

# MOVE!



OCTOBER 2011

YOUR HEALTH AND FITNESS CENTER SINCE 1975

## FALL FITNESS IN FULL SWING

**BIGGEST WINNER** hits BAC again this fall aimed at those wishing to lose 15 -50 or more pounds.



We're very excited to be running another session of our Biggest Winner program this fall which starts October 10th. The Biggest Winner competition has been one of our most popular programs ever! Be on the lookout for the participants, be sure to

give them an encouraging word and recognize all their hard work. Last session the group participating lost a whopping 1100 pounds! Many contestants have lowered their cholesterol and their blood pressure along with their body measurements! Health is of course the primary objective. We had a number of employees as well as members participating. I had a blast, got to know a lot of members and got to share their success stories. Get motivated and join the fun; what better way to go into the holidays fitter and trimmer than ever before!

Signups are ongoing, with weigh-ins beginning the week of October 10<sup>th</sup>.

We are offering a new companion program to Biggest Winner called **Survival of the Fittest**.

**SURVIVAL  
of the  
FITTEST**

This program will be similar; though run for those fitter members who may only have a few pounds to lose but want the challenge of a competition to keep them motivated to achieve their fitness goals. This program will have a couple of- *kick*

*your fanny* -workouts a week with strength, speed and agility testing at the beginning and the end. Check at the Front Desk for more information on both Survival of the Fittest and Biggest Winner.

**Bellingham Athletic Club is the Sponsor for the Inaugural Running of the Elves 1K Jingle Bell Run for Arthritis**



A new addition to the annual fun Jingle Bell Run is the First Annual Running of the Elves, designed for the younger set. We are sponsoring this new event for kids under 11. Registration/donation is \$10, a much more modest sum than in years past with all team members having to raise or donate \$25 which is the cost this year for the regular Jingle Bell Run/Walk for Arthritis.

Olivia Nichols is the Team Captain this year, if asked please support our staff as they work hard to raise money for our preferred charity. The money raised stays in the Pacific Northwest helping to fund programs and research to put an end to this devastating disease.

Registration will be at Bellingham Athletic Club  
Thanks in advance for your participation and support.

Respectfully,  
Cathy Buckley



## EMPLOYEE OF THE MONTH ALLIE LITZ



Our employee of the month is Allie Litz. She has worked at BAC since Oct. of 2008, in several areas of the club, including Maintenance, Frontdesk, Kids Club and Aquatics. Allie's professional demeanor, hard work and desire to go above and beyond job requirements have contributed to her nomination for BAC's employee of the month.

Allie is due to graduate from WWU in March with her Elementary Ed major and Psych minor. She is currently Student teaching 1<sup>st</sup> grade at Northern Heights Elementary school. She also does a lot of babysitting for BAC families. Allie moved to Bellingham from Mill Creek WA in 2007. She has an older sister, Jenny and a twin sister, Tiffany. In her spare time, Allie may be caught swimming, hiking or running.

## MEMBER OF THE MONTH RUBEN PEREZ



Ruben Perez has been nominated by our staff and a current member as the October Member of the Month. Ruben has been a member since March of 2008 and enjoys lifting weights in the evenings at the downtown club with a little cardio thrown in to help maintain his good health. Ruben is a Whatcom County native. He is employed at Mills Electric, and is currently working on a big project at the BP refinery. Our staff said Ruben really likes to do biceps curls and Corey said Ruben is an inspiration to everyone at the club. Thanks Ruben for all you inspire

## BIGGEST WINNER—FALL 2011



Fall is here and before you know it the holidays will be upon us! For a moment think about how much more enjoyable the holiday season would be if you knew that you were losing weight and you were making changes in your lifestyle. Wouldn't it be nice to build some momentum and get into some good habits prior to the holidays? **BAC's Biggest Winner Fall 2011 Edition** can help you establish those consistent habits to get you on your way to losing weight.

Beginning **October 10<sup>th</sup>**, **Biggest Winner** participants are in for 6-weeks of assessments, classes, monitoring, and tracking all designed to assist in meeting your fitness and weight loss goals. Cost for the Biggest Winner 6-week program is **\$125** for members and **\$175** for non-members, which includes a 6-week membership to BAC.

As incentive cash prizes will be awarded for the **top-5 places** and club credits will be given to the top three finishers if they keep the weight off for 3-months after the program ends. Registration and Biggest Winner packets may be picked up at the Front Desk. Show off the new you to family and friends this holiday season by participating in the Biggest Winner Fall 2011!

