

# MOVE!



MARCH 2011

YOUR HEALTH AND FITNESS CENTER SINCE 1975

## MANAGERS REPORT

March is coming in roaring with a super cold blast of snow. Hopefully the saying holds true and it goes out like a lamb bringing with it warm temperatures and spring flowers. Programs are in full swing here at the club. We have the Biggest Winner contest really increasing the energy and intensity on the workout floors. The total weight loss to date is 303.48 pounds! That's the equivalent of losing 2 whole people, quite an accomplishment. I am guessing the \$500 cash prize is spurring people on to keep up the great work. Please take the time to recognize the efforts of your fellow members and their trainers.

### Swim Pool Lane Etiquette



We are having quite a bit of pressure on the pool during popular lap swim times. We are working on some strategies to alleviate wait times. For those of us who grew up as swim teamers, we learned to circle swim in lanes, with up to 6 swimmers in a 25 yard lane. I am considering moving the reservation lane to the middle (smaller lane)

and making the current lane (which is really a lane and a half) the circle swim lane when the pool gets crowded. This would allow 2-4 swimmers of similar speed to share that one lane, almost doubling our capacity during peak times. I would love to get some feedback from some of you diehard lap swimmers. Let me know what you think. Currently lane reservations are available, 3 days in advance, with no limit to number of times a week you can reserve. Another option to assure more space for more members would be to cap the number of reserved lanes per week, say no more than 3 or 4.

While we work through these issues, please remember to respect the time limit of your reservation, and vacate

the lane in a timely manner. If you didn't sign up for the reserved lane, please choose another, or go to the front desk and see if it is reserved, if not, help yourself and have a great swim. When the pool fills up with swimmers and you notice people waiting, either moving over or offering to share the lane is much appreciated. Kindly be aware of your swimming style, wide arms and lots of splashing can be very disruptive to the whole pool. Again, just being a little aware and some common courtesy go a long way.

We have a great group of avid swimmers, and its great to see the pool being well used. If you are interested in helping formulate a new policy, drop me an email or note or call. We would love the input.

### Cell Phone Reminder



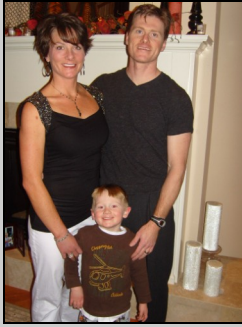
Recently, we have had quite a few cell phones being used throughout the club. Please remember to only take calls in the lobby or racquetball hallway. Cell phones should be off and put away in the locker rooms. With the advent of camera phones the risk is just too great.

All staff have been instructed to ask members to immediately disconnect a call and put their phone away in the locker rooms. In all the exercise areas please understand that we all come here to relax and get a nice workout in, a member taking a cell phone call does not promote relaxation and can be extremely irritating. If you have an emergency need to be notified, you can leave your phone at the front desk and we will come and get you. Any questions about this policy please come and see me.

Respectfully,  
Cathy Buckley



## EMPLOYEE OF THE MONTH SUSAN DESCHANES



You don't want to mess with BAC's March employee of the month!

Not only does she have her second-degree black belt in kajukenbo, but she doesn't think anything of throwing a certain DT manager (that would be Brian Porter) over her back to keep her Group fitness manager from being thrown in the lake! (long story...)

Susan Deschenes is a passionate, energetic and positive role model. She joined the staff at BAC in 2008 as a Group Exercise instructor. But her roots in the industry go way back.

She graduated with her certification from WWU in gerontology and has been working with seniors since 1995. She has been employed fulltime at Skagit Valley College since 1998 as a Physical Ed. Instructor. She also owned and operated "KickIt!" - a Kickboxing and personal training studio, for several years in downtown Bellingham.

When not working, Susan volunteers for the Womencare Shelter on their Board of Directors and stays active with her husband Dave and her 4 year old son Hunter. They are patiently waiting for a new addition to the family - as she's expecting a baby in late July.

Susan loves doing Xterra triathlons in the spring & summer months. She also enjoys helping people meet their fitness goals and is known for adding variety to her classes to keep members on their toes!

Thank you Susan for sharing your generous personality, positive outlook, and mischievous attitude with all of us at BAC. You keep us all wearing our smiles!

