



# CELEBRATING FITNESS!

Managers Report : March 2017

## 46<sup>th</sup> Annual Northwest Open Racquetball Tournament March 16-19<sup>th</sup>

Bellingham Athletic Club will be hosting the 46th year of The Northwest Open Racquetball Tournament. This is the largest tournament of the year bringing players in from all over the Northwest. We always like to give our members plenty of warning as this tournament has quite an impact on the Cordata Club. We invite you to use the Downtown Club to accommodate those of you who would like to avoid the crush of the tournament and have a relaxing weekend workout. You are invited to come to the Cordata Club to watch the intense racquetball play, but understand we have 100 players and family members rotating in and out of the club for their matches, so it is definitely not the normal relaxed weekend atmosphere.

Because of the size of the tournament we need all the courts so none will be available for recreational play from Friday the 16<sup>th</sup> at 1:00pm through Sunday evening. Regular Group Exercise classes will run in the Group Exercise Studio all weekend, but Saturday Zumba and Saturday Kids Club will be cancelled. We thank all the members for your patience while we run this great event.

It has been quite a winter, here's hoping the snow stays in the mountains and Spring finds its way to us early this year!

## HEATHER CALLOWAY NAMED EMPLOYEE OF THE YEAR!

At our annual Holiday Extravaganza January 21<sup>st</sup> 2017, Bellingham Athletic Club awarded Heather Calloway as **Employee of the Year**. An employee since 1998, Heather is a most outstanding employee, both dedicated and loyal. She has been a great addition to our excellent Group Exercise Department. Heather is always willing to sub for ailing instructors, is consistently seeking new training and refreshing her music to keep her classes energized and working hard. Heather comes to work with a cheerful attitude and commitment to getting the most out of her class members; punctual and prepared, reliable and innovative, Heather is a blessing to have heading up so many of our Group Ex classes. Thanks Heather for all the years of terrific work (and workouts!)



Respectfully,  
Cathy Buckley



# COURT SPORTS NEWS

Jessie Scott - Court Sports Director



## MARCH 16-19TH, 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.

## APRIL 1-2ND - STATE SINGLES

Washington State Singles will be played at the WAC in Seattle. Bring your best game and take home a state title. The WRA will put on a great event with good hospitality and good food options. Parking can be a hassle in downtown Seattle but there are decent options close to the facility.

## A MESSAGE FROM COURT SPORTS DIRECTOR JESSIE:

The Northwest Open is a favorite around the PNW! March 17-19, 2017, mark it on the calendar. We will be ready for a good time. Crowd favorite, Jimmy Lowe from Hawaii has confirmed that he will be here. There is prize money in the Open divisions, and there is sure to be some GREAT competition. There are entry forms behind Court 3, fill one out, pay your entry and leave it at the front desk and the tournament directors will take it from there. If you don't want to fill out an entry form, get a hold of me, and I will get you signed up! We are hoping to fill all divisions, and are even letting juniors in this year! All levels of play are welcome and beginners are encouraged to take a leap and make this their first tournament!

We will be taking a short break from Racquetball League in order to prepare for the Northwest Open. We will resume on April 5th. Stop by the Cordata Front Desk to get signed up! ALL levels of play welcome!

Thank you all for being such a GREAT community. I appreciate all of you!



# NUTRITION COACHING AT BAC

By: Tina Schumacher - Group Exercise Instructor

Have you heard about BAC's own nutrition program? Here is what people are saying about Fuel:

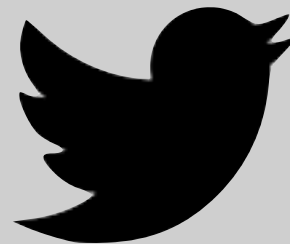
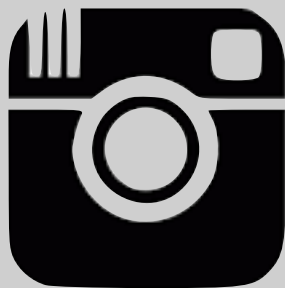
*"I'd like to let you know how grateful I am for having been in your excellent program. There are valuable lessons that will be useful to me for a lifetime and I want to thank you for having been a great teacher, motivator, cheerleader and resource person for the group. Your insights have helped me to get to the point of choosing better nutrition and generally living better and feeling good every day. I'm sure everyone in our group enjoyed a measure of success getting to our stated goals. I hope you will continue the program because there is so much noise and TMI out there that we need to get the fuel program to sort all of it out in a way that makes sense. Thank you SO much and we're really blessed to have you in our gym and in our community." -BAC Member Lilia*

The next Fuel is coming soon! Please contact Tina Schumacher at (360) 393 - 7777 or [mtschumacher@comcast.net](mailto:mtschumacher@comcast.net) to answer any questions. Tina is also available to do individual consultations and is ready to help you get to your long term health and performance goals.



