



# CELEBRATING FITNESS!

Managers Report : April 2017



## **April showers. . . Come into the Club!**

April is all about Attitude. Spring is the time of renewal, and hopefully some sunbreaks! Renew your dedication to a fitter year. Summer is just around the corner, and you have time to get into the best shape of your life and make this a memorable, active and fun season. Make your attitude a positive one, use the mental energy to turn your daily challenges into opportunities. This is an important skill to hone. With the right attitude exercise becomes an enjoyable, stress-relieving part of your day.

**Make it personal.** What floats **your** boat ? What do you **like** to do? Your first step on the lifelong path to healthy physical activity is to identify what works for you. Think about what kind of activities suit your lifestyle, time constraints, budget, physical condition, and likes and dislikes.

**Make it fit.** For most people, time constraints are a major problem to overcome. Start planning your exercise sessions by making a detailed schedule of your week. Look for ways you can work in small blocks of exercise. Can you get up half an hour earlier every morning for a walk? Would this mean going to bed earlier? Be realistic. In addition to the time you schedule every day, look for ways to add bits of activity here and there. After the first week, adjust your schedule in places where it may not be working.

**Set some realistic goals.** Set a long-term goal, and break it into weekly or monthly targets. For example, to drop 25 pounds in a year, you'll need to lose just over 2 pounds a month.

**Celebrate!** Meeting your exercise goals, even short-term ones, is cause for celebration. It reflects your commitment to improving your health. Find ways to pat yourself on the back; rewards that don't involve a high-calorie treat will make you feel best.

**Getting back on track.** Even the most dedicated exercisers sometimes go astray. Almost anything can knock you off track: a bad cold, an out-of-town trip, or a stretch of bad weather. That's why it's critical to learn how to reclaim your routine. If you've been away from your routine for two weeks or more, don't expect to start where you left off. Cut your workout in half for the first few days to give your body time to readjust. Instead of wasting energy on feeling guilty and defeated, use that positive attitude you developed to focus on what it'll take to get started again; let your attitude rebound with your renewed effort, you will be back in the groove in no time!

Respectfully,  
Cathy Buckley



# COURT SPORTS NEWS: NW OPEN RECAP

Jessie Scott - Court Sports Director

Another Northwest Open has come and gone. I am still elated with how well the weekend went. We had 91 participants (up about 20 from last year), 11 juniors, 1 from Hawaii and a few Oregonians that chose to come participate in this tournament rather than their own state tournament. We had a fun weekend with some really good food, great racquetball and the best company. The competition was amazing! Listed below are the results for the 2017 Northwest Open. Thank you to everyone who participated and to our sponsors, Walton Beverage and Lithtex Printing.

## **Juniors 10- 2 bounce:**

1st Emilio Pinto Gonzalez, 2nd Victoria Lugo, 3rd Violet Cross, 4th Cadence Francis

## **Juniors 8- multi bounce:**

1st Charlie Linton, 2nd Victoria Lugo, 3rd Dyllin Miller, 4th Jase Gilfillan

**Juniors 10/12/14 1 bounce:** 1st Cameron Koivisto, 2nd Emilio Pinto Gonzalez, 3rd Logan Judd, 4th Max Mellema

**Men's 45+:** 1st Paul Julbes, 2nd Rich Carver, 3rd Dave Croom, Consolation Shane McCaulley

**Men's A Doubles:** 1st Mike Mayer/Justin Przybyla, 2nd Patrick Reichmann/Rawley Lemell, 3rd Peter Callioux/Robert Durrant, Consolation Gary Olson/Victor Guthrie

**Men's B Doubles:** 1st Michael Dreyer/Peter Callioux, 2nd Norm Guthrie/Riley Rosvold 3rd Schuyler Wessels/David Cole, Consolation Mike Morones/Sonny Mauricio

**Men's Elite Doubles:** 1st Ryan Lawson/Bob Alejandre, 2nd Carlos Scott/Gary Olson, 3rd Dima Protchenko/Nathan Judd, Consolation Mason Masuda/Patrick Boyd

