

# MOVE!



SEPTEMBER 2011

YOUR HEALTH AND FITNESS CENTER SINCE 1975

## FALL BAC INTO THE CLUB & SEND US YOUR SUMMER PHOTOS

We've had a wonderful end of summer, and we've missed a lot of you who have been out playing in the sunshine! Now it is time to get back into those great workout habits established during the "rainier, colder" times of year. 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.

Jeri Winterburn our Group Exercise Director is busily

preparing a new schedule with some new classes for your enjoyment. Jeri just went to a training and will be rolling out a new set of classes in this Fall's Schedule. If you haven't tried out our "Boot Camp with Mark" class, come do so before the weather turns, because he runs it outdoors if possible. It's getting rave reviews!

The Cordata Club received its annual facelift, new paint, remake of the group exercise studio and a beautiful new pool surface. Be sure to thank Brian Porter and Mike Locke. Most of the staff stayed long hours to get the work done with minimal days closed. So come on in and enjoy the new fresh look of BAC Cordata.

**REMINDER: The Downtown Club will be closed for annual maintenance September 16th through 18th.**

## COPS AND FIREFIGHTERS— FITNESS CHALLENGE



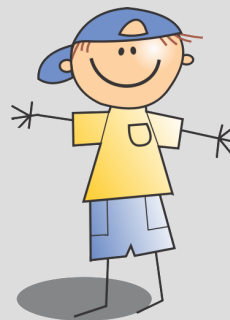
On September 17<sup>th</sup> the BAC will host its first Guns and Hoses fitness challenge. This event is a battle of the badges and will include both firefighters and police officers from all over Whatcom County. This competition is

an individual time trial with participants competing in all of the events for best time. Some of the events include; sled pull, heavy bag carry, medicine ball toss and tire flip. If you are a firefighter or police officer and wish to join the competition contact the front desk for information. This event is free of charge so feel free to come on down and watch the local departments duke it out for bragging rights!

Respectfully,  
Cathy Buckley



## KIDS CLUB CORNER



A little reminder to make reservations for your kids that are under 2 yrs old. If we are over crowded and you do not have a reservation, you may be asked to pick up your kiddos.

With fall just around the corner (hopefully we still have more summer left!), remember to let sick kids stay home, we all want to stay healthy around here! We'll do our best to stay

up on clean hands and keeping kid's club clean.

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## EMPLOYEE OF THE MONTH JESSIE SCOTT



Almost 5 years ago, just graduated from Ball State University in Indiana, Jessie Scott was hired to work the Front Desk at BAC. It has been a decision that we never regretted and are proud to recognize her as our September employee of the month.

Jessie has worked in just about every department and can handle any project thrown her way. Seriously, there are not many club questions that she would not be able to solve for you. Two years ago she stepped up her responsibilities and became the Kids Club director. Many parents can attest to Jessie's passion for taking care of their kids. We are very excited to see Jessie headed to Whatcom C.C. this Fall where she will start working on her Early Childhood Development degree.

Outside of her time at the club Jessie loves to head out to Lake Whatcom and grab a water ski behind Cathy's boat. She took on the challenge of learning racquetball and has played in league as well as tournaments.

Family time is a major part of Jessie's life and she enjoys weekends hanging with her parents, which often includes watching soccer and football with her Dad. Last year she had the opportunity to travel to Africa with them and visit her sister, who serves in the Peace Corp. I am sure they think she is a pretty awesome daughter as well! Cat lovers, you can ask her about George and Gracie.

Jessie your commitment and dedication to BAC goes beyond our expectations and we hope that you know how valuable you are to our club and our lives. Thank you for being our friend and co-worker!

## MEMBER OF THE MONTH THE KRUTSINGER FAMILY



BAC would like to recognize the Krutsinger Family as September's Members of the Month.

Amy and Derick have been members since November of 2009. Amy uses the club at least 5 out of 7 days of the week. Usually, tagging along behind are her four kids: Madelyn, Drew, Gabby and Jack (or depending on the day, he may want to be called Justin Beiber).

Amy home schools her kids, so they are involved in Home School P.E., swimming lessons, and you can always find them in Kids Club. Amy loves TRX, Athletix, Bootcamp and Zumba.

As a family, including their dog Millie, they love to go hiking. Mt. Baker is on their to-do list. Amy even brought her mom to join BAC as well! Thank you Krutsingers for being such a great family to have around!

## CONGRATULATIONS CASEY JONES!



Casey recently participated in the Lake Stevens Triathlon. He has been using BAC (and of course mother nature) to train for this event (leading up to the Iron Man in Arizona in November.) His goal was to finish the Tri in 5 1/2 hours, he defeated that goal with time to spare and completed the race in 5 hrs 9 minutes. Such an awesome accomplishment!