## MEMBER OF THE MONTH CARL RATCLIFF



Carl Ratcliff is our Member of the Month for March. Carl has been lifting weights and using the cardio equipment at Cordata since 1990. It has helped him recover from two major back surgeries and one major knee surgery quicker than the doctors thought possible. Carl has worked at Intalco for 36 plus years in the maintenance department and has been married to his wife Rochelle for 33 years. When not at BAC or working Carl enjoys golf and is very involved with Relay for Life, a fund raising event for the American Cancer Society. Carl really loves the staff at the club and finds the trainers very helpful on the fitness floor. Thanks Carl for being a popular and great BAC member.

## USA FIT TRIATHLON TRAINING PROGRAM



Training starts Wednesday March 30. This is a 13-week program that gets you ready for your first *or* best Lake Padden Triathlon.

We are ready to go and have a fantastic group of coaches. Check out the bios on our website!

This program is for everyone - we work with you - whether you are a first time triathlete or want to have your best season ever!

Find more information about us by visiting our website at: <http://usafitbellinghamtri.com/>

**Lake Padden registration:** [http://www.trithecookie.com/pages/lake\\_padden\\_triathlon.html](http://www.trithecookie.com/pages/lake_padden_triathlon.html)

(Note: you can register for either race distance!)

Also- **Kulshan cycles**- one of our local sponsors now has Cervelo and Trek Speed Concept **Triathlon Bikes** in stock. Check them out!

# IF YOU ARE A NEW MEMBER AT BAC



If you are a new member at BAC – the Group Exercise instructors would like to welcome you to take one of their classes.

As intimidating as it might look from the outside of the windowed doors – the Aerobics studio is filled with positive energy – and holds something for almost everyone.

I have often heard from class participants that they wanted so badly to try a class, but just couldn't work up the courage to give it a try. But once they did – they never looked back, and state that the scheduled classes keep them on track and coming in more regularly.

Not only will you get a great workout in a class, but you get the opportunity to meet others like yourself that share your goals and enthusiasm. They also had to make the same decision at one point to step into the same classroom, with the same fears.

The instructors at BAC have all been trained to teach to a variety of fitness levels. So if it's your first time in the class, they can show you options for any exercise based on your experience. There is nothing we want more than for you to have so much fun you want to come back.

If it's your first time trying a class, show up a few minutes early and let the instructor know. Be sure to ask any questions you might have, and let them know what type of experiences you have had in a group exercise class. We don't expect you to walk in and know all the moves and exercises. But we are happy to work with you so you feel comfortable and un-intimidated. We are also available after every class to answer any questions you might have and work on any movements you struggle with.

Our mission is to “be the best part of your day – every day” and we strive to keep you coming back on a regular basis. Please give a class a try. And if you're unsure about jumping in without any prior knowledge of a particular class, feel free to watch it and see if it looks like something you might enjoy.

We hope to see you soon!

## KIDS CLUB HOURS DURING THE NORTHWEST OPEN



- **Friday March 17th: open until noon in the Gym**
- **Saturday March 18th: CLOSED**

We apologize for any inconvenience and things will be back to normal on Monday the 21st!

For your child's safety, please remember to sign them in AND out on the sign-in sheet in Kid's Club. This helps us keep track of who is supposed to be in kid's club and when!

Just a reminder that late reservations (day of) are 5 dollars, and late pick up is 5 dollars/hr.

## SILENT AUCTION FOR JUNIOR RACQUETBALL



On Saturday, March 19, in conjunction with the Northwest Open Tournament, we will be

hosting an auction from 11 am – 7 pm in the basketball gym at Cordata. Come and bid on some great items including a bicycle, jewelry, books, games, tennis racquets, squash racquets and much more! This auction is open to everyone – not just tournament players. Place your bids, help the state junior players and take home some great swag!!

If you have an item to contribute to the auction, contact Wanda Collins at the Cordata facility.



# ARE YOU GETTING THE MOST OUT OF YOUR WORKOUT?



You've been coming to the club pretty regular now that you joined but now you are beginning to notice that the results that you first experienced are coming a lot slower than they were before. Befuddled? You have been the same workout you started with and are comfortable doing it and it was working before. You know the routine so why are you not continuing to get the results you want.

