

MOVE!



JUNE 2011

YOUR HEALTH AND FITNESS CENTER SINCE 1975

MANAGERS REPORT



As summer approaches and we move outdoors to yard work, hiking, waterskiing and other springtime summertime pursuits; I am glad for all the work put in at the gym over the winter. As we are hauling debris from the yard, I am thankful to be in shape enough to be able to vigorously get our yard back into some semblance of order. Starting the mower after a long winter under a tarp, doesn't undo me, 10 pulls it sputters to life and off I go with the scent of fresh cut grass my reward.

Knowing, as my sixth decade approaches, I am actually stronger than I was 10 years ago is a fantastic thing. So keep it up everyone! I've come to believe that exercise is just like money in the bank, only its exercise in the bank. Every time you are confronted with a difficult

physical task; just think of it as making a deposit to your physical fitness bank account, and know that though it may be difficult at least you can do it because you have prepared your body to endure new challenges. It's amazing how a change of attitude can make the task much less burdensome. My Dad used to say "getting old is not for the weak willed nor faint of heart", I would amend that to say that aging is not for the weak! Staying strong gives us confidence that we can take care of ourselves as we move on through our life. Have a great summer (if it ever gets here) and don't forget to keep making those exercise deposits here at the club.

Respectfully,
Cathy Buckley



BAC NIGHT AT THE SLAM



Sunday, June 26th

Bellingham Slam, Bellingham's IBL basketball team, will be hosting Bellingham Athletic Club

members at their game June 26th. If you haven't been to a game yet, here is your chance. Members may pick up free tickets at either of the club locations and enjoy the game.

WANDA COLLINS BRINGS HOME GOLD!



The Ektelon National Singles Racquetball Championships was held in Fullerton, California May 25-May 29. This tournament hosted over 500 players, with seven players from Washington State in attendance. It included the final

Men's Pro Stop of the season, held in an outdoor portable court in the California sun.

BAC Club Pro Wanda Collins placed 1st in the Women's 55/60+ division.

CORDATA | 4191 Meridian St
360.676.1800

DOWNTOWN | 1616 Cornwall Ave
360.734.1616

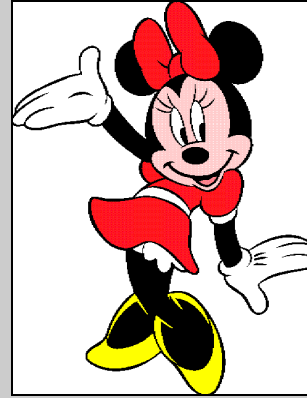
www.bellinghamathleticclub.com

EMPLOYEE OF THE MONTH TYLER HOVE



BAC would like to recognize Tyler Hove as employee of the month for June. Tyler has been with us for a year and a half. He is being nominated for all he does in the maintenance department: always working hard he goes above and beyond. He is willing to help out and cover shifts whenever needed. Tyler is a student at Western majoring in kinesiology emphasizing in pre-health care. He will be graduating this winter and plans to attend Palmer Chiropractic in San Jose, CA in the fall of 2012. In his free time Tyler enjoys staying active by: snowboarding, playing basketball, soccer, wrestling, camping and fishing. Thank you, Tyler for keeping the BAC looking good!

MEMBER OF THE MONTH KARY MCBRIDE



Congratulations to Kary McBride our member of the month for June. Kary has been a member of the club for about 1 ½ years. After joining she immediately jumped right in and started her regime. She participates in water aerobics and jazzercise on a regular basis. Her hard work and commitment has allowed her to lose a significant amount of weight. She looks like a whole new person. Kary always comes into the club with a cheerful attitude. She is a delight to have around our members and the club. Away from the club, Kary enjoys spending time with her grandkids, motorcycle riding and gardening. Thank you Kary for being a great member!

BAC MEMBER EQUIPMENT RENTAL DISCOUNT FROM BIRCH



Bellingham Athletic Club members can now receive 5% off their rentals at any Birch Equipment Store. Just present

your membership card at the time of rental for the discount. Contact 360-734-5717 or visit Birchequipment.com for additional information.

CONGRATS TO BAC HAND- BALL PLAYERS!



The Pacific Northwest Handball Tournament finished up on May 1, and BAC had some great representation! The tournament was held at Multnomah Athletic Club in Portland, Oregon.

