



COURT ACTIVITIES

Effective January 1st, 2010 See other side for additional information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ATHLETIX 6:00-7:00 am	ATHLETIX 6:00-7:00 am	OPEN GYM 5:30-8:45 am	ATHLETIX 6:00-7:00 am	OPEN GYM 5:30-8:45 am	Club Opens at 7:00 am ↓	Club Opens at 7:00 am ↓
OPEN GYM 7:00-8:45 am	OPEN GYM 7:00-10:00 am	RETROFIT 8:30-9:30 am	OPEN GYM 7:00-10:00 am	RETROFIT 8:30-9:30 am	OPEN GYM 7:00 am-1:30 pm	OPEN GYM 7:00 am-1:30 pm
RETROFIT 8:30-9:30 am						
JAZZERCISE 9:45-10:45 am	DINO MUSCLES 10:00-11:20 am	JAZZERCISE 9:45-10:45 am	JAZZERCISE 9:45-10:45 am	JAZZERCISE 9:45-10:45 am	OPEN GYM 10:45 am -Noon	OPEN GYM 10:45 am -Noon
OPEN GYM 11:45-Noon		OPEN GYM 10:45-Noon	DINO MUSCLES 10:00-11:20 am	OPEN GYM 10:45 am -Noon		
BASKETBALL Noon - 2:00 pm	OPEN GYM 11:20 am-3:30 pm	BASKETBALL Noon - 2:00 pm	OPEN GYM 11:20 am-12:15 pm	BASKETBALL Noon - 2:00 pm	BIRTHDAY PARTIES 1:30-2:30 pm	BIRTHDAY PARTIES 1:30-2:30 pm
OPEN GYM 2:00-3:30 pm	SPORTS PERFORMANCE 3:30-4:30 pm	HOMESCHOOL P.E. 2:30-3:30 pm	BOOT CAMP 12:15-1:15 pm	OPEN GYM 1:15-3:30 pm		
SPORTS PERFORMANCE 3:30-4:30 pm		SPORTS PERFORMANCE 3:30-4:30 pm	SPORTS PERFORMANCE 3:30-4:30 pm	SPORTS PERFORMANCE 3:30-4:30 pm	SPORTS PERFORMANCE 3:30-4:30 pm	OPEN GYM 2:30-4:30 pm
OPEN GYM 4:30-5:30 pm	OPEN GYM 4:30-6:00 pm	OPEN GYM 4:30-5:30 pm	OPEN GYM 4:30-5:00 pm	OPEN GYM 4:30-5:00 pm	BIRTHDAY PARTIES 4:30-5:30 pm	BIRTHDAY PARTIES 4:30-5:30 pm
BOOT CAMP 5:30-6:45 pm	3 ON 3 HOOPS 6:00-10:00 pm	BOOT CAMP 5:30-6:45 pm	TRI FIT 5:00-6:00 pm	OPEN GYM 6:00-10:00 pm		
OPEN GYM 6:45-10:00 pm		3 ON 3 HOOPS 6:00-10:00 pm	3 ON 3 HOOPS 6:45-8:00 pm	OPEN GYM 6:00-10:00 pm	OPEN GYM 6:00-10:00 pm	Club Closes at 9:00 pm
		OPEN GYM 8:00-10:00 pm				

Open Gym means unstructured court play on a first-come, first-served basis. See back for full description

CORDATA

4191 Meridian St
(360) 676-1800

www.bellinghamathleticclub.com

BELLINGHAM ATHLETIC CLUB

COURT PROGRAMS

RACQUETBALL COURT PROGRAMS

CHALLENGE COURT - Looking for a game, but don't have a second player? Challenge Court is a great way to meet players and get your workout. Offered Fridays 5:00-7:00 pm, Sundays 3:00-5:00 pm, Doubles on Tuesdays and Thursdays 4:00-7:00 pm

CHALLENGE LADDER - Competitive play for all skill levels "A" through "Novice." Adult and Junior Member Challenge Ladder matches are by appointment. Free of charge.

JUNIOR GROUP LESSONS - Offered on a regular basis in a 4-week format.

LEAGUE PLAY - Organized play for all skill levels. Statisticians and awards. Offered 3 times a year - fall, winter, and spring.

LESSONS - Group and private lessons are conducted on a regular basis year-round. Group lessons are in a 4- or 6-week format. Private lessons are by arrangement with our club professionals.

INTRO TO RACQUETBALL CLINIC - Free instruction for 45 minutes with our AmPro. All equipment provided. Monday nights at 6:00 pm.

TOURNAMENTS - BAC offers tournaments year round (October, November, January, and March) for both amateur and professional players. BAC is active in the Washington Racquetball Association, and a prize stop on the WRA sanctioned tour.

WALLYBALL - A new version of volleyball played on the racquetball court. Sidewalls are in-bounds.

Wanda Collins, AmPro certified professional instructor and programmer.

Racquetball Courts may be reserved up to three days in advance

OUR COURTS ARE AVAILABLE
FOR RENTAL
CONTACT BRIAN PORTER

GYM COURT PROGRAMS

BASKETBALL - Three-on-Three full court round robin challenge basketball. No referees

BASKETBALL LEAGUE PLAY - Organized Three on-Three full court team play. Score keepers, statisticians, T-shirts, and awards.

CBFIT - CBFIT incorporates a joint mobility (Intu-Flow) and yoga (Prasara) with a total body Clubbell strengthening and shaping routine. This 60 minute program mobilizes the joints of the body from head to toe then transitions into strengthening and toning then finishes with a rejuvenating yoga session.

DODGEBALL - Equipment available at the front desk.

PICKLEBALL - Equipment available at the front desk

PICKLEBALL LEAGUE - Available on Friday evenings. See the front desk for sign up times.

ENERGETICS - This is a slower-paced, low impact aerobic class set to music. The focus is on basic movement patterns and total body toning. 20-25 minute aerobic segment. A perfect beginning class, and a great maintenance class.

JAZZERCISE - This class is for all ages and fitness levels.

Dance up a sweat to your favorite music in a choreographed routine as you mambo and pivot your way to fitness. Classes are one hour and include some conditioning work.

OPEN GYM - Unstructured half- or full-court play on a first-come, first-served basis. You can play any full court recreational gym activity with this provision-full court recreational activity may continue until someone arrives who does not want to participate. You then have 15 minutes to finish play, after which you may vacate or move to half-court activity - allowing new arrivals use of the gym

CORDATA HOURS

Monday thru Friday	5:30 am - 10:00 pm
Saturday & Sunday	7:00 am - 9:00 pm
Holiday Hours	7:00 am - 7:00 pm

DOWNTOWN HOURS

Monday thru Friday	5:00 am - 9:00 pm
Saturday & Sunday	7:00 am - 7:00 pm
Holiday Hours	7:00 am - 2:00 pm