## Find us on Facebook, Twitter and Instagram!

Follow us on social media to get the latest updates happening at the clubs.



@Bellingham\_Athletic\_Club

Bellingham Athletic Club

@BAC\_2Fitness

# KIDS CLUB NEWS

By: Leah Carrol - Youth Programs

February has flown by! We loved crafting, playing, and exercising with you! We hope that our KC families were able to enjoy everything the Kids Club had to offer in February, and are excited to share with you some announcements for March!

## ST. PATTY'S DAY FRIDAY NIGHT OUT!

Friday Night Out is a great opportunity to drop the kiddos off knowing they are safe and entertained. From 6:30pm- 10pm kiddos play games, swim in the BAC pool, and finish up with a snack and a movie! This special FNO will be St. Patty themed, wear your brightest green and join us for an evening of fun!

**When:** Friday, March 10th

**Where:** BAC Cordata

**Time:** 6:30 - 10:00pm

**Cost:** 6mo - 3 Year Old Members: \$12

Child of a Member: \$14 Non-Member: \$16

4-10 years (swimming) Members: \$18

Child of Member: \$20 Non-Member: \$22

**Pssst! Check out the activity on the next page! Complete it and bring it into Kids Club! The staff will hang it for the entire month of March!**



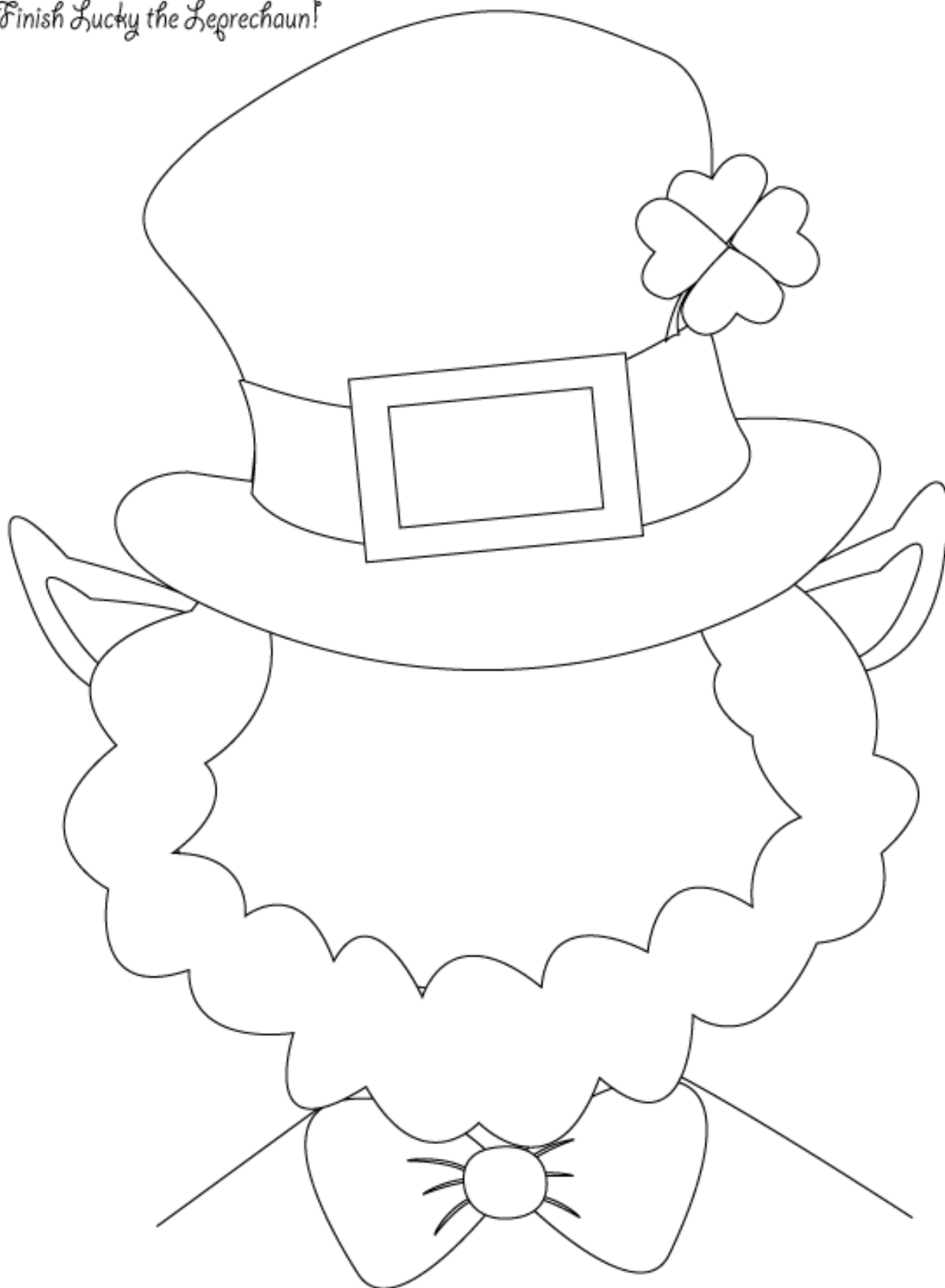
## ADVENTURE SEASON IS ON THE WAY. IS YOUR LITTLE ONE READY TO GET ACTIVE?

