

MOVE!



MAY 2008

YOUR HEALTH AND FITNESS CENTER SINCE 1975

MANAGERS REPORT

I hope you were among some of the lucky club members that received May Day flowers from the front desk here at the club. If not, be on the look out for other member appreciation measures we're implementing over the next few weeks. Good news! The hot tub resurfacing has been completed, and they look great. Come on in to Cordata and check them out. We will be continuing with re-grouting the tile areas as well. We appreciate your patience as we closed various parts of the men's and women's locker rooms, but I think the result was well worth the inconvenience.

I want to apologize for the cloudy state of our pool water. We have had a series of issues which have contributed to the ongoing problem. I want to assure you the water is absolutely safe and healthy to swim in. I have had it independently tested, and had the health department here to ensure it is safe. I have had water samples sent away to be analyzed and the results always come back the same: your water is perfectly balanced, nothing needed. They have actually come out to visually check the pool because they don't believe that it could be cloudy. So after 20 years of taking

care of this pool I have stumped everyone.

I believe it is on the mend, clearing slowly as long as we don't have any more hitches. I do need your cooperation though, please shower before entering the pool, and understand there may be times we need to clear the pool to adjust chemicals to keep the pool balanced. One solution would be to dump the cloudy water and start over, the problem with that is that at this time of year because the makeup water is so cold, it would take a minimum of a week to empty, refill, and rebalance the water. With all the swimmers and classes I can't believe that is a viable option as long as the pool is chemically fine.

Again, I apologize for the pool's appearance, and invite your comments and questions.



Respectfully,
Cathy Buckley

NEW SMALL GROUP TRAINING CLASSES IN MAY

Small group training classes are quickly becoming one of the most popular ways to train not only in our Downtown club, but also across the country. In the past year you more than likely noticed the increase in classes such as Gravity, Tacfit, and Weights for Women. These smaller classes allow people to work with other people who have similar goals and fitness levels, reduce the cost of training with a personal trainer by spreading the cost out over the whole group and hold people accountable for getting to the gym on a regular basis. In all, we now offer 21 of these types of classes a week in the downtown club alone! New small group classes that we will be offering in May are:

Gravity (next session starts on May 5th):

Mondays 5:30pm or 6:20pm

Tuesdays 6:00am

Thursdays 6:30am

Tacfit (on going classes you can start anytime):

Mondays 7:00am

Wednesdays 6:00am

Weights for Women (next session starts May 1st. Late registration is allowed depending on availability of space)

Tuesdays and Thursdays 9:15am or 6:00pm

For all available classes, times and costs, please contact the front desk downtown. Space is limited for these classes.

EMPLOYEE OF THE MONTH

With May being the month to celebrate Mothers day, it seems very appropriate to honor Lynette Reilly as our employee of the month.

You would never guess it to look at her, but Lynette is the proud mother of 4 beautiful daughters. Her oldest is Alix, age 16, Courtney 15, Grace 9, and youngest is Gabryelle age 8. She is married to Jay Reilly.

Lynette began working out at an early age at a health club her whole family joined. She played racquetball with her dad, and took classes with her mom. She loved the family orientation at that club, and says BAC reminds her of that special time.

After the birth of her first daughter, Lynette began her exercise program in earnest, and soon decided to pursue a career as a personal trainer, and group fitness instructor. She is inspired by her daughters as they compete in sports, and hopes she can influence them to maintain their health and stay injury free by exercising with them.

Obviously Lynette is very passionate about the members she works with. Her rewards come as she trains them to reach their goals and watch them surpass their own expectations in the gym. Her focus is not only on providing education, but striving to make the experience fun and memorable so members realize exercise is something they can look forward to.

Those of us who work with Lynette are inspired by the many hats she wears around the club. She was hired to teach fitness classes, but soon joined the Personal Training staff, and helped with the Weights for Women. Last month she became one of the few trainers certified in Kettle Bell training. She is willing to help out in any area of the club, sub on a moments notice, and learn any class protocol to help in the group fitness department. Her energy and spirit is a whirlwind of passion, and her friends and colleagues have dubbed her "superwoman".

