for 3 weeks of much deserved rest and relaxation. In the midst of all this she stopped by my desk and asked if I could take care of writing her monthly manager's report for the club newsletter. Of course, as any employee would do, I said "yes." (after all she is the Boss). By mid day Monday I realized I needed to start writing but, as usual Monday is the busiest day at BAC so before I realized it the day was over and my promise to Cathy had not been completed, actually it had not even got started. A positive outlook reminded me that Tuesday would be a fresh day and my creative juices would be at full tilt.

I had a small revelation during the night and decided to stop by the membership department Tuesday morning and see what was happening. Bo and his staff are really excited about the Summer Special that has been up and running since the first of June. The special offers 7 weeks of membership for \$77.00. Sounds like a great deal to me and a perfect way for current members to get a good friend, neighbor or relative to come work out with them. I know I love having a buddy join me in my work out.

I then headed upstairs to see Mike and find out what Fitness was up to. He was pretty pumped about the new stereo system that was recently installed in the main gym. I guess we have had rave reviews from the aerobic instructors and their classes. He took me in the gym for a sound test and I was pretty impressed. (my ears are still ringing)

I did a little research and found out that Tiffany will be back around July 14 and will be spearheading a new program at our Express location on Telegraph Rd. As most of you know Tiffany has been out of the club since Feb. 23 when she gave birth to a precious baby girl, Piper. She arrived 2 ½ months early but with today's modern medicine and a lot of love she is now weighing in at over 9 lbs. (she also has Tiffany's gorgeous red hair). The plan is to use the facility for weight loss programs for adults and children. The programs will be all inclusive with focus on nutrition, diet and exercise activities, all provided on site. More details will be forthcoming in the next 2 weeks.

Payal, our employee of many talents, was working at

the Express location so I gave her a call to see what was going on in Kids Club. She was very enthused about the new Gladiator Club for kids ages 6-12. Seems like they will be involved in a variety of activities including: Tac-Fit, Yoga, Kickboxing, and volleyball just to name a few. She is also running two Summer Adventure camps, she said stop by the Front Desk for dates, cost and sign up. Made me wish I was a kid again after talking to her.

Wow, I can't believe it, I actually managed to pull off getting this article written. It may not be exactly what Cathy had in mind but I hope you enjoyed reading about the latest scoop at BAC.

- Janet Rhoades, Front Desk Supervisor

ANNOUNCING *WINNING* *WEIGHS* WEIGHT LOSS AND WELLNESS CENTER

We are introducing our new extensive weight loss program called "Winning Weighs". This program will start out at Bellingham Athletic Club Express, a comfortable, non-intimidating atmosphere. It will include 3 hours of guided small group exercise per week for 3 months, weekly weigh-ins as well as body composition analysis. We will also be introducing the Body Bugg™ to Bellingham. The Body Bugg™ is an exercise adherence monitoring system that can estimate your calories burned throughout the day by measuring your heat output. Winning Weighs will also include monitoring and journaling calorie intake as well as help setting realistic goals and managing time. Any one who is interested may pick up a registration form from any of our three clubs. The program will start on August 1st and run Monday, Wednesday, and Friday at a variety of times. If you have further questions, please contact our membership department at 360-676-1800 or membership@bellinghamathleticclub.com.

EMPLOYEE OF THE MONTH

Summer has arrived and we have chosen Olivia Nichols as our July employee of the month. Olivia seems to be a perfect fit for our summer choice since she loves the Northwest and everything it offers outdoors. Being a native has taught her to love biking, fishing, hiking, and badminton. She is a fan of the Bagelery (a true Bellingham institution) and will jump at the chance to go crabbing in Bellingham Bay. She confesses to playing “pong” just ask her if you are not sure what that is.

Olivia started working in the Kids Club in May of 2006 and shortly after we added her to our Front Desk staff. At that time she was attending W.C.C. and playing on the basketball team. Her goal is to someday transfer to Yale or Stanford to complete her studies, but for the time being she likes to “take one day at a time and hopes that those days include sunshine and good company”

Friends and family play a large role in Olivia’s life and she takes every opportunity to spend time with them. She particularly enjoys travel and plans to see as much of the world as possible.