## GROUP EXERCISE CLASSES FOR FALL



Sadly, summer is behind us, and we are looking into schedule changes for the autumn months.

We are hoping to have a Fall schedule in place by the end of September – but will notify you via our BAC website and Facebook as soon as it's out. So if you want to get updates, it's a good idea to sign up as a fan on the BAC Facebook page.

We will be trying to make some changes to the classes that aren't as well attended by putting in something else. Group Exercise classes are meant to motivate and inspire us to work out together in a classroom of at least 10 members. Most of us would agree that when a class starts to dwindle in size, the enthusiasm and level of participation does too.



A new class BAC is hoping to add to our Fall schedule is called R.I.P.P.E.D. – which is the acronym for - Resistance, Intervals, Power, Plyometrics, Endurance and Diet. 2 trainers in California created this unique, high performance, high energy, musically driven program setting it apart from other workouts by featuring specific components in the workout that would drive results as well as highlight the elements of resistance training with weights, martial arts, athletics and endurance sports.

The workout is not only fun, but also a scientifically proven formula that will guarantee results. We are hop-

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## MOMMY & ME FITNESS



If you or someone you know has had a baby recently – we have added a class just for you! (and baby too!)

It's called Mommy & Me. It's scheduled

every Wednesday from 10:30 to 11:30 in our Cordata club studio. The instructor is Elizabeth Thorndike, who not only is an expert in pre and postnatal training, but also has a new baby herself! Elizabeth has several years of training and experience to help you get or stay in shape during this busy time.

The class will consist of movement that engages both mom and baby for fitness and bonding in a group setting.

Class begins on Wednesday, September 28<sup>th</sup> and will be held every Wed. thereafter.

It will be open to members for \$10 and non-members of BAC for \$12 per class. Newborns up to 5 months in age are able to participate.

If you have any questions, call 676-1800 or email Jeri Winterburn at [jwgetfit1@msn.com](mailto:jwgetfit1@msn.com).

ing it will appeal to both the beginning exerciser, as well as the developed athlete. It has been called the “plateau proof fitness formula for athletes”. And while there are no clubs in the state of Washington that are offering this class yet, we hope to kick it off in true BAC fashion with a master class for our members. We will be sure to post the day and time once it's scheduled.

If you would like to make suggestions for our fall schedule, feel free to contact Jeri Winterburn at [jwgetfit1@msn.com](mailto:jwgetfit1@msn.com). Although it's impossible to please everybody, we try our very best to accommodate the majority.

We're looking forward to rocking the BAC studios this fall – with the best instructors and the variety and quality of classes our members expect. We appreciate your participation – and remember...if you ever want to invite a friend to try a class with you, just let your instructor know. He/She can arrange to get you a pass to get them in at no cost.

**See you in the classroom!**

# RACQUETBALL, HANDBALL, PICKLEBALL AND BASKETBALL OH MY! — FALL COURT SPORTS EDITION

There are a lot of ways to play games and get your cardio workout accomplished! Court sports burn calories and give you a chance to play a game while you sweat! You'll find a variety of programs on the court floors of BAC. Find one that interests you and join your fellow members for a great workout.

## RACQUETBALL LEAGUES AND LESSONS

The racquetball season starts in September and we've got lots of activities brewing! Join us for an event, peruse the Pro Shop, or take a lesson and start the season off with a bang!

### JUNIOR RACQUETBALL CLUB CHAMPIONSHIPS

Saturday, October 22nd, 2011

Member Triston Guthrie and Club Pro Wanda Collins will be organizing a Junior one day tourney to start the year off for our Junior players. Names of winners in each division will be on a perpetual plaque for the year until next fall. This is a rescheduling of the August BAC to the Courts Junior Tourney, originally on the calendar for August 27. This is a Senior High School project for Triston, so sign up and help him complete his project in style! Entry forms available at the club and on our website.

### FALL RACQUETBALL LEAGUE

September 21 – December 14

(10 weeks of play with a 2 week playoff)

Divisions for beginning through advanced play for men and women.

\$15 Members, \$60 non Members

One match per week, every Wednesday evening.

Sign up at the Cordata desk. Deadline: September 14<sup>th</sup>.

### JUNIOR RACQUETBALL LESSONS

Our first group lesson classes begin the week of September 19<sup>th</sup>.

These classes run four weeks, twice a week and are designed for Beginner, Intermediate and Advanced players from 7 to 16 years of age.

Classes are taught by Olivia Nicholes and Wanda Collins.

Put your name on the interest list at the Cordata desk and we'll give you a call!

