

# CELEBRATING FITNESS!

APRIL 2019



## MANAGER'S REPORT

April is all about Attitude. Spring is the time of renewal, and hopefully it'll be accompanied by a few 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. It's important to be mindful about our attitude as we go about our daily routines. Turning daily challenges into opportunities takes a little mental effort, but with the right attitude, exercise can become an enjoyable, stress-relieving part of your day.

This is a great time to take advantage of our complimentary exercise consultations with our fitness staff. They will help you revitalize your exercise routine, and perhaps even find new applications for equipment you may have overlooked in the past. Call the Front Desk to schedule your appointment. Consultations are available at either club, so take advantage of this service today!

### **Getting Back on Track if You've Lost Momentum**

Even the most dedicated exercisers sometimes find they've gone 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 is 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, then re-evaluate how you can increase your resistance and endurance.

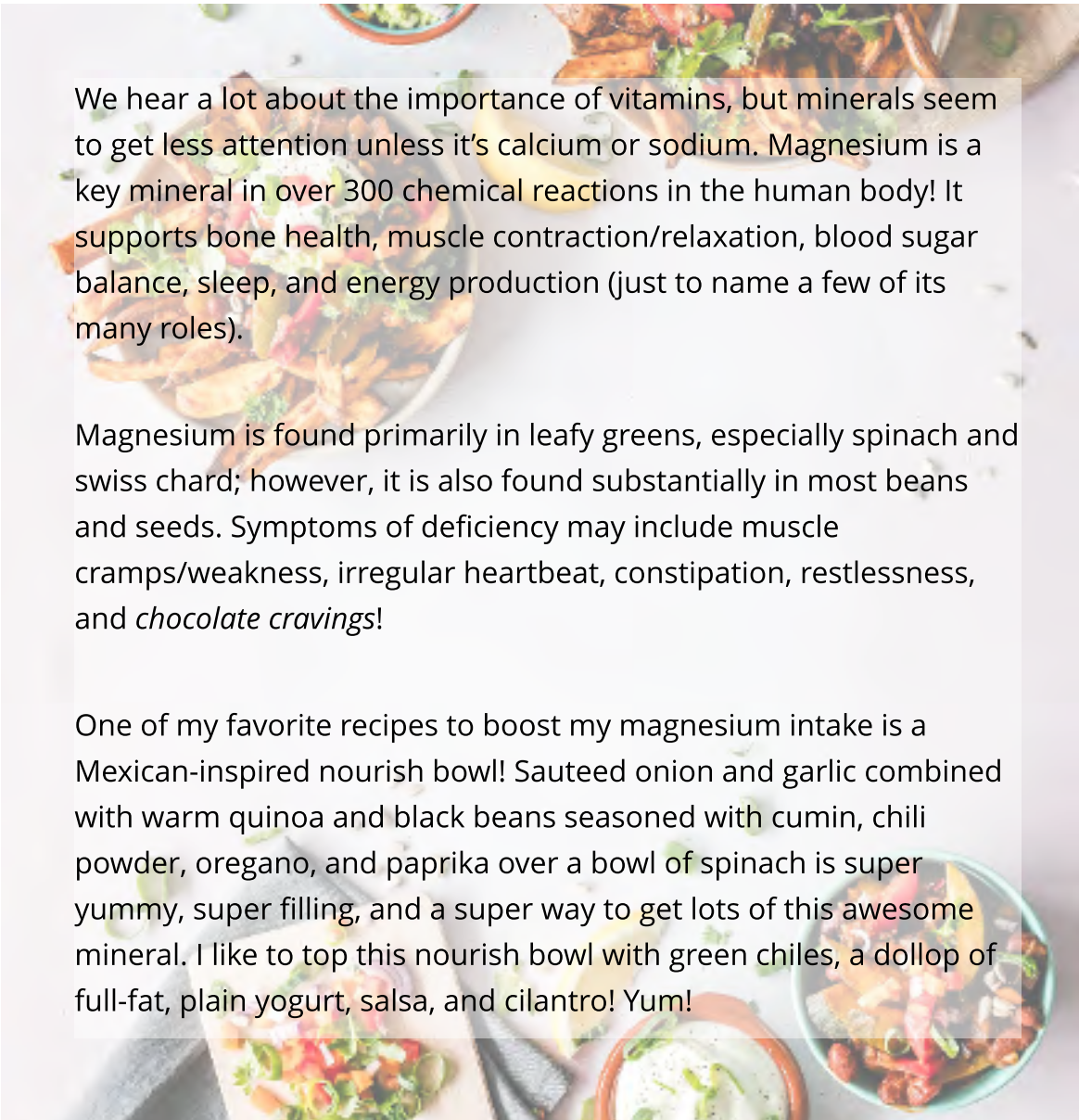
The bigger challenge may come in getting yourself back into a workout-oriented frame of mind. Instead of expending energy on feeling guilty and defeated, focus on what it'll take to get started again. Once you resume your program, you'll be amazed at how quickly it will begin to feel natural. Let your attitude rebound with your renewed effort, and you'll be back in the groove in no time!