The key is that it is the **same** workout that you have been doing. It has not **changed**. When you first began your routine it was new both to you and your body. Your body had to adapt to the new demands that you were placing upon it so it was forced to change. Overtime our bodies get used to the demands we place upon them so they are not forced to have to adapt and change. Maintenance is a **myth!** You need to on a regular basis change your routine. Research has shown in essence that if you do not continue stimulate your body to adapt that overtime you de-train or begin to fall off.

What do we do to keep our exercise routine fresh and engaging for our body and our minds?

1. Change the exercise. If you have been doing the treadmill switch to the elliptical. If you have been doing a certain resistance exercise go to the next most challenging progression.
2. Change the intensity. If you are doing resistance exercise, increase the resistance. If you are doing the treadmill increase the speed or incline.
3. Change the volume. If you are doing resistance type exercise, increase the number of sets you do of that exercise. You can also manipulate how many repetitions you do within the set. If you are doing the elliptical increase the time or change to an interval type format, higher intensity with a lower intensity.

Still not sure how to make a change? What other options do you have?

1. Hire a trainer to instruct and develop a new updated routine. It will personalize the workout, targeting the things you are ready for and need to work on. Clients always report that they get a better workout with a trainer.
2. Sign up for a personal training class. The participant numbers are smaller so you get more hands on help and the trainer continually re-formats the sessions to keep them fresh and challenging.
3. Activtrax provides a self-directed progressive routine. It alters the workout each session, increases the intensity and volume when appropriate, and changes the exercises to the next progression as you put in the required number of workouts.

Change is a good thing! Vary your routine, progress when appropriate, and achieve the continued results you are look-



# RACQUETBALL TIMES

THE 40<sup>TH</sup> ANNUAL NORTHWEST OPEN TOURNAMENT IS COMING!!



March 17 – 20, 2011 is the weekend of this venerable tourney! We invite all of the membership to participate, or come and watch the great action all weekend. We have players travelling from as far away as Hawaii and New York! We'll be giving each entrant a 40<sup>th</sup> annual goodie bag along with a great performance wear shirt. Entry deadline for club members is Thursday, March 10.

If you're looking for a quieter venue, this might be the weekend to work out at our downtown facility. The main floor of the club gets very crowded and the hallway can be tough to navigate! Our thanks to our Gold Sponsors – Tim Goering and Waddell & Reed, Don Cummins and Elite Electrical, and Pepsi & Walton Beverage.

## JUNIOR LESSONS



A new series of Junior Racquetball lessons will start the week of March 21. Sign up at the front desk of Cordata now! There are classes for beginners through advanced players.

## JUNIOR RACQUETBALL STRENGTH AND CONDITIONING CLASS

Mark Jacques of our training staff is offering junior players a chance to get in better shape to improve their game! You'll meet upstairs at Cordata on Monday and Wednesday afternoons at 4:00 pm. Class is for 12 -16 year olds. Mark is ready to put you through the paces! Leave him a message if you're interested in joining the class.



THE MARC RHEA MEMORIAL HANDBALL SHOOTOUT was a great success. Held on Saturday, March 5, twenty four players from as far south as Seattle and as far north as British Columbia spent the day playing doubles and reminiscing about Marc. Marc was taken by cancer and we wanted to recognize his athleticism on the court and on the baseball field with this event. Over \$700 was raised for the Whatcom Hospice House. Thanks to everyone who participated and thanks to Mike Sofie for helping to organize the day.

## QUICK TIP FROM THE PRO -Wanda Collins

Be Ready to Go From the Start.

When you're waiting for your league or tournament match, or just that grudge match with your weekly playing buddy, be sure you have prepared to play your best from the first point. Too many people run into the locker room, grab their racquet, and declare themselves ready to go. The first 10 points of the game are messy, and you are not hitting your best shots.

Your mind might be ready, but your body may need a little help. Get on a stationary bike for about 10 minutes and get your circulation going. Find a warm spot – maybe the sauna – and do a little stretching routine to help your muscles loosen up and be ready to cooperate when you take the floor. Spend the time when you're stretching visualizing your swing.... Feet turned like a batter at home plate, ball over the plate like a pitch, and your racquet swinging out over the plate as you turn into the shot. Finish your stroke.

When you hit the court, take your practice shots just as you visualized them, and be ready to play ball!

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[www.bellinghamathleticclub.com](http://www.bellinghamathleticclub.com)