

MOVE!



OCTOBER 2008

YOUR HEALTH AND FITNESS CENTER SINCE

MANAGERS REPORT

As we move into Fall and say farewell to Summer, we also say a fond farewell to one of our favorite members. Unfortunately Dan Timmins passed away in September after a long illness. Anyone who worked out at the Downtown Club in the mid mornings knew Dan. He was an inspiration to us all, trailing an oxygen tank, he faithfully came in to exercise and greet everyone within earshot. His gentle southern charm and sharp, witty sense of humor were an irresistible combination.

Dan lit up the club with his cheery disposition. His love for his wife BoBo, and their kids were a familiar topic of conversation for Dan. He regaled us with many a family story, and tales of the beautiful work he and BoBo did together on their miniature houses (don't call them doll houses). He was always self-deprecating about his skill, conferring the praise to his wife. I had the distinct honor of being invited to see these beautiful works of art. From miniature houses to vignettes, the collection is truly a testament to their love for each other and their joint hobby. Dan was a gem of a man and a true gentleman, who will be missed by all who knew him.

Dan left behind three children, Frances, Juli, and Dan Jr.

as well as his wife of 58 yrs, Barbara (BoBo). He also left behind a legacy of kindness, generosity, and dedication to the people in his life.

If you knew Dan and want to share your thoughts, go to www.molesfuneralhomes.com. The family requests that in lieu of flowers, memorial donations be sent to the Whatcom Hospice House Fund, 800 E. Chestnut St, Bellingham, WA 98225.

We are so proud of all of you who continue to exercise through illness. It is difficult to find the energy, yet it can really help fight off fatigue and depression. Let us know how we can help—a new routine that reflects perhaps temporary limitations, a medical leave of absence, or in home exercise equipment or routines, we're glad to help. Just contact me or Bo, confidentially and complementary help is available.

Respectfully,
Cathy Buckley



WHAT'S NEW AT BAC EXPRESS?

Winning Weighs

More and more people have been joining in on the Winning Weighs weight loss program and have been discovering a definite improvement in health on their way to a slimmer self. We are still encouraging people to join at the beginning of each month. We will be trying to start a 9:30AM class in October, please call any of the three clubs if you are interested.

Winning Weighs Jr.

In October we will start a Winning Weighs Jr. class for kids ages 12 and up. It has all the same benefits as our current weight loss program but due to the busy schedule kids often have we are offering it 2 days a week

(Wed. and Fri. from 3:45- 4:45PM) for four months. We do encourage parent involvement and ask parents to attend the first Friday of every month.

Super Seniors

We are also excited to present Super Seniors instructed by Kaylee Gardner. Kaylee will be leading small group Senior classes on Tuesdays and Thursdays at 8:00AM focusing on increasing functional strength, balance, flexibility, and maintaining bone density. This class is open to all fitness levels and geared towards each senior's specific needs.

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EMPLOYEE OF THE MONTH

BAC is proud to recognize Sam Victor as our October employee of the month. Sam will celebrate her 3rd anniversary with BAC on Oct. 13. Originally she started at the Front Desk and over the years has become a key employee in the Kids Club. She loves the babies and spending time with her fellow employees. She has also been a reliable early morning opener at the Front Desk.

Sam is a lifetime Whatcom county resident. She was born in Lynden and graduated from Lynden High School. After graduation Sam attended Whatcom Community College and played on the women's basketball team. This fall she will be starting the Nursing program at BTC, her goal is to specialize in pediatrics. Her patience and compassion will go a long way in her future nursing career.

This past spring Sam surprised us with her announcement that she was engaged. Seems she had been dating Steve Lamp for the past 9 months and somehow managed to keep it a secret from some of us. Anyway we are very excited for her and look forward to keeping up on the plans for her June 2009 wedding.

Outdoor activities are a big part of Sam's free time. She particularly enjoys running and hiking and when the snow falls she heads to the mountains for snowboarding. Family time is important to her and she will always find time to hang out with her 3 sisters.

Thank you Sam for being a loyal and hard working part of the BAC staff!!

MEMBER OF THE MONTH

Congratulations to Karen Sansregret for being named member of the month for October!