Olivia has been a diligent and reliable employee for the past 2 years and recently has stepped up to take on more responsibilities in her departments. We are pleased to see her develop into a great member of our staff. We are especially proud of her recent racquetball accomplishments. She gives Wanda credit for giving her the skills to improve her game and gain that competitive edge. Thank you Olivia for staying the course and becoming a valuable part of our BAC team.

LOCK & TOWEL AMNESTY

Front Desk is offering their annual lock / towel amnesty. We know how easy it is to accidentally take a lock or towel home in your gym bag so we are asking anyone who might have a BAC lock or towel buried in your bag to drop it off at the front desk.

NO QUESTIONS ASKED!!

We do appreciate your participation in gathering lost locks. We now scan all locks that are checked out at the front desk for daily use, so be aware that there will be a \$5.00 charge for any lock not returned in the future.

MEMBER OF THE MONTH

Although Ashley Bergner is fairly new to BAC, she has shown immense dedication and commitment to her health and fitness, so we are pleased to recognize her as our member of the month. Born and raised in Bellingham Ashley is currently enrolled in the Early Childhood Education program and works at St. Francis. She hopes that her healthy lifestyle, eating right and exercise, creates a role model for the young people in her life. She has been married to her husband, Forrest, for 2 years and claims he is a huge motivator who keeps her strong when she feels she can do no more. As a team they try not to sweat the small stuff and make laughter a part of their daily life. In their free time they do some traveling and love the adventure of a road trip.

Ashley contends that since she has joined BAC not only has she lost weight and built muscle she has also gained a whole new perspective on life. Her main inspiration comes from her family who supports her and keeps her strong in her new outlook on life.

A typical work out week for Ashley is 7 days of cardio and weights plus attending water aerobic 3 times a week. Music is her passion and she says you can find her singing and dancing on the elliptical machine. Her favorite performers are Pearl Jam and Dave Matthews, whom she has seen in concert numerous times.

Ashley is truly a testimony to the benefits of making a healthy change in one’s lifestyle. She is a great reminder that you can do whatever you set your mind to and remember to count on your family and friends to be your foundation. Keep up the good work, Ashley, BAC is proud of you!

RACQUETBALL INFO

Summer Challenge Courts for Racquetball and Handball

Don't quit your favorite games during the summer! We have challenge times when there are players here that would be glad to get on the court with you!

Handball:

Mondays 5:30 - 7:00 pm

Tues/Thurs 2:30 - 4:30 pm

Racquetball:

Singles - Wed/Fri 4:00 - 7:30 pm

Doubles - Tues/Thurs 4:00 - 7:30 pm

SIGN UPS ARE OUT FOR JULY

The sign-ups are out for July Gravity and Weights for Women that will be starting July 7th. Both of these classes have been wildly successful and have required expanded hours to meet the demand. We now offer four weights for women classes a week. Tuesdays and Thursdays at 8:00am, 9:15am, 5:30pm, and 6:30pm.

Gravity has also had to expand hours, particularly in the evening. We now offer 10 evening classes per week. Our newest times are Thursdays at 6:20pm with Mark and Fridays at 5:30pm with Courtenay. We have also changed our Thursday 6:30am class to 7:30am during the month of July. If you are unsure about Gravity and would like to try a class, we will be running Demos (available for sign-up at the front desk) from June 30 – July 3.

If you are looking for a change of pace in your routine, a new way to get in great shape, or just want to see what all of the hype is about come try out one of these classes next month!

OUR BIGGEST YEAR EVER HAS TAKEN ITS TOLL ON MACHINES

As many of you have noticed, we have had the busiest year in the history of the downtown BAC. As much as we love having new members, it has taken its toll on some of our equipment and amenities in the club. After fighting the good fight, several of our cardio machines have had to be put out to pasture within the last few months. We have two new Precor upright bikes to take the place of our old Cybex bikes and we have a new Nautilus recumbent bike in place of our oldest Scifit recumbent. We are also working on replacing the belts on most of our treadmills.

In the men's locker room there will be some extensive repairs done to a recently damaged wall with in the next few weeks as well. Please bear with us as we address these issues and please understand that we are fixing things as quickly as possible. Our goal is to continue being the best club in Bellingham and with your help we can make that happen.

