

MOVE!



MARCH 2010

YOUR HEALTH AND FITNESS CENTER SINCE 1975

CHANGE IT UP IN MARCH

The winter rains got you down? Life a little boring? Maybe its time to change up your routine, This is a great time of year to add something new, like a yoga or Pilates class, try swimming or racquetball or tanning. There are a lot of new members in the club so it's a wonderful time to pick up an alternative workout. With a lot of novices on the courts, in the pool and on the workout floor, you'll fit right in if you're not exactly sure how to play, lift or swim like a pro. We also have a ton of staff available to help you over the rough spots. Check out the website and come on in to try a new routine. Also look for our out-of-club opportunities like snowshoe hikes.



March is time to celebrate fitness, share it with a friend! Enclosed in your March bill you should find a coupon good for \$50 off the BAC Joining Fee. It's a great time to give a friend the opportunity to try BAC on

for size, if they join you win too, by getting a \$50 dues credit. So you could start swimming or playing racquetball with a friend. Keeping it fun is a major factor in maintaining an active lifestyle. Please be sure to hand this coupon out to a friend, neighbor or family member. March is the time when we find our New Year's resolution waning, so it is a terrific time to rejuvenate your workout routines. It's more fun to exercise with a friend, always easier to come into the club when you know you're going to see a friendly face (besides our terrific staff of course). So share your commitment to health. Please call the club for more information.

Respectfully,
Cathy Buckley



NEW ANNOUNCEMENT SCREENS IN CLUBS



You may have noticed the new Visual Sports Image Announcement Monitors we have just installed in the high traffic areas at each club. These monitors will provide Bellingham Athletic Club with a more sophisticated means of communicating the schedules for fitness classes, swimming, racquet ball, and youth programs. We will also display timely announcements and specials to all of our members and visitors.

The monitors provide any of the members and visitors that own businesses, a wonderful opportunity to have digital high-def quality exposure for their business to a wonderful targeted audience. While the Visual Savings Coupon Incentive gives thousands of members and visitors an opportunity to pick up something tangible with your businesses information and take it home or back to the office with them. Please contact Susan Hagy at 206-999-3383 for pricing and availability.

WHATS GOING ON IN...



With spring right around the corner we will be taking the kids outside to enjoy the nice weather! Please bring a change of clothes so that they can play in the sandbox. We are looking forward to fun in the sun, with games and sprinklers!

The Northwest Open racquetball tournament is the weekend of March 11-14. REMEMBER that kids club will only be open from 8-12 on Friday March 12th and will be in the gym. And there will be NO kids club on Saturday March 13th! The Club is very busy this weekend, so bear with us and we will do everything we can to accommodate you and the kiddos!

MEMBER OF THE MONTH

DAVE WILSON



Dave has been a member of BAC for almost 10 years and has been a wonderful advocate of the club. You'll usually find him working out in the morning at the Cordata club. With a smile and a hard workout ethic he always has a kind word.

Dave has retired from the army twice, once in '95 after 24 years in the military and then volunteered one year deployment in Iraq. His son Christopher is currently a US Army Captain serving at Ft. Wainwright in Alaska.

Away from the club, Dave loves reading, hiking, swimming, running, skiing and doing home improvement projects. His goal is to run a marathon in under 4 hours and is also contemplating returning to competitive swimming.

Dave says his proudest achievement is "Raising Christopher. He progressed from my project as a kid to my inspiration as a man."

We're proud to have you here as a veteran and a member with BAC Dave and we wish you the best in every in everything you do.

MARILYN CUNNINGHAM CELEBRATES 35 YEARS WITH BAC!

What a surprise when Marilyn came into the club last week bearing a huge sheet cake to mark the occasion. You'll have seen Marilyn all over the club, in the pool diligently working out or up in the weight room as well as fitting in a lot of cardio work. When asked didn't she have it backwards, shouldn't we be giving her the cake, "I don't need that at home, I'd have to work out even more"! I'm sure our staff will have no trouble devouring the wonderful cake.

Thanks Marilyn for sharing your successes with us. What a joy it has been to have had you around the club all these years!

CONGRATULATIONS OLIVIA!



We would like to congratulate Olivia Nicholes! Olivia just got accepted into the Whatcom County Fire Academy starting in the Spring.

She passed a written test, oral interview, and a grueling physical test in the pouring rain. Olivia was the first female to pass her physical on the first try in 4 1/2 years and she did it with 3 minutes to spare! Congratulations, Olivia on this major accomplishment!

EMPLOYEE OF THE MONTH OLIVIA NICHOLES



BAC would like to congratulate Olivia Nicholes for being chosen as March's employee of the month.

Olivia is very active here at BAC. You can find her working at the front desk, playing games with the kids in Kids Club, or teaching junior lessons on the racquetball court. She is also a part of the racquetball tournament committee. She is always willing to help out when needed and does it with a smile on her face.

When she isn't working, Olivia enjoys being outdoors with her dog Marley, exercising, playing racquetball, and spending time with family and friends. Starting this month Olivia will be taking on a new challenge in her life. She just recently got accepted into the Whatcom County Fire Academy.

If you see Olivia roaming the halls of BAC, be sure to congratulate her on her accomplishments. Thanks Olivia for everything you do around here, you are greatly appreciated!