Karen and her husband, Mike, have been members since 1997 and have made it part of their routine to visit the club several times a week. Most week nights Karen can be found at the downtown club working up a sweat on cardio equipment such as the elliptical trainer or lifting weights and doing ab work on an exercise ball. She said she has always been disciplined to exercise and she enjoys using her time at the club as a way to relieve the stresses of everyday life and her career at Puget Sound Energy. "I just like to put my headphones on, do my thing, forget about everything else for a while and just feel better," she said. Over time at the BAC she has met a lot of nice members and staff and enjoys coming to the club and seeing all the familiar faces. The relatively small size of the downtown club and the atmosphere created by both the staff and members are what keep her coming back.

Aside from going to work and the club she likes being at home and describes herself as a homebody. Karen has lived in Washington her whole life, having moved to Bellingham in 1979. Although she enjoys traveling to warm places like Mexico and Hawaii to escape the rain, she thinks Washington is beautiful and can't imagine living anywhere else.

If you happen to see Karen at the club congratulate her and give her a pat on the back for being one of the dedicated and friendly members that makes BAC a great place to work out!

NOTE FROM THE KIDS KORNER

Kids Club would like to remind our members of all the fun programs we have to offer. The Pre-School and Dino Muscles programs could add an extra hour to your work out time, so if you feel like you're constantly running out of time when you're at the gym sign your kids up for either of these programs. When enrolled in a program you are also welcome to leave the facility and run any errands or do some grocery shopping while we entertain your wee ones. We also offer Friday Night Out and Saturday Night Out programs. These programs are great if you need some quality time for yourself or with your significant other. We will also be offering a Junior Tacfit on Mondays and Wednesdays from 5:30 – 6:30 pm, if you are looking for an active after school program for your 6 – 12 year olds. If you need more information for these programs please contact Payal Mehta at youthprograms@bellinghamathleticclub.com or the Front Desk at (360)676-1800. - Payal Mehta, Youth Programs Coordinator

FRONT DESK TIPS

Summer is winding down, school has started and the club is gearing up for the start of our Fall programs. The Front Desk is well staffed and ready to handle your programming needs. I like to think of the Front Desk as the hub of BAC, a place where our members can resource any information they need to get started on their fitness goals. If you are bored with your current routine, now is the time to pick their brains for suggestions on something new to spice up your workout. - Janet Rhoades, Front Desk Supervisor

What's New at BAC Express

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Baby Pump:

Starting Monday, November 3rd at 10:30AM A small group training class in a private setting where you and your baby can work out. Learn proper form and function while you and your baby work out with other moms and babies.

Yoga

Michal Retter will be joining the BAC Express team in October. Some of you may already know Michal- she has subbed several of our yoga classes. She will be offering small group yoga classes on Tuesday mornings at 9:30AM as well as private yoga sessions(\$60 for 1hour 15 minutes) by appointment. Michal is well versed in several types of yoga and realizes the importance of addressing the mind as well as the body and integrating thoughts with movement. Yoga will help not only with stress, but also in maintaining weight loss achieved. It is a great tool for weight management and reduction. Through yoga, Michal will help to uplift your spirit as you learn how to heal spiritually and physically from stress, or just challenge you to reach your potential.

We have several exciting new fall programs! Please sign up at the Cordata front desk soon- remember space is limited. -Tiffany Morton, Express Programs Coordinator

PRO TIP OF THE MONTH

A lot of racquetball players neglect a serve that can actually be a good weapon in their game. The lob serve – that high, arching soft serve that travels to the back corner of the court – isn't just a second serve to get the ball in play. It can be a valuable tool if you learn to hit it correctly and use it against certain opponents. Some players only use this serve if their first serve is short or long. Many of the game's really great players use this as a first serve on a regular basis. If your drive serve – that hard, low shot to the corner – isn't working because 1) you're off that day, 2) your opponent hits harder and lower than you do, 3) you're so slow at getting out of the service box, you should consider using a lob serve as your first serve. Hard hitters can get frustrated at the lack of pace on the ball, and if you hit it correctly, it will force your opponent to hit an overhead backhand – one of the hardest shots to execute on a racquetball court, OR a tennis court. So if that hard hit serve isn't impressing your opponent, save it for another day and lob! -Wanda Collins, Racquetball Pro

Racquetball Pro

CORDATA |

4191 Meridian St
360.676.1800

DOWNTOWN |

1616 Cornwall Ave
360.734.1616

www.bellinghamathleticclub.com

GROUP FITNESS NEWS

Now that the kids are back in school, and the weather is changing, we are going to see more members utilizing their club memberships again, and coming inside. Our Fall schedule began on September 15th so be sure to pick it up at either club.

