



CELEBRATING FITNESS!

Managers Report : January 2016

2017. . . I can't believe it is here already. As we gear up for the New Year, I'd like to take this time to remind all members that this is a very crowded time of year at the club. Don't panic when you arrive in the parking lot and you have to park "way far away". Look at it as a chance to warm up for your in-club work out. It's always a lot busier in the club at this time of year, as everybody increases their workouts pursuing those New Year's resolutions. It usually takes a few weeks to work itself out. Please be patient, "your" machine might be in use by someone else! Make this a positive opportunity to try something new until "yours" opens up.

This year I would also like to encourage you to move slowly into your new exercise routines, thirty years in this business has taught me that too many of us start off too vigorously, then crash and burn with injuries. Better to establish a slow build-up and long and strong finish than a flash burn out by February 1st.

We have so many training options for you to explore, from racquetball, swimming, and basketball to RIPPED, TacFit, Gravity and Yoga, as well as Power Pump, Zumba, Boot Camp, and Activtrax. If you don't recognize all of the above, pull out your sneakers and get to the Front Desk and move yourself around the club to find some new and exciting ways to exercise. Our bodies are amazing adaptive machines, we need to change it up and challenge our muscles in new ways. If you do, you will not only be more motivated but will have even more success at achieving those New Year's resolutions.

HAPPY
NEW
YEAR!

A few gentle reminders to help us through this busy time of year:

Cell Phones

A reminder that there is **NO** CELL PHONE use in the locker rooms, please abide by the policy for the enjoyment and privacy of all of our members. No one wants to end up as a surprise on the internet. We have amended our exercise floor ban of cell phones as we realize that a lot of our members access their music and workouts on their cell phones. But please be courteous and take any phone calls off the floor. The rest of the club really does not want to hear your conversations.

Sauna

Please use a towel when you sit in the sauna, not only is it safer, (no burned bottoms) its cleaner too!

Be sure to leave the shared spaces in as good a shape as you found them. If they are less than great, please let our Front Desk staff know so we can remedy the situation.

Weight Room

Please unload and rack your weights, it will help everyone move through the area safely. Be considerate of others using the area, move quickly through your sets and be sure to wipe down equipment after use. Allowing other members to "work-in" between your sets will help speed things along.

Just following a few simple courtesies will help us move through January and February with ease. Most importantly let's communicate, your fellow members are usually more than happy to cooperate if you only ask, and all staff are ready willing and able to assist you whenever necessary.

Respectfully,
Cathy Buckley



COURT SPORTS NEWS

Jessie Scott - Court Sports Director -

MARCH 16-19, 2017 - NORTHWEST OPEN

What better way to celebrate St. Patrick's Day wearing green and playing racquetball?! This is the biggest tournament we host. I love this tournament and the excitement that it brings to the Pacific Northwest. I am hoping to increase numbers again on this one as well.

JANUARY 20TH-22ND - SEATTLE

The WRA will be hosting the 2017 State Doubles racquetball tournament at the Washington Athletic Club. Grab your partner and win the state title. There will be divisions for everyone! Lunch and dinner coupons will be provided for participants and it's sure to be a fun time! Tournament registration is available at www.r2sports.com. Contact Jessie with questions.



NORTHWEST OPEN DETAILS

Our biggest tournament of the year is just around the corner! Celebrate St. Patrick's Day with us in one of the states **biggest** tournaments! The Northwest Open brings people from Alaska, Oregon and even Hawaii! We hope to make this year **BIGGER** and **BETTER** than last year!

Keep your eyes peeled and ears open for sign ups, flash sales and entree fees! Sponsors are needed and greatly appreciated for this event. Contact Jessie Scott if you have any questions.

ScottJessie@Outlook.com

RACQUETBALL LESSONS

Need something to keep your kids active during the winter months? Encourage them to try something new, and sign them up for Racquetball lessons with Club Pro, Wanda Collins!