**Men's Open Doubles:** 1st Jeremy McGlothin/Taylor Knoth, 2nd Jimmy Lowe/Jake Birnel 3rd Rich Carver/Taylor Disch

## **Men's A Singles:**

1st Mark Rindy, 2nd Patrick Boyd, 3rd Justin Przybyla, Consolation Robert Durrant

## **Men's B Singles:**

1st Schuyler Wessels, 2nd Micah Miller, 3rd David Cole, Consolation Rod Anderson

## **Men's C/D Singles:**

1st Darvin Matilla, 2nd John Medunic, 3rd Evan Durrant

## **Men's Elite Singles:**

1st Ryan Lawson, 2nd Dima Protchenko, 3rd Diego Rodriguez, Consolation Patrick Reichmann

## **Men's Open Singles:**

1st Wayne Antone, 2nd Taylor Knoth, 3rd Jake Birnel, Consolation Taylor Disch

## **Mixed A Doubles:**

1st Shannon Leicht/Justin Przybyla, 2nd Marylou Gremes/Michael Mayer 3rd Kate McKinney/Shane McCaulley

## **Mixed B Doubles:**

1st Rhondi Molenar/Scott Wharton, 2nd Kate McKinney/Winston Jones, 3rd Uilani Klatennoff/Ron Stanger, 4th Kelli Holz/John Medunic

## **Mixed Elite Doubles:**

1st Lori Turley/Tammarian Rogers, 2nd Yen Vy Van/Keith Turley, 3rd Jessie Scott/Andy Andrewson

## **Mixed Open Doubles:**

1st Wanda Collins/Jon Duryee, 2nd Jessie Scott/Jeremy McGlothin, 3rd Karen Jaskolka/Ken Celmer

## **Women's C/D Singles:**

1st Brena Lever, 2nd Shannon Leicht, 3rd Julia Hustler

## **Women's A/B Singles:**

1st Kate McKinney, 2nd Karen Jaskolka, 3rd Marylou Gremes

## **UPCOMING EVENTS:**

April 21-23rd - SCORE (Spokane)

May 4-7th - Tournament of Champs

Located in downtown Portland!

# NUTRITION COACHING AT BAC

By: Tina Schumacher - Group Exercise Instructor

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

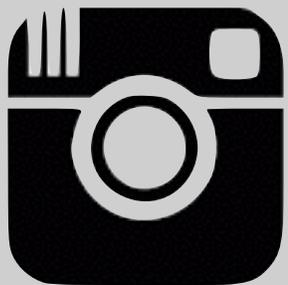
*"I'd like to let you know how grateful I am for having been in your excellent program. There are valuable lessons that will be useful to me for a lifetime and I want to thank you for having been a great teacher, motivator, cheerleader and resource person for the group. Your insights have helped me choose better nutrition and generally living better and feeling good every day. Im 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 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 begins April 10th! 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!

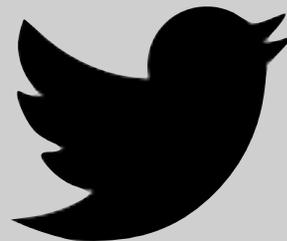
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@Bellingham\_Athletic\_Club



Bellingham Athletic Club



@BAC\_2Fitness

# KIDS CLUB NEWS

By: Leah Carrol - Youth Programs



It is officially spring! Although it's a little muddy out there, the weather is warming up and it is time to take in all that our beautiful county has to offer. Whatcom County has multiple family friendly trails and adventure spots. While you're not at the BAC feeling the burn, check out some of the following areas that the kiddos will love, and will give you the opportunity to soak up the best of the Pacific Northwest!

## **BELLINGHAM:**

**Whatcom Falls Park**

**Fairhaven to Boulevard Park**

**Lake Padden**

**North Lake Whatcom Park**

**Northridge Park Trails**

**Sehome Hill Arboretum**

**Samish Park**

**Chuckanut Mtn. Park**

## **FERNDALE/BLAINE:**

**Hovander Park**

**Semiahmoo Park**

**Star Park**



## **ATTENTION: MEMBERS WITH CHILDREN UNDER THE AGE OF 2!**

Starting in April, if your child is between the ages of 6 weeks and 2 years they will require a reservation in Kids Club. Please contact Kids Club and make a reservation 24 hours in advance before you plan to come in. This new system will make sure we are fully prepared to care for and entertain all of our friends here in Kids Club. It is with the utmost attention to the safety of your child that we are implementing this requirement. Please feel free to contact the staff if you have any questions. We look forward to seeing your little ones in the club!