I would like to welcome Susan Deschenes to BAC. Susan has been teaching group fitness since 1993 and personal training since 1995. She owned her own business for 3 ½ years called, "Kick It". She currently teaches Physical Education at Skagit Valley College. Susan will be teaching at the downtown club at 5:45 a.m. So you early birds will appreciate getting your day off to a great start with her Monday class which is ½ cycle and ½ corework, and her Wed. morning class which is Sports Circuit Conditioning.

We are also adding another cycle/core class with Lynette at 12:15 on Tuesday which is a great opportunity to get a lunchtime ride in.

Due to a change in her school schedule, Melanie has moved her popular Bootcamp from Tuesday to Friday evening at 5:15.

We get a lot of requests for additional Yoga workshops and classes. We hope you will participate in a Restorative Yoga class taught every 3rd Sunday from 3 – 5:00 p.m. at the downtown club. Stacey Williams will be teaching, and we encourage you to sign up in advance. You are welcome to bring guests that aren't members at BAC if space permits. There is a \$12.00 fee for this 2-hour workshop. -Jeri Winterburn, Aerobics Coordinator

CONGRATULATIONS TRAINERS

This past August, BAC Personal Trainers Aaron Gottschalk, Lynnette Reilly, and BAC Intern Bryant Sharifi completed Scott Sonnon's Circular Strength Training Certification. They are all in the process of finishing up their final written exams after successful passing the practical exam. Once completed all three will be certified CST instructors. All them spent an intensive three days learning and demonstrating their understanding of Coach Sonnon's CST program. Aaron, Lynnette, and Bryant were among 30 other students from around the nation and world who came to Bellingham for this certification. On day two of the Certification Clinic, BAC Director of Fitness, Mike Locke was promoted to CST Head Coach. Congratulations to Aaron, Lynnette, Bryant, and Mike for their ongoing dedication and commitment! Way to go!!

BELLINGHAM “SLAM” WINS INTERNATIONAL BASKETBALL LEAGUE CHAMPIONSHIP

BAC has had the privilege over the past 3 years of sponsoring The Slam; a local semi-pro basketball team. Part of our sponsorship has included courtside seats to home games played at Whatcom Community College. This past season we shared those tickets with many of our members who got to share in the celebration of a winning season. The team is funded by a resident from Lakewood, WA, who does it for “love of basketball”.

The players come from many different basketball programs and have all played beyond high school, primarily in college. Most of them work full time and practice a couple of nights a week. A few players come during their off season from the European league.

You will often run into some of the guys working out at BAC. Together these young men have created quite a unique team that not only has a great understanding of the game but also has FUN. This year they broke from the tradition of being a team that focuses on offense, which is the norm in their league, and added the dimension of including defensive plays. The culmination of this group effort resulted in bringing home the championship trophy.

Slam coaches are Rob Ridenhour and BAC member, Mike Elsner. Mike cites a special team chemistry as the key to the Slam’s success. This was Mike’s first season with the team and he fits in coaching time along with his teaching career. He says it’s kind of a “hobby” and works well with his family schedule, which includes raising 3 boys with his wife Chris.

Congrats to an awesome team and it’s coaches!!

TRAINING ADVICE FOR THE LOCAL COMPETITOR

With fall season on its way, rain is soon to be in the forecast. But it also means some great local races are near. The Runningshoes.com Mt. Bike Duathlon (2.6 run, 6 mile Mt. bike, 2.6 run) is on October 12th. The Barkley Autumn 8k Trail Run is on October 18th and the Padden Mudfest 7 mile trail run is on November 9th. Also, the GBRC Turkey Trot 5K is just around the corner on November 22nd.

For further information on these races and more go to: www.gbrc.net

I would recommend the Mt. Bike Duathlon and the Padden Mudfest for those who want a challenge. These take place on the horse trails of Padden where you are likely to find yourself covered in mud. My advice would be to run hill repeats and perform some proprioception exercises 1-2 months before these races. This would cut down your chances of spraining your ankle and improve your lower body strength and stability.

Having trouble getting motivated? Take advantage of the use of personal trainers at BAC. With a trainer you are more likely to stay on track to personal goals and stay injury free along the way. Have your personal trainer write up a specific training program tailored to your needs. Add a bit of spice to your usual routine. Signing up for a race is the best way to getting motivated and sticking to a training program. You are never too old to do a race.

Set a goal, get motivated and enjoy the beautiful trails and courses Bellingham has to offer!



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