Juniors play in our tournaments for only \$15, thanks to the Washington Juniors Associations. This is a GREAT way to make new friends and stay active when we'd really like to hibernate! Stop by the Front Desk for dates and fees!

RACQUETBALL LEAGUE

Keep in mind that Racquetball League is right around the corner! We run leagues in the Fall, Winter and Spring. Winter League will start January 11th. We play Wednesday evenings for 8 weeks. Players are assigned an opponent and match time each week. League is open to **all** levels of play! Contact Jessie Scott or see the Front Desk for more information.



RIPPED

RESISTANCE • INTERVAL • POWER • PLYOMETRICS • ENDURANCE • DIET

Jeri is teaching the brand new Season **27** for the first time on January 5th at 5:30 p.m. at the Downtown Club - and Mondays at the Cordata club at 5:45 p.m. If you've been thinking about trying it out - now is the perfect time! It's a new class for the **New Year!**



TOP 10 REASONS TO COME TO RIPPED CLASS

1. Its efficient - you can burn an average of **750-1000** calories. You go hard so you CAN go home. You get all the cardio and resistance you need for the day.
2. Its motivating and fun! (Time flies when you're having fun!)
3. **Great** music!
4. You never get bored! (With new seasons out on a regular basis, it will not only keep you interested but it will continue to **SHOCK** your body!)
5. **STRONG** is the new skinny
6. Athletic based
7. You earn the right to wear a shirt around the club that says R.I.P.P.E.D
8. Anyone can do it! Plenty of options given to modify or take it to a higher level!
9. You get results!
10. WHY NOT? If you can come up with a reason "WHY NOT TO DO R.I.P.P.E.D....refer to the above 9!

YOGA FOR CORE STRENGTH – AN ENERGY BOOSTING PRACTICE

By: Jeri Winterburn - Group Exercise Director -

Taught By: Michal Retter

Happy New Year! Set your intention and then stoke the fire through this yoga sequence intended to keep you on track:)

Begin the New year with a revitalized perspective!

The New Year represents an opportunity to make room for new experiences and points of view. Yoga helps us shed the old ways of seeing and doing things and invites in a renewed sense of strength and vitality to take on the new challenges that are ahead, whether physical, mental or emotional.

In this mini workshop, we will nourish our Resolutions with a yoga sequence for Inner Strength.

New Year, New Start

Our bodies are designed to engage in detoxification every single day, however from time to time we all need a gentle nudge in the right direction. Let's roll out our trusted mats and allow the yoga poses to stimulate our circulatory, digestive, and lymphatic systems, helping us rid our mind and bodies of accumulated waste and toxins! The New Year is the perfect time to become our healthiest, most authentic self.



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• **Where:** Cordata Studio, BAC.
• 4191 Meridian St.
• **When:** Saturday, January 21st
• **Time:** 10 – 11:30 a.m.
• **Cost:** \$20 for members,
• \$30 for non-members
• Please sign up (early!) at front
• desk (either club)
•••••

CORDATA | 4191 Meridian St
360.676.1800

DOWNTOWN | 1616 Cornwall Ave
360.734.1616

www.bellinghamathleticclub.com

AQUATICS NEWS

By: Brittany McIntosh

The New Year is upon us, and everyone has a goal to meet! Does yours include the pool?

Then you're in luck! We are happy to announce that we have re-vamped our adult lesson program to include **new** levels. By splitting adult lessons into skill-based groups, we aim to offer every swimmer a more thorough instruction. However, because different adults have different needs and goals, please take these levels as guidelines. Adult lessons are offered in the evenings on Tuesdays and Thursdays. Check out our new levels below!

Adult Beginner

Pre-Requisites: This level has no requirements, and is ideal for those who are new to the water.

Skills: The primary goal for this level is survival and safety swimming. We will help you learn skills including floating, water mobility, effective kicking, and more.

Adult Intermediate

Pre-Requisites: How to float without assistance and recreational swimming skills. This level is for folks who know how to swim for survival, but would like to learn formal strokes.