SUMMER CAMPS AT BAC!

JUNIOR RACQUETBALL SUMMER CAMP

Don't miss out on a fun week of racquetball camp! Camp is led by Wanda Collins, AmPRO certified professional instructor; 2007 State Women's Open Champion, and chair of the State Junior Racquetball Committee. Teaching staff will also include assistant instructor Tim Ho, and local top high school players.

Camp consists of : Racquetball basics including strokes, serves, off the back wall shots, and game strategy, foot drills , speed and agility exercises, camp shirts and a mini tournament on Friday.

Beginner/Intermediate Camp
Ages 7-12 9:00 am-12 noon,
Mon thru Fri
Intermediate/Advanced Camp
Ages 11-16 1:00-4:00 pm, Mon
thru Fri
Cost: \$85, BAC Members
\$95 Non-Members
\$10 off for siblings



Contact Wanda Collins for more information at: racquetball@bellinghamathleticclub or (360) 676-1800

ADVENTURE ZONE SUMMER CAMP

Looking for something to do with your kids this summer?... Bring them to BAC for a week full of fun and adventure, hiking at Larabee, sliding down the water slides at Birch Bay or just improving their skills at Racquetball, Pickle ball and lots more.



Dates: July 14th - 18th & August 11th - 15th

Time: 9 a.m. - 3:30 p.m.
Monday through Friday

Prices: \$125 Members,
\$145 Non-members

For more information or questions, please contact Payal Mehta at Cordata, (360) 676-1800

AFRICAN ADVENTURE

Jacqueline "Jacko" Rousseau

Here at BAC we have a membership who utilizes our facilities to allow them to follow their life's pursuits. From climbing mountains in far away places to competing in their first triathlon or 10k run. Others utilize the club to get ready for a reunion or to prep for a vacation. BAC member Jacqueline "Jacko" Rousseau is just such a member. Jacko lives outside of Phoenix, AZ from September through the end of May each year and then as the Arizona weather begins to boil moves north to Bellingham for our cooler summers. It is during her 3-4 month stay in Bellingham that she spends training to prep for her world travels that usually take place in the late fall. With the help of Director of Fitness, Mike Locke, Jacko has trained for the mountains of Bhutan in the fall of 2006 and trained for her last adventure in the fall of 2007 to Africa. Jacko was kind to share the following photos from her African adventure. These are just a few of the breath taking photos Jacko took on her trip. Thank you Jacko for sharing them with us! Jacko is currently training again with Mike Locke to prepare herself for her trip next fall to Peru and Ecuador where she will tour the Peruvian Andes and the Amazon jungle of Ecuador. Jacko you are an inspiration to us all!!



VOICE YOUR SUPPORT FOR FITNESS-RELATED TAX INCENTIVES

By belonging to a health club and trying to exercise regularly, you're not only investing in your own health, but you're also contributing toward a positive shift in our society toward healthier living.

The fact is, almost 80 percent of Americans feel they have to battle current culture to exercise regularly and maintain healthy lifestyles. Maybe that's why more than three-fifths of Americans want the government to do more to promote physical activity. Most of us want to feel supported in our efforts to stay healthy.

Here's what you can do to voice your opinion and promote your interests:

Right now there's a bill in Congress that could save Americans money in their efforts to stay healthy. The Personal Health Investment Today Act (H.R. 245)—called the PHIT Act—would allow people to pay for exercise and physical fitness programs, certain exercise equipment, and children's sports league fees with pre-tax dollars. That means we all could save money on our fitness-related costs because they wouldn't be paid for with taxable income.

To get this legislation enacted, we need to let our Senators and Congressmen know that we want them to co-sponsor the PHIT Act and vote "yes" on the bill.

Already, seven in ten Americans say they'd encourage their member of Congress to pass the PHIT Act. If you're one of them, let your legislator know how you feel by visiting www.healthclubs.com and clicking on "Take Action!" under "Exercise Your Rights!" Outlined there are simple steps you can take to reach out and move your Member of Congress to support healthy lifestyle choices.

If we all get moving, we're sure to move Congress! Please act today.