Spring is just around the corner, March 20<sup>th</sup> to be exact! Being active and ready to play is an awesome way to keep kids happy and healthy as we get closer to the outdoor season. Hiking, biking, and exploring our PNW wonderland safely involves having strong motor skills. Take advantage of the **Dino Muscles** program in Kids Club on Tuesdays and Thursdays! Dino muscles improves motor skills, balance, memory, and listening skills! Just drop your child off in KC from 10-10:30am and get them ready for the adventure season!

Dino Muscles is free for members and \$5 for non-members!

Complete the drawing! What does your St. Patty's day leprechaun look like?

*Finish Lucky the Leprechaun!*





# AQUATICS NEWS

By: Brittany McIntosh

## **Welcome Back BAC Swim Team!**

There have been lots of changes in the pool this winter, and we are very excited about our newest addition to the aquatics program. We will be welcoming back our BAC Swim Team, and are currently accepting new swimmers!

Our program is designed as a learning program, with primary emphasis on teaching swimming as a competitive sport. Swimmers will learn essential swim team skills and improve their technique while swimming off some of that extra energy. We accept any swimmer who has completed a manatee level from our learn to swim program, or anyone who is able to complete the tryout requirements. Swim Team run on Tuesday and Thursday nights from 6-7PM, and costs just \$55/month for members! Our next session will begin on March 7th.

So, are you curious whether your student has what it takes to be a swimmer? Here's your challenge! If they can do this workout and would like to try more, ask about signups at the front desk!

### **Swim Team Tryout Workout**

1. Swim 3 lengths (50yds) freestyle with side breathing
2. Swim 3 lengths (50yds) backstroke
3. Swim 3 lengths (50yds) breaststroke
4. Swim 3 lengths (50yds) butterfly
5. Do a flip turn on the wall while swimming freestyle



# GROUP EXERCISE NEWS

Jeri Winterburn - Group Exercise Director



With **Spring** just around the corner --- or at least we are “hoping” it is - the Group Exercise classes are filling up quickly. Especially the ones that are taught at what we consider the “prime time” for attendance.

When a class that’s already usually crowded, gets an additional handful of new members that would like to give it a try – it can quickly become a packed studio.

While we want everyone to be able to take their favorite classes, we also want it to be a pleasant experience – providing the freedom of movement and space needed to get a good workout in.

In the past, we have had to resort to sign-up sheets to keep the class sizes comfortable. Although it worked for awhile – it made it difficult for our members that run in with 2 minutes to spare – to make it in time.