Skills: In this level we will be learning strokes, including freestyle, backstroke, elementary backstroke, and sidestroke, as well as an introduction to lap swimming etiquette.

Adult Advanced

Pre-Requisites: Freestyle (Crawl Stroke), with or without breathing. This level is for those who have already had some swim training and would like to refine their technique for lap swimming.

Skills: Freestyle technique and breathing, flip turns, lane etiquette, intro to butterfly and breaststroke, and a brief introduction to writing your own workouts.

We will be offering swim lessons for kids as well, which are offered in the morning, afternoons and evenings on Tuesdays and Thursdays. Check out our kid's levels online!



EMPLOYEE OF THE MONTH: STEPHIE AYON



Stephanie Ayon started her career at BAC as a swim instructor and lifeguard. Over the past 3 years she has grown to be an integral part of our staff working in various capacities as needed. She is a key player at the Front Desk and has become a valuable trainer of our new hires. She also is becoming proficient in our Membership Dept. It is for these reasons we have selected Stephanie as our January Employee of the Month.

Stephanie was raised in Bellingham and is bilingual. Swimming has been a part of her life since she was young. She enjoys a good cup of coffee and getting outdoors to explore with her boyfriend and Pinky, her dog. She attended W.C.C. and will continue her studies in the Hospitality field at B.T.C. Reading and family time round out her free time.

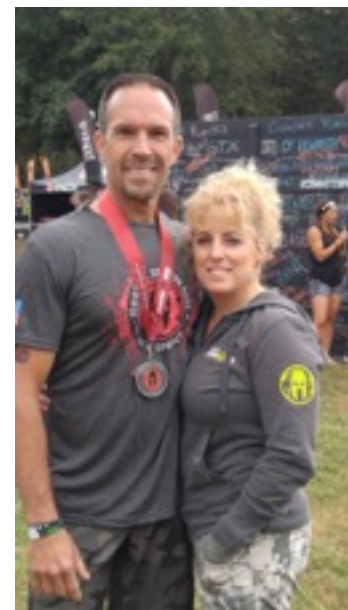
Recently Stephanie made a commitment to healthy eating and exercise. Her dedication and hard work is really paying off, at this time she has lost 30lbs. and she participates in our Bootcamp, TBC and Strong classes. She also completed the Fuel nutrition program. We are very proud of her focus on changing her lifestyle. Thanks Stephanie for being a leader and role model!

MEMBER OF THE MONTH: STACI & TRACY GRAY

Congratulations to the Gray's, our members of the month of January 2017. Tracy and Stacy have been members since 2009. They have been athletes their whole life. Since joining BAC they have participated in bootcamp, RIPPED and Zumba. They have made a ton of friends since joining the club and enjoy socializing with them outside the club.

Tracy has participated in Spartan races throughout the country and has completed a double Trifecta in 2016 and is preparing for a 2nd in 2017. He will also be participating in the Spartan World Championship in Lake Tahoe. Stacy is signed for her first Spartan race in June.

They do have life away from the club with 3 awesome kids and one fantastic grandchild. They also have a Rottweiler to keep them busy. Stacy runs a sonogramer scanning hearts all day long and Tracy works for a concrete company. They will be celebrating 32 years of active marriage and hope to travel some place waaarm! Thank for being great members of Bellingham Athletic Club!!



FITNESS NEWS

By: Mike Locke - Fitness Director

Is Personal Training for you?

Trainers can do more than kick your butt when you need it. We often get members who workout regularly, but need to incorporate stretching and muscle release techniques into their workout for recovery. Others are starting to feel the effects of age and find that balance and stamina are their primary concern. Whatever your physical limitation or concern might be, one of our certified personal trainers will be happy to assist you so that you can feel like the healthiest version of yourself. Stop by the Front Desk at either club to set up a FREE consultation, or talk to a trainer the next time you see one.