Respectfully  
Cathy Buckley



# NUTRITION

## Getting your daily dose of Magnesium



We hear a lot about the importance of vitamins, but minerals seem to get less attention unless it's calcium or sodium. Magnesium is a key mineral in over 300 chemical reactions in the human body! It supports bone health, muscle contraction/relaxation, blood sugar balance, sleep, and energy production (just to name a few of its many roles).

Magnesium is found primarily in leafy greens, especially spinach and swiss chard; however, it is also found substantially in most beans and seeds. Symptoms of deficiency may include muscle cramps/weakness, irregular heartbeat, constipation, restlessness, and *chocolate cravings!*

One of my favorite recipes to boost my magnesium intake is a Mexican-inspired nourish bowl! Sauteed onion and garlic combined with warm quinoa and black beans seasoned with cumin, chili powder, oregano, and paprika over a bowl of spinach is super yummy, super filling, and a super way to get lots of this awesome mineral. I like to top this nourish bowl with green chiles, a dollop of full-fat, plain yogurt, salsa, and cilantro! Yum!



If you'd like to learn more about nutrition and how to get yours in order, please visit my website at [bit.ly/rebelyum](https://bit.ly/rebelyum) or email me at [shelby.ntp@gmail.com](mailto:shelby.ntp@gmail.com). I'm also on instagram @rebelyumnutrition!

Shelby O'Hagan  
Nutrition Consultant

# *EMPLOYEE OF THE MONTH*



We are both pleased and proud to announce Brian Porter as April's Employee of the Month. Brian has been at BAC since February of 1993. That's 26 years! In that time he has done just about everything there is to do here. Brian is truly the heart and soul of BAC. There is not an aspect of the club that doesn't benefit from his care and expertise as BAC's Operations Manager.

Brian always has what is best for BAC at the forefront of what he does here. He takes care of all the repairs and maintenance for both buildings, and runs all the work for our annual shutdowns. Brian oversees the court sports schedule and events as well as all the Racquetball Tournaments. He is a Jack of all trades: From running towels, to adjusting pool and spa chemicals, repairs and maintenance, to standing in at the Front Desk, he truly does it all.

Brian brings to BAC great integrity and energy. Away from the club, he is very proud of his family, including his wife Regis, children and grandchildren. Brian spends spare time away from the club either golfing or in Eastern Washington exploring the terrain on his quads. Thanks Brian for all you do for BAC!