# AQUATICS NEWS

By: Brittany McIntosh

Summer is fast approaching, and many BAC families will be signing up for swimming lessons to get their youngsters prepared! As a parent, it can be tough to know how to best support your student in their learning. Here are some tips for helping your child focus during class, and for supporting them outside of lessons.

## **During the lesson**

1. If your student is anxious, it can be tempting to approach them during their lesson and provide verbal support. However this can be distracting to your student as well as others in the class, as it pulls their attention from their teacher, who may be trying to demonstrate or explain a key skill. We encourage parents to support silently from the benches during lessons. Your child may very well want to show you their skills during class! If this happens, a thumbs up and smile can communicate your support without pulling attention from their learning.
2. For young children, the basic separation from parents can also be unnerving. Sometimes having the parent in the pool area can cause a conflict for the child - the reminder that you are there but not participating in class with them can make this separation harder. We may encourage parents in this situation to take some space from the class by heading into the lobby for the duration of the lesson. We have found that this both decreases anxiety for the child, as they are able to concentrate completely on their lesson, and helps them to learn that they are able to participate even when mom is not in the room.
3. Come prepared for class! Many families who are new to lessons do not know what their child needs to succeed Here is a short list of things that most students need for their lessons: Swimsuit, Goggles (Dolphin+), hair tie/swim cap for long hair.



4. Ask them questions about their lessons! Did they learn anything new today? Have them explain a skill they worked on during their lessons! When your student is able to recall details about classes, it will be easier for them to remember those skills the next class!

# GROUP EXERCISE NEWS

Jeri Winterburn - Group Exercise Director



We are happy to announce a new class on our schedule for those of you that like the combination of dance and exercise! After receiving several requests for a class later in the evening – we’ve added a new class called “**MIXXEDFIT**”. It begins on Monday, April 3 and will be from 7 – 8:00 pm at the Cordata club. Our Zumba instructor Ben, has been teaching it for several months at Western – and it’s been a huge hit!

Here’s a description of the class:

***MIXXEDFIT is a people-inspired fitness program that incorporates explosive dance movements and bootcamp toning.***

*Ben says, “Everything about our program can be described as explosive – all of our movements are big, exaggerated, full-out – and I’ll give my very best”.*

I’m sure if you’re looking for a fun, motivating dance class **after** dinner for a change – this will be the one! Ben is well known for his enthusiasm for fitness and his engaging connection with his classes.

**On the 2<sup>nd</sup> class – Monday, April 13<sup>th</sup> ONLY** – you are invited to bring a non-member friend, or family member to take the class with you. They will be required to sign in at the Front Desk.

## CHILDREN’S MIRACLE NETWORK FUNDRAISER

**When:** Saturday, April 29th from 10:00 – 11:30 a.m.

**Where:** Cordata Gym

**What:** Dance to Zumba, MixxedFit, Cize, and other formats and sweat for a great cause!

**Who:** YOU! And any non-members you would like to invite. Donations upon entry.

Children’s Miracle Network Hospitals raise funds and awareness for 170 member hospitals that provide 32 million treatments each year to children across the U.S. and Canada. Donations stay local to fund critical treatments and healthcare services, pediatric equipment and charitable care.

Since 1983, Children’s Miracle Network Hospitals has raised more than \$5 billion, most of it \$1 at a time through the charity’s Miracle Balloon icon. Please Put Your Money where the Miracles Are – and take part in this dance and fitness fundraiser.

## MEMBER OF THE MONTH: LOI LE

Over the past 16 years many of our staff and members have had the pleasure to meet Loi Le and have been a recipient of her genuine warmth and friendliness. These traits are just a part of what makes Loi our April Member of the Month. Loi is an RN in the cardiovascular unit at St. Joe's and her personality is a perfect match for care giving and compassion.