Mike Flannery took home two silver medals:
2nd Place in Mens 40/50+ Singles and
2nd Place in Men's 40/50+ Doubles with BAC member
Ken Starcher.
LeaAnn Martin claimed 2nd Place with her Oregon partner in Women's Open Doubles.
Missy Mitchell and **Addison Rogers** placed 3rd in the Women's Open Doubles division.

SUMMER GROUP EXERCISE SCHEDULE

Bellingham Athletic Club GROUP EXERCISE						
Effective May 1st, 2011. See other side for Contact information.						
DOWNTOWN						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LOW IMPACT 8:00-9:00 am Rate \$10.00 Pool	POWER PUMP* 8:00-9:00 am Rate \$10.00 Pool	HIIT AND ZUMBA 8:00-9:00 am Rate \$10.00 Pool	POWER PUMP* 8:00-9:00 am Rate \$10.00 Pool	TRX 8:00-9:00 am Rate \$10.00 Pool	TRX 8:00-9:00 am Rate \$10.00 Pool	JAZZBOOM 9:00-10:00 am Rate \$10.00 Pool
CHOREO TRX 9:00-10:00 am Rate \$10.00 Pool	WRESTLES FOR 9:00-10:00 am Rate \$10.00 Pool	SOUL BODY FLOW 9:00-10:00 am Rate \$10.00 Pool	WRESTLES FOR 9:00-10:00 am Rate \$10.00 Pool	SOUL BODY FLOW 9:00-10:00 am Rate \$10.00 Pool	TRX 10:00-11:00 am Rate \$10.00 Pool	JAZZBOOM 10:00-11:00 am Rate \$10.00 Pool
LOW IMPACT 10:00-11:00 am Rate \$10.00 Pool	JAZZBOOM 10:00-11:00 am Rate \$10.00 Pool	TRX 10:00-11:00 am Rate \$10.00 Pool	POWER PUMP* 10:00-11:00 am Rate \$10.00 Pool	TRX 10:00-11:00 am Rate \$10.00 Pool	TRX 10:00-11:00 am Rate \$10.00 Pool	JAZZBOOM 10:00-11:00 am Rate \$10.00 Pool
JAZZBOOM 11:00-12:00 pm Rate \$10.00 Pool	TRX 11:00-12:00 pm Rate \$10.00 Pool	JAZZBOOM 11:00-12:00 pm Rate \$10.00 Pool	TRX 11:00-12:00 pm Rate \$10.00 Pool	TRX 11:00-12:00 pm Rate \$10.00 Pool	TRX 11:00-12:00 pm Rate \$10.00 Pool	JAZZBOOM 11:00-12:00 pm Rate \$10.00 Pool
WRESTLES FOR 12:00-1:00 pm Rate \$10.00 Pool	TRX 12:00-1:00 pm Rate \$10.00 Pool	WRESTLES FOR 12:00-1:00 pm Rate \$10.00 Pool	TRX 12:00-1:00 pm Rate \$10.00 Pool	TRX 12:00-1:00 pm Rate \$10.00 Pool	TRX 12:00-1:00 pm Rate \$10.00 Pool	JAZZBOOM 12:00-1:00 pm Rate \$10.00 Pool
POWER PUMP* 1:00-2:00 pm Rate \$10.00 Pool	TRX 1:00-2:00 pm Rate \$10.00 Pool	TRX 1:00-2:00 pm Rate \$10.00 Pool	TRX 1:00-2:00 pm Rate \$10.00 Pool	TRX 1:00-2:00 pm Rate \$10.00 Pool	TRX 1:00-2:00 pm Rate \$10.00 Pool	JAZZBOOM 1:00-2:00 pm Rate \$10.00 Pool
TRX 2:00-3:00 pm Rate \$10.00 Pool	TRX 2:00-3:00 pm Rate \$10.00 Pool	TRX 2:00-3:00 pm Rate \$10.00 Pool	TRX 2:00-3:00 pm Rate \$10.00 Pool	TRX 2:00-3:00 pm Rate \$10.00 Pool	TRX 2:00-3:00 pm Rate \$10.00 Pool	JAZZBOOM 2:00-3:00 pm Rate \$10.00 Pool
TRX 3:00-4:00 pm Rate \$10.00 Pool	TRX 3:00-4:00 pm Rate \$10.00 Pool	TRX 3:00-4:00 pm Rate \$10.00 Pool	TRX 3:00-4:00 pm Rate \$10.00 Pool	TRX 3:00-4:00 pm Rate \$10.00 Pool	TRX 3:00-4:00 pm Rate \$10.00 Pool	JAZZBOOM 3:00-4:00 pm Rate \$10.00 Pool
TRX 4:00-5:00 pm Rate \$10.00 Pool	TRX 4:00-5:00 pm Rate \$10.00 Pool	TRX 4:00-5:00 pm Rate \$10.00 Pool	TRX 4:00-5:00 pm Rate \$10.00 Pool	TRX 4:00-5:00 pm Rate \$10.00 Pool	TRX 4:00-5:00 pm Rate \$10.00 Pool	JAZZBOOM 4:00-5:00 pm Rate \$10.00 Pool
TRX 5:00-6:00 pm Rate \$10.00 Pool	TRX 5:00-6:00 pm Rate \$10.00 Pool	TRX 5:00-6:00 pm Rate \$10.00 Pool	TRX 5:00-6:00 pm Rate \$10.00 Pool	TRX 5:00-6:00 pm Rate \$10.00 Pool	TRX 5:00-6:00 pm Rate \$10.00 Pool	JAZZBOOM 5:00-6:00 pm Rate \$10.00 Pool
TRX 6:00-7:00 pm Rate \$10.00 Pool	TRX 6:00-7:00 pm Rate \$10.00 Pool	TRX 6:00-7:00 pm Rate \$10.00 Pool	TRX 6:00-7:00 pm Rate \$10.00 Pool	TRX 6:00-7:00 pm Rate \$10.00 Pool	TRX 6:00-7:00 pm Rate \$10.00 Pool	JAZZBOOM 6:00-7:00 pm Rate \$10.00 Pool
TRX 7:00-8:00 pm Rate \$10.00 Pool	TRX 7:00-8:00 pm Rate \$10.00 Pool	TRX 7:00-8:00 pm Rate \$10.00 Pool	TRX 7:00-8:00 pm Rate \$10.00 Pool	TRX 7:00-8:00 pm Rate \$10.00 Pool	TRX 7:00-8:00 pm Rate \$10.00 Pool	JAZZBOOM 7:00-8:00 pm Rate \$10.00 Pool
TRX 8:00-9:00 pm Rate \$10.00 Pool	TRX 8:00-9:00 pm Rate \$10.00 Pool	TRX 8:00-9:00 pm Rate \$10.00 Pool	TRX 8:00-9:00 pm Rate \$10.00 Pool	TRX 8:00-9:00 pm Rate \$10.00 Pool	TRX 8:00-9:00 pm Rate \$10.00 Pool	JAZZBOOM 8:00-9:00 pm Rate \$10.00 Pool