**CORDATA** | 4191 Meridian St | **DOWNTOWN** | 1616 Cornwall Ave  
360.676.1800 | 360.734.1616

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

# BAC PHOTO CONTEST



We are looking to begin a photo contest that highlights all the great things you can do because you stay in shape here at BAC. **Cash prizes will be awarded (\$100, \$75, and \$50).** Photos will be posted in the clubs and on our website. If you have photos you want to enter, get them to Bo at [memberservices@bellinghamathleticclub.com](mailto:memberservices@bellinghamathleticclub.com). We are very excited to see all the adventures our BAC members are having while away from the clubs.

## SURVIVAL OF THE FITTEST CONTEST



BAC is asking “How Fit Are You? Do you have what it takes to participate in the ultimate fitness challenge, **Survival of the Fittest?** If you would like to take yourself to the next level or test how fit you are **Survival of the Fittest** is for you! **6-weeks** of intense training

3-days a week with pre and post fitness assessments to determine how fit you have become. As an incentive, prizes will be awarded for the top three finishers. Everyone who stays with the program for the entire 6-weeks will receive an “**I survived Survival of the Fittest**” t-shirt. Cost for the 6-week program is \$100 for members and \$175 for non-members, which includes a 6-week membership to BAC. Challenge yourself and test your metal by signing up at the Front Desk for “**Survival of the Fittest**”! **Begins October 17<sup>th</sup>!!**

## WHAT’S UP IN KIDS CLUB?

Book a Birthday at BAC! BAC is a great place to have a party! Organized game time, cake and presents, and swimming! The best part: we do all the set up and cleaning! Inquire at the front desk for more details.

Remember to sign your kids up for Friday Night Out, it has been filling up fast!



Kids are back in school, so that means there will be less big kids to hang out with and more little ones. It also means that Home school P.E. is back in action. This is a good opportunity for the kids to burn off some steam. Every Wednesday from 3-4. Available to members and non-members.

See Tiffany or Jessie with questions.

You may see some changes in the kids club staff. We just started our new schedule, so be sure to introduce yourself to anyone you don't recognize.

## MEMBER CHECK-IN



We have recently added several new faces to the Front Desk Staff at both clubs. Our new staff is excited to be available to take care of your club needs and would like to get to know you as well. We would like to make their transition at the desk smooth and hope that with our member’s assistance they will learn your name in no time. If you have misplaced or lost your member card we will be happy to replace it for you. Otherwise if you just forget to bring it and need to check in **please be sure to sign the daily check in sheet.** This holds true for all members, long time and new. We really want to avoid having members just fly by the desk without at least signing in. Remember by checking in it allows the

staff to put a name with a face and provides safety if we need to contact you in case of an emergency while you are in the club.

The Front Desk thanks you for listening and giving them the opportunity to get to know you!

# THE FALL CLASSIC RACQUETBALL TOURNAMENT

November 11-13, 2011



Don't miss out on your opportunity to haul in the Thanksgiving Turkey or Pumpkin Pie this year! This tourney is great fun and good competition. Play is Friday evening, Saturday and Sunday. Entry forms should be out by October 10. Open to adult and junior players. If you have never played in a tournament before, this is a great introduction at a minimal cost.

# FOR WOMEN ONLY RACQUETBALL PLAYDAY



October 22 is the tentative date for a Saturday of ladies racquetball. This is open to all women in Washington and British Columbia and is a fundraiser for the local cancer center. There will be a potluck, raffle, lots of playing time, and a free clinic given by Wanda Collins for interested parties. Look for more information soon!

Contact Wanda Collins to find out more!

## COURT RESERVATIONS

With the 2011-2012 Season here, the courts will be filling up fast! Take advantage of reserving a court. Reservations can be made up to 3 days in advance. Stop by or call the front desk to schedule a court.

## JUNIOR RACQUETBALL LESSONS



Our lesson program will be in full swing in October. Sign up for classes now for juniors aged 7 – 16. There are classes for beginners through advanced players.

Contact the front desk at Cordata or Olivia Nicholes for more information.

## PICKLEBALL NEWS



Are you interested in participating in a Sunday afternoon pickleball league?

Would you rather join a more informal group for pickleball challenge play in the morning?

We're looking for players!

Sign up as an interested party at the front desk of Cordata,

and we'll call you with details! It's a great game to play indoors during our rainy weather.

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**Bellingham Athletic Club** Be sure to become a fan of BAC on Facebook and keep up to date on what is going on in the club!

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# STRENGTH, BALANCE, AGILITY, OR WHY ANYONE WOULD WANT TO SQUAT ON A SWISS BALL...



I've been asked quite a bit why I do squats on a Swiss ball, or other stuff that seems a little crazy, like coming off a box jump and landing on a Bosu. Windsurfing requires dynamic balance, i.e., the ability to apply force while in motion on an uneven or unsteady surface, often while rapidly changing direction. Usually, that involves some variation of the classic athletic stance (knees bent, weight forward), with the legs and torso acting as shock absorbers.