Loi and her husband, Joe have 2 adult sons, Steven and Matt and an amazing new daughter-in-law, Tiffany. Her travels take her to California and Texas to visit her "wonderful" family .

Work and family play a major role in Loi's life, but she also makes time to garden and landscape. If she feels like slowing down her life, Loi loves a good book and listening to the ocean waves. She even finds time to perfect her cooking.

Loi has proven to be a very dedicated lap swimmer at our club. She is here 4-5 days a week, and only misses a work out if she is out of town or working. She always has a kind word and smile while at the club and makes each person she meets feel welcome and special. Loi, we admire your unwavering commitment to your health and fitness and Thank You for being our friend!



## EMPLOYEE OF THE MONTH: BRIAN PORTER



Congratulations to Brian Porter - BAC's Employee of the month for April! (And no....this isn't an April Fools day joke).

Brian began working at BAC as a retail and night shift manager, in February 1993 – over 24 years ago! Since that time, he's worked in virtually every department, and for the last several years has been Operations manager and the Downtown club manager. He also stays busy at the Cordata club keeping the 3 on 3 Basketball games going, helping with major maintenance projects, and running the Racquetball tournaments. Most recently he worked around the clock to make sure BAC's NW Open tournament went off without a hitch! It takes a LOT of work, and though you might not hear much from him – you will see him flying around the club all weekend from early in the morning – until late at night.

A lot of Brian's hard work goes unnoticed. That's why we feel he really deserves this recognition. He puts in long hours, works hard to not only keep the clubs running properly, but also truly cares about making sure the members needs are being met.

When he gets the chance – he will sneak away to his property in Eastern Washington to relax, ride his quads and spend time with his family. He has 2 grandchildren – and 2 more on the way! Brian also enjoys hiking and any outdoor activities -and.... Is very well-known as a "prankster" – so stay on his good side!

# BEACH BODY BOOTCAMP

By: Mikayla Douglas, CPT & BS Kinesiology

**Days: Tuesday/Thursday**

**Time: 4:15pm-5:00pm**

**Place: Downtown: Studio B(T) & Cordata Gym (TH)**

**Cost: \$10<sup>+tax</sup> members/\$12<sup>+tax</sup> nonmembers**

With spring HERE it is time to pull out those shorts, skirts, and short sleeve shirts (if it ever stops raining)!

Come join me in my small group training class: **Beach Body w/ Mikayla**. I will help prepare you for a long spring/summer where you can show off your body with pride. I had so much fun with my 4 week workshop that I decided to turn this into a class. You can expect High Intensity Interval Training that 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. I am looking forward to helping you end your day in a fun and exciting way while targeting those trouble areas.



**Classes start Tuesday April 11<sup>th</sup>, 2017.**

## PICKLEBALL AT BAC!

Pickleball is now offered on Tuesdays and Thursdays!



Our Pickleball participation has increased steadily and we've tried to accommodate the demand. Now you can play 5 days a week! Come on out and join the fun! Stop by the Front Desk for more information.

**Monday - 2:00pm -4:00pm**

**Tuesday - 1:00pm-3:00pm**

**Wednesday - 2:00pm-4:00pm**

**Thursday - 1:00pm-3:00pm**

**Friday - 2:00pm -4:00pm**

# TISSUE MOBILITY: THE ESSENTIAL 5

By: Mike Locke - Fitness Director

The Essential 5 Tissue Mobility exercises can be performed daily. In as little as 10 minutes a day, you can help to restore mobility to the tissue and re-establish range of motion to your joints. Especially good for those of us who sit for extended periods of time during the day. Give the Essential 5 a try and see the difference it can make!

## #1 - Calf Roll

10-15 Rolls on each leg



## #2 - Glute Roll

10-15 Rolls on each leg



## #3 - Quad Roll

10-15 Rolls on each leg



## #4 - Mid-back Roll

10-15 Rolls



## #5- Pec Roll

10-15 Rolls on each side