Lynette says she loves working at BAC and thinks the staff is amazing to work with. And although she doesn't feel worthy of the honor, we all know that Lynette is one hard-working mother that deserves it!

Thank you for your willingness to work so hard at BAC Lynette. You inspire all of us with your positive attitude and wonderful work ethic and we are proud you are on our team!

MEMBER OF THE MONTH

Karen Funston has been working with Marielle since September 2007. They meet twice a week and you can usually find her lunging up and down the weight floor at our Downtown Club. She does about a 100 lunges a day to start her workout.

Karen is a founding partner of the law firm Buri Funston Mumford, PLLC. She focuses her practice primarily on business law, employment law, and nonprofit law. She is a participating member in many of our community organizations. To name a few; Washington Attorneys Advising Community Organizations, Whatcom Community Foundation and the Committee for Fine Arts in Schools.

Karen is married to Craig Funston, and has two kids; Kjel, 19 (in his first year at PLU) and Peter, 15 who attends Bellingham High School.

BASIC BALANCE TRAINING WORKSHOP—Stability, Mobility, and Fall Prevention

On Tuesday May 13th at the Downtown BAC Paul Muhlolland will be teaching a workshop to practice balance routines enabling you to improve and maintain your stability, mobility, and balance. Staying steady on our feet allows us to carry out our daily activities in a comfortable and confident way, and with practice help prevent falls.

You'll learn and practice basic floor routines and will be using the Swiss ball, step platform, and floor agility-ladder to increase mobility and balance. All routines and exercises are safe and can be practiced anytime.

Paul will give instruction on footwear, gait movement, moving on uneven surfaces, and how to add ankle and leg strength to effectively increase stability.

The cost is \$20 to members and \$25 to non-members and is non-refundable. Please sign-up at the front desk Downtown to reserve your spot.

NOON 3-ON-3 PICK UP BASKETBALL

Monday, Wednesday and Fridays in the gym from 12:00 – 1:30 pm. If you're looking for a little basketball during your lunch hour, join us for a 3 on 3 game.

KIDS CLUB

Spring time is here! We will be taking the kids outside to the Sand Box and lots of other fun and exciting activities. So please remember to apply sunscreen on the kids beforehand or bring it in with you just in case. Well as some of you may have noticed we have lots of toddlers in Kids Club and it would really help us out if you could bring in diapers and wipes for your toddler if they are still in diapers of course. Don't forget about the Bellingham Slam Kids Club memberships. You can pick up an application form in the Kids Club today. There are only 50 spots so hurry. The membership includes free entry to all games, a member ID card and many other fun perks. Kids Club and Youth program department will be running some fun filled summer activities such as camps and plenty of other structured programs so keep any eye out for those.

THINGS YOU MAY NOT KNOW ABOUT THE FRONT DESK

1. The Front desk has a blood pressure cuff available for our members to use. It is self administered and very easy to use.
2. ActivTrax is available for all BAC members. You may sign up, at the Front Desk, for a personal assessment with a trainer and receive the first 21 days free.
3. Swim lessons are not just for kids. The Front Desk can direct you to a member of the pool staff and they will schedule you for your own private or semi private lessons.
4. Racquets, balls and eye guards are available, for a small fee, at the Front Desk. Reserve a court and give racquetball a shot. It's actually a lot of fun and gives you a great cardio workout.

These are just a few of the programs we offer at BAC. Stop by the Front Desk to sign up and get started on a new adventure.

ONGOING WATER PROBLEMS DURING CORNWALL CONSTRUCTION

Throughout the coming weeks we will be experiencing water problems (sediment, fluctuation pressure, and occasionally no water at all) as the City of Bellingham continues to replace the water main under Cornwall Avenue. We will do our best to keep you up to date, as the information becomes available to us. Thank you for your patience during this time.

INSPIRATIONAL STORY

As a Trainer and Coach I always look for ways to inspire my clients and athletes to meet their goals. I happened to come across this story which hit a chord with me. I thought it might with you as well. Enjoy! - Mike Locke

M.I.H.

An inspirational about a young man in high school with a very bright future thanks to his focus on three letters, M.I.H. This kid has a passion for excellence in everything he does, particularly his sport of choice, wrestling. Last year he had what most considered an amazing wrestling season and ended up hoisting the second place trophy at the state championships. While friends and family cheered, he planned.