*\*See next page for more racquetball programs*



## BAC PLAYER NEWS

### Junior Players hit the Road at Junior Nationals

BAC had an impressive showing of players in Portland Oregon this summer for Junior Nationals. We had a total of fourteen players representing the club, and they played great! They joined the Washington Junior Team for a pool party and movie night at their hotel, and many of them got a free shirt and doughnuts at the Wilson Racquetball meeting during the event.

Here are some of the highlights:

**Jake Birnel** – Qualified for Junior Worlds, placing 2<sup>nd</sup> in 14 Doubles, and 3<sup>rd</sup> in 14 Singles, and 2<sup>nd</sup> in 14 Mixed Doubles with Hollie Scott.

**Jordan Birnel** – 4<sup>th</sup> in 12 Doubles with brother Nick, and 2<sup>nd</sup> in 12 White Division Singles.

**Nick Birnel** – 1<sup>st</sup> in 10 Blue Division Singles.

**Andrew Burns** – 4<sup>th</sup> in 8 White Division Singles.

**Tyler Burns** – 1<sup>st</sup> in 12 Consolation Gold Doubles with Ryan Holz.

**Nick Gallaher** – Quarterfinals in 16 Doubles with Triston Guthrie.

**Triston Guthrie** – Quarterfinals in 16 Red Division Singles.

**Brenna Guthrie** – 2<sup>nd</sup> in 12 Red Division Singles

**Jett Guthrie** – 4<sup>th</sup> in 10 Blue Division Singles

**Jeremy Holz** – 2<sup>nd</sup> in 10 White Division Singles

**Ryan Holz** – 2<sup>nd</sup> in 12 Blue Division Singles

**Micah Miller** – 1<sup>st</sup> in 10 White Division Singles

**Hollie Scott** – 3<sup>rd</sup> in 12 Gold Division Singles, and 2<sup>nd</sup> in 12 Gold Mixed Doubles with Jake Birnel.

**Brannon Shrock** – Quarterfinals in 12 Red Division Singles.

The Birnel family recently travelled to the Dominican Republic for Junior Worlds. All three of the Birnel juniors participated in play, meeting players from other countries and enjoying the competition. Congrats guys!!

## MONDAY CLINICS

Beginner Clinics: Free to any members who would like to learn the basics of the game or get a refresher on strokes, serves and rules. Sign up at the Cordata desk. Taught by Assistant Pro, Olivia Nicholes.

*Next dates and times:*

September 5 5:00 – 5:30 pm (due to early closure for the holiday)

September 19 6:15 – 7:00 pm

October 3 6:15 – 7:00 pm



Monday Mini Clinics: Need help in a particular area of your racquetball game? Want to learn a new shot, or find out how to add something new to your game? These clinics are a great way to add to your arsenal or learn a skill. Taught by Club Pro, Wanda Collins. Sign up at the Cordata desk.

\$10 – BAC Members, \$15 – Non Members

*Next dates and times:*

September 26 6:00 – 7:15 pm OFF THE BACK WALL SHOTS FOR INTERMEDIATE PLAYERS

October 24 6:00 – 7:15 pm PASSING SHOTS AND GAME STRATEGY FOR ADVANCED PLAYERS

## OTHER COURT SPORTS LEAGUES THIS FALL

### FALL HANDBALL LEAGUE

Handball League will begin October 3 and run for 10 weeks. This is a league with four person teams competing with a match each week. Points awarded and accumulated each Monday evening. Sign up at the Cordata desk individually.

Deadline for sign up: September 23<sup>rd</sup>.



### THREE ON THREE BASKETBALL LEAGUE

Have a team that can't get enough basketball? This league gives you a game each week. Fall league will begin September 26<sup>th</sup>. Games are on Tuesday or Wednesday evenings. Contact Brian Porter at the downtown club (734-1616), or leave a message for him at either facility for more information.



### INDOOR PICKLEBALL LEAGUE

We have a group interested in a league. It will be held in our basketball gym on Sunday evenings. This is a doubles league and is open to any players who have played the game and consider themselves to be intermediate to advanced players.

League will run for 10 weeks, with a start date in mid October. There is an interest list at the Cordata desk. Be sure to have them add your name and we'll contact you with more details and to answer any questions you may have.

\$10 – BAC Members,  
\$50 – Non Members

If you would like to play pickleball for fun on our basketball court, we're working to get a group playing from 11:00am – 1:00 pm on Thursdays. Doubles only. Open to members only. No charge.



## CHECK OUT THE NEWEST IN RACQUETBALL EQUIPMENT IN OUR PRO SHOP!

The new Wilson gear is here and stocked in the Cordata Pro Shop. **New racquets, the new skeleton glove and other items are ready for you!** Look for our new season specials September 19th through October 14th.

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