And when you think about it, just about any sport that has you on your feet requires the same - whether it's skiing, snow boarding, mountain biking, basket ball, soccer - there's always an element of having to apply force while balancing. Maybe it's to absorb impact and rapidly change direction in racquetball, or it's to soak up a drop going downhill on a mountain bike.

Perhaps it's retraction turns skiing a steep chute, snowboarding in powder, or faking out an opponent and then going for a jump shot on the basket ball court. But even activities of daily living benefit from the ability to move in this way, like catching yourself when stumbling over an obstacle like a curb you didn't see while carrying something bulky.



Your performance in just about any sport can be improved if you work on the basic athletic building blocks - strength, speed, agility, balance. Lots of folks have started recognizing that they need to do strength work, but I still don't see a lot of people adding those functional components that allow you

to apply that strength to a purpose and move with more confidence. Ask the trainers at BAC to help you out with this - they will be able to show you how to use the great arsenal of tools at the club to your advantage. Or check out some classes that have functional components, such as Tacfit, boot camps, or the ski conditioning that usually starts up in the fall. You'll find that this kind of training not only has great and almost immediate impact on your everyday athletic performance - it's also a great way to liven up your routine and just plan fun. **Andreas Macke**

## BAC SPONSORED ATHLETES—SHUKSAN VELO CLUB

Fanatik Bike Co. Racing Team is proud to have Bellingham Athletic Club as a sponsor. We go into our second year with BAC this Fall. Every Tuesday and Thursday at 6:30PM rotating instructors from the team will offer bike specific core exercises and intense stationary bike workouts. Up to date posts on workouts and instructors will be posted at BAC's and Shuksan Velo Club's Facebook pages.



This past year Fanatik Bike Co. Racing team has had quite a few accomplishments. Tim Reinholtz winning the State Masters Criterium Race in his age division. Tim was one of our regulars at spin classes. He placed well at other races throughout the year. Ian Baldwin and Rusty Dodge both upgraded to Category 2 riders. Category 1 is the highest. Both Rusty and Ian had tremendous success at local and regional races. Both enjoyed the spin classes and variety of core workouts. We look forward to 2011/2012 year as we bring in fresh ideas and new workouts for Fanatik and BAC members.

# WHAT'S HAPPENING IN GROUP EXERCISE???



Fall Schedule is out! And with it comes a few changes.

Thanks so much to all of you that took the time to fill out the surveys! We had some great feedback, which led to some of the changes on our fall schedule.

While a lot of you are content with things as they are, a lot of you are also ready to make some changes in your fitness routine. That said – I've tried really hard to please the majority! Hopefully you will

find a new class on the schedule that you are willing to try.

Speaking of new classes...I hope you've heard about our newest addition called RIPPED – Resistance, Intervals, Power, Plyometrics, Endurance & Diet – all elements of a great, athletic based class.

What's it like? Following a warm-up, each song will be dedicated to the specific element defined above. It is meant to be a tough class that anyone can do – **including you guys!** Options will be shown for the exercises, but expect to do a lot of high impact jumps, drills & even kickboxing! Classes are pre-choreographed, so they will all be similar.

Our Yoga instructor Michal, is on maternity leave as of October 1<sup>st</sup> – so we are welcoming some subs to cover for her while she takes some time to prepare for parenthood! We'll be sure to keep you all posted.

Finally, as most of you know, our instructors have other jobs and families they work around. So when you see a different instructor teaching your favorite class, please remember there's usually a good reason for it. I don't ever want the staff to teach if they aren't feeling well, or if they have sick kids at home. We all do our best to be there for you as expected, but occasionally things come up that aren't anticipated.

Thanks so much for your loyalty and dedication to your exercise routine. We LOVE what we do here – and we are so grateful we have the privilege of working with you.

Jeri Winterburn, Group Ex. Director

## THRILLER DANCE LESSONS!

Melanie Poe-Leach is going to be teaching you all how to do the Thriller dance right before Halloween!

Rehearsals will be held on Thursdays Oct. 7<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> from 7:00 – 8:00 p.m. and Saturdays Oct. 8<sup>th</sup>, 15<sup>th</sup>, and the 22<sup>nd</sup> from 2 – 3:00 p.m. at Cordata.

This dance class is free for our BAC members, and you can bring your non-members friends and family for \$5 per class.

The final dance will be on Saturday, October 29<sup>th</sup> with a videotaped performance for YouTube and another location yet to be determined.

All you need to do is show up! Melanie will help you learn all the dance steps, and go over costume ideas for the final performance.

If you have questions, email Jeri at [jwgetfit1@msn.com](mailto:jwgetfit1@msn.com).