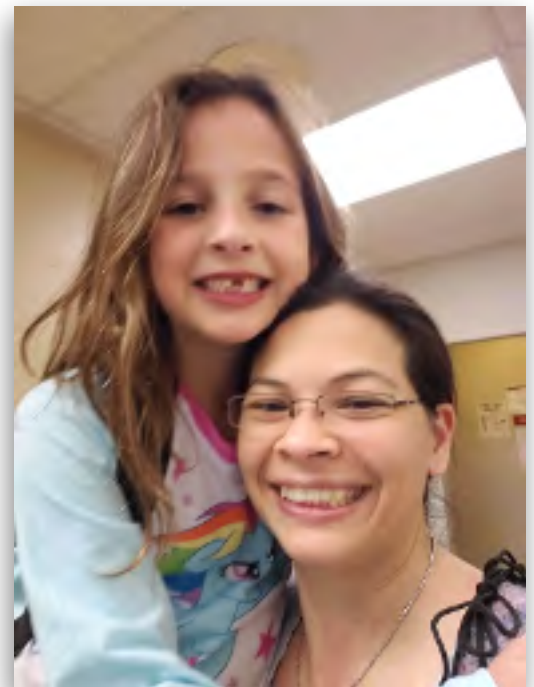
# *MEMBER OF THE MONTH*

Our April Member of the Month is Chelsea Rodriguez, along with her kiddo, Aislin. Chelsea and Ailsin moved to Bellingham from Portland in 2015. They joined BAC in 2016, and they both enjoy various activities around the club. Aislin participates in our Junior Racquetball program, takes swimming lessons, and loves her Junior Orientation privileges. Chelsea enjoys weight lifting and getting her heart rate up with some personal training.

Chelsea grew up in Spokane, WA, so she's a Northwesterner at heart. She spent 8 years serving in the United States Navy, and now works in security at a medical facility in Skagit County.

Chelsea is getting married in June, so their family is about to grow a little larger! Chelsea and her fiance enjoy exploring all of the trails around the Northwest and are avid hikers. In fact, Chelsea is training with one of our excellent training staff, Alexa, for a backpacking trip up to Mount Baker this summer!

Outside of the gym, Chelsea indulges in several crafting hobbies, including crochet, knitting, Brazilian Embroidery and Japanese Braiding. Thanks Chelsea and Aislin, for being such active and inspiring members!



# FITNESS NEWS



## Mike Answers your Questions about Treadmills

### Treadmill Workout Progression Q & A

**Q.** Once we adapt to our initial treadmill workout intensity what variables can we manipulate to create a progressively challenging workout?

**A.**

1. Speed/mph: walk, jog, or run at a faster speed
2. % Grade/incline: increase the height of the treadmill to walk, jog, or run up an increasingly higher incline.
3. Duration: Increase the amount of time you walk, jog, or run.
4. Load: Increase the amount of weight you carry while walking, jogging, or running i.e. weighted vest.

Trivia: Walking at 1% grade/incline is equivalent to walking on flat ground.

### Treadmill Q & A

**Q.** What is the lowest speed the Treadmill begins with?

**A.** 0.5 mph

**Q.** What is the Highest Speed the Treadmill will run?

**A.** 12 mph

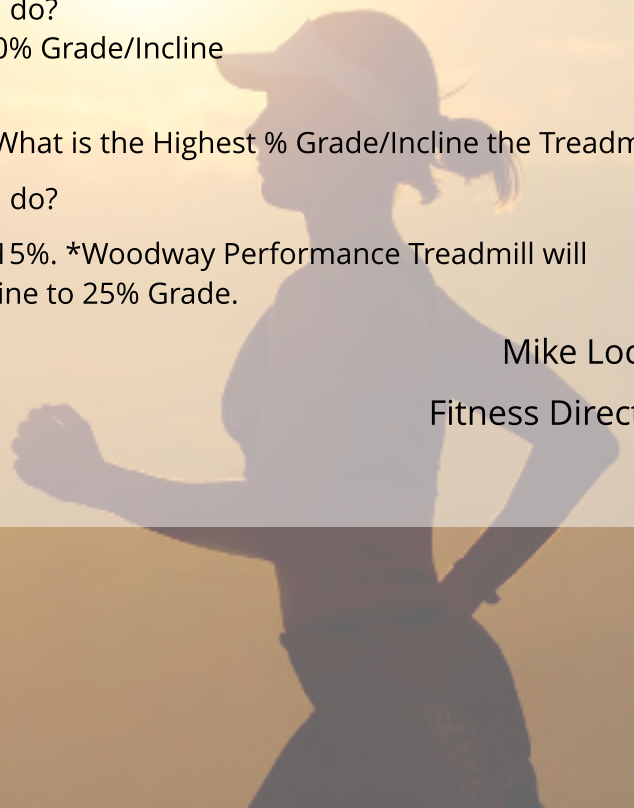
**Q.** What is the Lowest % Grade/Incline the Treadmill will do?