This is just a reminder, that as the sun comes out over the summer, vacations begin, and the kids are out of school - we monitor the attendance in our exercise classes. As most attending members know, some classes tend to taper off every summer, leading to an evaluation of its continuance.

The goal in keeping a class on the schedule, is to average around 10 members on a regular basis. If a class is getting 5 or less consistently, it will be taken off the schedule for the summer months, and added again in the fall. However, our hope is that you'll continue to attend your favorite class to beat the heat outside!

We will do our best to keep the classes as scheduled, and if we do cancel any, we will be sure to give notice. Please check BAC's website for ongoing information, and also be sure to join us on Facebook for updates in classes and sub status when needed.

We appreciate our class members and instructors, and we will be working over the summer to come up with some new programming and classes to keep everyone motivated for the Fall.

If you have any ideas or feedback, please feel free to email Jeri (Group Exercise Director) at jwgetfit1@msn.com.

TEEN CONNECTION SUMMER MEMBERSHIP



We are hosting the successful Teen Fitness Connection here at BAC for the 3rd summer in a row!

This program is a community outreach initiative. It's our opportunity to give back to the community and help fight teen obesity and inactivity.

What is it? Teen Fitness Connection is a free summer membership for teens from ages 14 to 19. The program begins June 20th and ends August 20, 2011.

Teens can access the Cordata club between the hours of 11 a.m to 4:30 p.m. There is a 2 hour maximum stay per day. Any kids under the age of 16 will be required to go through a junior orientation.