## **A few options that we’d like to suggest to ease up on this issue are:**

- Try a different class at a different time if your schedule warrants it. The mid-day and evening classes are usually much less fuller than the morning ones. Although we realize it’s not for everyone – if you can make it to a different class for a month or two – it would help. And who knows...you might love the change!
- If you notice that the studio is getting full – please try to move your equipment etc. – to help fit others trying to get in the class.
- Remember the reason we are addressing this issue – is a good one! Great classes – bring great fun and results! With a positive outlook on accommodating one another and welcoming new members to the classes – we are creating a supportive environment that will benefit everyone.

We appreciate every single one of you that takes the time to work out. We also realize that your time is very precious – and we want it to be the best hour of your day! Your ideas and suggestions mean a lot to us – so keep them coming!

You can reach me at [jwgetfit1@msn.com](mailto:jwgetfit1@msn.com) - with feedback. I look forward to hearing from you!

## MEMBER OF THE MONTH: **HOLLIE SCOTT**



BAC is happy to introduce Hollie Scott as March's member of the month. Hollie has been a member at BAC since she was just a little girl, going to kids club and other youth programs before she started taking racquetball lessons too. You can find Hollie on the court or in the weight room.

Hollie is a senior in high school at Lynden Christian. Other than being an awesome racquetball player, she is also a cheerleader, and a softball player. It's amazing that she finds time to come to BAC as often as she does!

She has recently started participating in LPRT racquetball tournaments. The Ladies Professional Racquetball Tour is one of the highest levels of play in the racquetball world. While she is not on the tour...yet, she has been from California to the East Coast competing against some of these professional women. Hollie is ranked #3 in the nation for women 18 and under. At just 18 years old, she is on her way to being something great in the racquetball world! She does a great job representing Bellingham at tournaments all across the nation. She is preparing to compete in High School nationals!

Hollie recently got accepted to San Diego State University. Thank you, Hollie for bringing a vibrant attitude to BAC. You set an amazing example for both juniors and adults in the fitness world.

## EMPLOYEE OF THE MONTH: **BRENNA GUTHRIE**

Brenna has been working for BAC for the past 3 years in both our Kids Club department and more recently you might have seen her lovely smile at the front desk. With her go to attitude and kind spirit Brenna is a pleasure to have not only back in kids club where the children adore her but also she still radiates sunshine at the desk, even at 6 in the morning,

This girl is no stranger to the club since she's been coming in when she was just a wee-one and now she's running the show as the new Kids Club department supervisor! She is currently a freshman attending Western Washington University and is majoring in Elementary Education as well as Special Education. When Brenna isn't busy studying or working with kids she enjoys playing racquetball, hiking around Bellingham with her boyfriend and or just hanging out at home with her fat orange cat named Felix.





# TISSUE MOBILITY FOR PECTORALS

By: Mike Locke - Fitness Director

Let's face it these days we spend inordinate amount of time driving, computing, and sitting. Head forward and shoulders rounded. Even those of us who exercise on a regular basis, we can still experience these postural unless we have a very balanced exercise and recovery program.

As a result of these repetitive body positions our pectoral muscles in our chest can become tight and thus accentuate the rounded shoulder position. Which can cause stiffness in the shoulders, decreased range of motion, Neck and even back pain, and poor posture. The following diagram is from the folks at Trigger Point Performance Therapy. It has two basic exercises the pivot and the pull. To perform them you will need either a TP massage ball, a RAD ball, Lacrosse ball, or a Tennis ball. We sell the TP massage ball and RAD balls in the Pro Shop. Recommendation is 4-10 pivots or pulls on each side. See a BAC Personal Trainer for more information.



## BEACH BODY BOOTCAMP

By: Mikayla Douglass - Certified Personal Trainer

With spring drawing near it will be time to pull out the shorts, skirts and short sleeve shirts! Come join me in my 4 week workshop: Beach Body with Mikayla! I will help prepare you for a long spring where you can show your body off with pride! This bootcamp will incorporate high intensity interval training and will leave you with a head full of exercises that you can do practically anywhere! I will also provide you with a free Body Fat Analysis before and after the bootcamp. I am looking forward to helping you end your day in a fun and exciting way while targeting those trouble areas. First class starts on March 9th! See you there!



When: Tues/Thurs

Time: 5:30-6:30pm

Where: Downtown Studio B (Tues) & Cordata Gym (Thurs)

Cost: \$90 Members - \$100 Non Members / \$60 for 5 classes