**A.** 0% Grade/Incline

**Q.** What is the Highest % Grade/Incline the Treadmill will do?

**A.** 15%. \*Woodway Performance Treadmill will Incline to 25% Grade.

Mike Locke  
Fitness Director



# YOUTH PROGRAMS

## Guaranteed Easter Friday Night Out

**THAT'S RIGHT IT'S  
HAPPENING FOR SURE!**

**APRIL 19TH**

*Enjoy a relaxing evening out knowing that your children will be safe, engaged, and having a blast! Our night consists of pizza, games, swimming, popcorn, juice and a movie.*

**Date:** April 19th

**Time:** 5:30pm-9:30pm

**Ages:** 6 months-11years old  
4-11 years old (Swimming)

**Cost:**

**Ages 4-11rs old Ages 6 months -3yrs old**

**Member: \$14 Members: \$20**

**Child of Member: \$16 Child of Member: \$22**

**Non-Member: \$18 Non-Member: \$24**

*\*With additional discounts for siblings\**

**Payment required at time of sign up for Non-Members**

**Contact the Cordata Front Desk for more  
information and reserve your spot!**

## April is Aquatics Month!

### Swim-a-Thon Fitness Challenge

Are you a former lap swimmer? Been a while since you tested your skills? This month we are encouraging all our members to hop in the pool and build up your strength! We will provide 3 workouts each week: One focusing on Endurance, one focusing on Speed, and one focusing on Technique.

The goal is to get in the water at least 3x per week leading up to the last week of the month, then test your improvement!

During the last week of the month, from April 22nd - 30th, stop by the pool during Family Swim. Our lifeguards will time your progress! You can swim 100, 200, or 500 yards and will receive a time accurate to the 100th of a second.

There is no registration necessary for this event, and it's totally free and open to all members. For more information, or to check out the newest workout, check out our website.

### EASTER EVENTS

We will be hosting several fun events for the upcoming Easter Holiday!

### EASTER THEMED WATER AEROBICS

Costumes encouraged!

Friday, April 19th 8:15-9:15AM & 9:30-10:15AM

Saturday, April 20th 9:00-10:00 AM

### EASTER FAMILY SWIM

Play some fun themed games during our Family Swim Times!

Friday, April 19th 6:45-8:30PM & Saturday, April 20th 3:00-5:00PM

### EASTER FRIDAY NIGHT OUT

This themed FNO is Guaranteed, so if you want a date night to yourselves, sign the kiddos up for FNO! Discounts for siblings do apply! Rates and information are available at the Front Desk.

Friday, April 19th 6:30-9:30PM

## Introducing: Angelfish II

As many of our families who are involved in our Learn-to-Swim program know, we are always looking for new ways improve our program and curriculum. We have noticed an influx of students between the age of 2 and 3 who are too confident for an Angelfish Class, but may not have the cognitive skills to learn independently for a whole 30 minutes.

We are introducing a new level designed to meet these students in the middle and help them transition from being in the water with a parent to swimming with a teacher. This class is currently offered in the morning, from 11:30AM - 12:00PM. So if your student is comfortable in the water and has taken an Angelfish class before, check it out! As we develop the curriculum and train our instructors, we aim to be able to offer Angelfish II in the evenings as well.

Give us a call at (360) 676-1800 for more information or to register for this exciting new level!