They will have access to equipment, court sports, pool and may participate in some of the group exercise classes.

Any teen that is interested is required to be accompanied by a parent or guardian at the time of registration, unless they are 18 or older. They will need to fill out a teen fitness application and will be given a special membership card.

If you have or know of a teen that would be interested in coming to BAC over the summer, please pass this information on. There is no cost - all that is required is the consent of a guardian - and a good attitude!

KIDS CLUB STUFF



*Hopefully the weather will start to get nice, and the sun will come out to play. With that in mind, we will be taking the kids

outside if the opportunity presents itself. On nice days, please put sunscreen on your kids so we can go outside! Also, if for whatever reason you do not want them to go outside (because they may get dirty) please let a staff member know.



*For kid's ages 6-12 we will be having adventure zone summer camp. The dates of camp will be July 11-15. Cost is \$125

for members and \$145 for non-members. We start at 9am and end at 3:30pm. On Monday, Wednesday and Friday of that week the kids can go to family swim after camp as well! We will play all sorts of games, play racketball and spend a lot of time outside! There is also a chance of a trip to Larabee and/or the Waterslides!

UPCOMING ADULT INSTRUCTIONAL CLINICS



If you're looking for a chance to work on a particular part of your game with expert advice, sign up for a Monday night Mini Clinic! Club Pro Wanda Collins offers instruction on a particular subject to help you in your game.

Monday, June 13 – “Being a Good Referee”. Learn the most common

rule errors and get advice on how to be in control of the match without interfering in the play.

Monday, June 27 – “Foot Drills and Strategy”. Learn to use your positioning to help you win rallies by getting to the ball and giving yourself time to set and shoot.

Time: 6:00 pm

Cost: \$10 for members, \$15 for non members.

Limited to 6 players. Sign up at the Cordata facility.



JUNIOR RACQUETBALL NEWS



As of this writing, BAC has over fifteen junior players travelling to Portland, Oregon at the end of June to participate in the Junior Nationals Racquetball Tournament June 22 – 26, 2011. Wanda Collins and Olivia Nicholes will travel with them as coaches. You'll see the kids practicing on our courts to get ready for this big event. Cheer them on!

PLAY AND CLINIC DAY

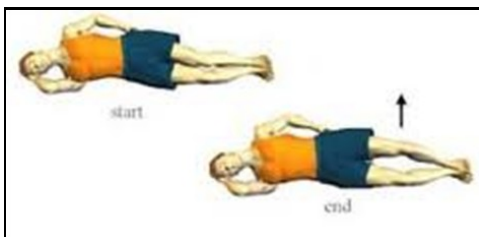
This junior event is being offered to the kids on Sunday, June 19 as a final warm up for the National event, or as a chance to come in a play some racquetball with other juniors. Sign up now at Cordata!

SUMMER CAMP 2011

BAC will offer the 16th Annual Junior R'ball Camp July 25-29.

There is a morning session for Beginner/Intermediates (ages 7 – 11) and an afternoon session for Intermediates/Advanced players(ages 11-16). Fliers with sign up information are available at both locations and on our website.

CLAM SHELL EXERCISE



A large portion of many people's day is spent in the seated position, driving, at the computer, or watching television. Physical Therapist and Physicians are finding that the more time we spend in the seated position that it is negatively impacting our hip musculature. In more than one instances they have seen prolonged sitting to actually de-activate the muscles of the hips because they do not have to work very much. An exercise that has become quite popular in Physical Therapy and among Personal Trainers is the “Clam Shell” exercise.

The “Clam Shell” exercise focuses on the abductor muscles of the hips which are important in moving the legs a part as well as providing lateral stabilization of the femur keeping it in alignment. To perform the “Clam Shell” exercise, place your head back and hips up against a wall so that it keeps your head, spine, and hips in alignment during the exercise. Bend your knees so that the soles of your feet touch the wall and a 90 degree angle is formed by the thigh and lower leg. You can also place a rolled up towel or half foam roll between the bottom ribs and top of the hips to give support at the waist. To perform the exercise externally rotate your leg up towards the wall like a clam opening up its shell. You should feel the outermost gluteals contract. External resistance can be added to the outside of the top leg in the form of a band, ankle weight, or dumbbell to increase the challenge. Try performing 2-3 sets of 8-12 reps on each leg. You definitely will feel your gluteal muscles fire!