The day after the state finals, he was back in the same old gym working out in the same old sweats with one small change. He had placed white tape on each of his three middle fingers, and on each piece of tape was a letter. M.I.H. His friends, family, and teammates all repeatedly asked about the letters, but he refused divulge their meaning.

He kept the letters on his fingers all year, and he trained harder than ever, until he again found himself at the state tournament. This time the outcome was slightly different and not a surprise to anyone who had witnessed his daily determination in the gym; he was crowned state champion.

Finally, he was able to share with everyone that while they cheered his second place finish the year before, he vowed to himself to get better - to be the best. Displaying vision beyond his years, he developed his clear goal, designed a plan to achieve it, and created a tool to provide *focus*. He knew that if he really wanted to be the best, it was up to him. He was determined to Make It Happen.

M. I.H.

Challenge yourself.

Focus on your future.

Make It Happen

NFL PROSPECT TRAINS AT BAC



Mike Locke, Director of Fitness with
Shane Simmons

For the past few months potential NFL football draft choice and All-American WWU Linebacker, Shane Simmons, has been training at BAC.

Since January Shane has been working with BAC Director of Fitness and Sports Performance, Mike Locke, to improve his performance numbers as well as rehab a wrist injury in preparation for April's NFL football Draft. With Coach Lockes help Shane was able to post a impressive scores at his NFL Pro Day; 4.58 40 yard dash, 34" vertical jump, 9'10" standing broad jump, 4.5 second 20 yard shuttle, and a 7.57 second three cone drill. Shane is currently rated as one of the top 15 NFL Inside Linebacker prospects in the country. The Indianapolis Colts, San Francisco 49ers, and the Seattle Seahawks

are just a few of the teams that are interested in making Shane their pick in the draft. BAC wishes Shane all the best as he pursues his NFL dream! We know that whom ever picks Shane will be getting not only an outstanding athlete but an outstanding person as well!!

RACQUETBALL CORNER

Women's Racquetball Saturday at BAC

May 17, 2008

We start with singles round robin play at 9:00 am that runs until 12 noon.

Mini clinic at 10:30 am on "Offensive Shots off the Back Wall"

Potluck Lunch at 12:00 noon. Bring your favorite appetizer!

Doubles Round Robin play begins at 1:00 pm. We'll team you up!

Mini clinic at 2:00 pm on "Doubles Strategy".

This is a fundraiser for the Bellingham Cancer Center! All proceeds will go to the center.

\$25 donation. Raffle prizes for everyone who enters.

Entry form available at: www.bellinghamathleticclub.com or at the Cordata facility.

Call Wanda Collins for more information at (360) 676-1800.



8th Annual Junior Racquetball Summer Camp

July 21-25, 2008

Registration forms are out now for our summer racquetball camp. For beginners through advanced players. Morning and afternoon sessions. Grab a flier and plan on joining us for racquetball, plyometrics, speed drills, kick boxing and some tie dye fun.

Junior Racquetball Nationals

BAC has ten junior players headed to Nationals in June. If you see them on the court, give 'em some encouragement and a high five. It's quite the event – with over 300 players from age 7 to 18 working hard to take home a medal. Those headed to California include: Jake Birnel, Jordon Birnel, Nick Birnel, Madeline Butler, Triston Guthrie, Brenna Guthrie, Jett Guthrie, Tim Ho, Brianna Ho and Hollie Scott.

ON THE ROAD TO FITNESS

Trainer Paul Mulholland will be leading a travel fitness workshop downtown, Tuesday May 27th at 10:30am. There are unlimited ways to maintain physical conditioning while traveling, by car, while in transit, and flying. 'On-the-road' workout routines are fun, effective, and easy to accomplish.

You'll learn floor conditioning exercises and stretches to maintain good conditioning, energy, and health while traveling. We'll practice using step-platforms for aerobics training, and easy-to-pack tubes and bands you can take with you to round out your travel workout.

Hotels oftentimes have workout centers, limited and fully equipped, and what you will learn in this workshop will round out any personal training session when in transit and while staying at varied travel accommodations.

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www.bellinghamathleticclub.com