# Swim-a-Thon Fitness Challenge: Week 1

## Casual

### SPEED

Warm-up: Choice of Stroke

6 Lengths Swim / 4 Lengths Kick with Kickboard / 4 Lengths Pull with Pull Buoy / 4 Lengths Swim at 90% effort

Main Set: Build to Sprint, Best Stroke

16 Lengths - 0:30 rest between each

4 @ 85% effort

4 @ 90% effort

4 @ 95% effort

4 @ 100% (Sprint) effort

Cool Down: Easy Pace

6 Lengths Freestyle / 6 Lengths Choice of Stroke

Total Yardage: 550

### TECHNIQUE

Warm-up: Backstroke

4 Lengths Swim / 4 Lengths Kick with Kickboard / 8 Lengths build to 90% effort

Main Set: Backstroke Drill

8 x 50 (3 Lengths)

1 = Kick, with Kickboard at Knees

2 = Backstroke Arms, Legs Crossed

3 = 6 - Kicks, Switch Sides

4 = Swim - Build to 95% effort

#### Repeat

Cool Down: Easy Pace

4 Lengths Backstroke / 4 Lengths Choice of Stroke

Total Yardage: 800

### ENDURANCE

Warm-up: Choice of Stroke

12 Lengths - Build to 90% effort

Main Set: Ladder Set

4 Lengths Choice @ 85% effort

6 Lengths Freestyle @ 90% effort

8 Lengths Choice @ 90% effort

10 Lengths Freestyle - Build to Sprint!

8 Lengths Choice - Build to Sprint!

6 Lengths Freestyle @ 85% Effort

4 Lengths Choice Easy Pace

Cool Down: None, extend last 4 lengths if needed

Total Yardage: 950

## Competitive

### SPEED

Warm-up: Choice of Stroke

200 IM / 100 Kick / 100 Pull / 100 Swim

Main Set: All Out Sprint, Best Stroke

16 x 25 (1 length)

4 @ 2:00

4 @ 1:30

4 @ 1:00

4 @ 0:30

Cool Down: Easy Pace

200 Freestyle / 100 Choice of Stroke

Total Yardage: 1,200

### TECHNIQUE

Warm-up: Backstroke

100 Swim (opt: Paddles) / 100 Kick / 100 Pull / 200 Build to Sprint

Main Set: Backstroke Drill

8 x 100 Drill

1 = 6 - Kicks, Switch sides

2 = 1 - Arm Backstroke (Switch every length)

3 = Clenched Fist

4 = Swim @ 90% effort

#### Repeat

6 x 50 Build to Sprint

1 - 3 @ 2:15

4 - 6 @ 2:30

Cool Down: Easy Pace

200 Freestyle

Total Yardage: 1,700

### ENDURANCE

Warm-up: Choice of Stroke

400 Build to 90% effort

Main Set: Ladder Set

1 x 100 Choice @85% effort

1 x 200 IM @ 90% effort

1 x 300 Choice @ Race Pace

1 x 400 Freestyle @ Race Pace

1 x 300 Choice @ 85% effort

1 x 200 Freestyle @ 85% effort

1 x 100 Choice Easy Pace

Cool Down: None, extend last 100 if needed

Total Yardage: 2,000



# GROUP EXERCISE

## CARDIO DANCE AND FITNESS



Come try our new class!

Cardio Dance and Fitness is a high-energy cardio dance class incorporating dance moves with focus on cardio, kickboxing, resistance training, Pilates, Barre, and yoga.

This unique experience offers an inspiring blend of dance, fitness, rigorous cardio and body sculpting. You'll move, sweat, and enjoy every second of it.

Strength exercises can help you to build and maintain your muscles, and strong muscles build strong bones. Strength activities raise energy levels and improve one's mood.

In Barre we are concentrating on balance, which helps us to increase our bone density and gain postural alignment, along with toning our legs and core muscles. We also use our mats to build core and abdominal strength. As an added bonus, integrating yoga into your regular workouts will help prevent injury, relax muscles, and keep you flexible.

This class is lot of fun! We play positive, entertaining music that will make you feel great. Cardio Dance and Fitness is a one hour fun and powerful complete body workout. After this class you will feel strong, confident and happy! Come try it out!

**Instructor:** Elena

**Class day & times:** Monday and Wednesday evenings – 5:30-6:30 pm

Tuesday & Thursdays mornings – 7:15 – 8:15 a.m.

Saturday mornings – 8:30 – 9:30 a.m.

Jeri Winterburn  
Group Ex Director