



Bainbridge Athletic Club



Bulletin

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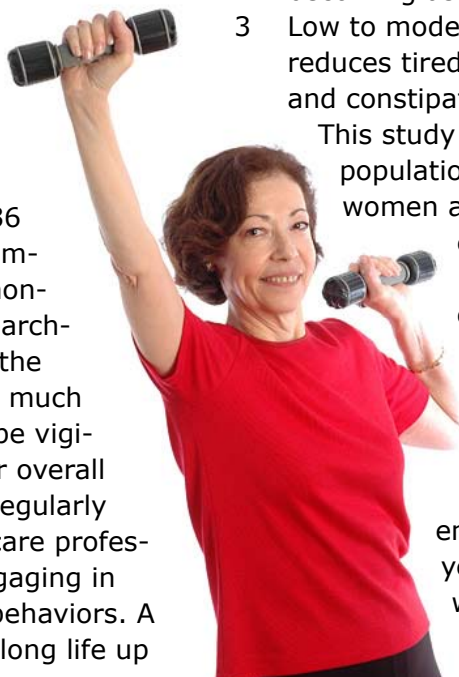
The Healing Power of Exercise - Part 1

Over the next few months we will be featuring the latest research on the Healing Power of Exercise. These studies highlight the latest findings in this area and the great benefits of living a healthy lifestyle!

Exercise Enhances Overall Quality of Life

Regular exercise not only helps prevent and treat major diseases, but numerous studies also find that exercise imparts tremendous benefits to overall health, enhancing quality of life by helping individuals to manage chronic conditions and other common health problems.

1 Fitness-center members are more likely to pursue health-promoting lifestyles and behaviors. After studying 236 health-club members and 302 non-members, researchers found that the members were much more likely to be vigilant about their overall well-being by regularly visiting healthcare professionals and engaging in other healthy behaviors. A person can prolong life up



to 14 years by adopting four lifestyle rules: no smoking; eating fruits and vegetables; moderate alcohol intake; and engaging in regular exercise.

- 2 As body weight increases, so does the risk for asthma. This comprehensive analysis looked at a total of 333,102 study subjects and found that individuals with a body mass index over 25 have a 50% higher chance of becoming asthmatic.
- 3 Low to moderate exercise reduces tiredness, back pain and constipation in women.

This study used three large population samples of women and found that exercise significantly improved chronic health conditions in all age groups. The research subjects included 14,502 women, aged 18-23 years; 13,609 women aged 45-50 years; and

11,421 women aged 70-75 years.

- 4 An active lifestyle can dramatically cut the risk of age-related macular degeneration. Researchers followed nearly 4,000 men and women aged 43-86 for 15 years and discovered that those who exercised were 70% less likely to develop age related macular degeneration (AMD) than their sedentary peers. AMD is a degenerative disease that is the leading cause of blindness in the elderly.
- 5 Men who exercise regularly are 30% less likely to develop erectile dysfunction than inactive men. A total of 22,086 men aged 40-75 years participated in this study that lasted a total of 14 years and showed dramatic benefits for men at risk for erectile dysfunction.



Special Hours

Meadowmeer will be closed Aug. 27-28 for cleaning.

Labor Day Hours

Meadowmeer 6:30am - 5pm
Xpress - Closed (all members are welcome to visit the Meadowmeer club)



Meadowmeer Fitness

Power - for Men, Women, and Teens

An intense and fun jump rope and power training experience. Increase cardio, strength and muscle mass in this fast paced class.

Session 4 Tuesdays 5-6 pm
August 7th - August 28th Cost: \$54/\$72

Total Knockout!! (Ages 14+)

Men, Women and Teens learns how to Box, not kickboxing, but real Boxing. Bring your own gloves to this intense cardio, core training class!

Session 4 Mondays 7:15-8:15 pm
August 4th - August 25th Cost: \$80/\$96

Fall Program Preview

Fall is right around the corner and you know what that means....the start of school and the start of more time for you! There are several programs to look forward to this coming fall. Here is a peek at a few of them:

BAC to Life is BACK!

Belief...Accountability...Commitment! This great program includes the Exercise, Nutrition, and Behavior/De-Stressing guidance you have been looking for. We had a great time last year and can't wait to get started again. - Melissa House

Tennis Conditioning



3.5 and 4.0 or form your own group of 5-6 players. 45 mins Tennis Drills and 45 mins of Tennis specific strength training.

Tennis Events

Coming this Fall, look for Adult one set tournaments, Senior USTA leagues, and other fun Friday night events.

Little Black Dress

If you liked Bathing Suit Countdown, you'll love Little Black Dress. Make friends and have fun getting into great shape for your winter parties!! - Julie Leachman



Back To School Boot Camp

This fun, fast paced boot camp style class will get those booties into shape for Fall. - Jennifer English



Zumba

Look for more fun classes in the evening and on weekends.

Kids Dance Class

Like Zumba, this class will offer kids a GREAT outlet for their energy and they will learn a fun dance routine at the same time.





Meadowmeer Fitness

Meadowmeer Remodel Update

As you may have seen (and heard!), our remodel is off and running. New windows and doors have already been installed in our wood building, and new walls are being framed up in the old locker room area. The wood building will be squared up by boxing in our old entry staircase, dramatically increasing the size of our Fitness Studio. This will allow us to move our selectorized equipment to a dedicated space and also add additional cardio equipment on our main fitness floor.

Footings and framing are going into our former racquetball court to allow it to be transformed into two studios, a multi-purpose studio upstairs plus a new larger cycling studio on the ground floor. The August construction schedule will be brisk but not quite as noisy. We appreciate your understanding and look forward to getting into these new facilities in Fall.



A BAC Metal Water Bottle is Waiting for You!



All you need to do to claim it as your Summer Reward is work out 19 days between now and August 31st. It is not too late to get started! Pick up your Summer Rewards card at the Front Desk and get a staff initial each day that you make it to the Club and work out, play tennis, or take a class. Use your new water bottle as your incentive to stay fit this summer and add fewer plastic water bottles to the planet.

Birthday Parties

Plan your Birthday here at the Club. Katie and the Tennis Department have organized a great day for your Birthday Boy or Girl. You can invite up to ten friends for tennis games, cake, and drinks. Kids Club staff will organize your group and we'll supply the cake, juice, paper products and decorations. All you need to do is send out invitations, provide goody bags and we will handle the rest.

Kids ages 5 and up. \$180 1.5 hour



Kids Club Summer Hours

Meadowmeer Monday-Saturday 9am to 1pm
Xpress Monday-Friday 9am to 12pm

Community Police Gathering

Come by Friday, August 8th 4-8 pm to get to know your community police officers and neighbors. Take a Police Boat Tour, meet Rusty the K-9 officer and enter to win prizes!





Meadowmeer Fitness

BAC Softball Season is a BLAST!

History has been made! The first-ever BAC softball team ended its season of Tuesday night double headers on July 15th.

Most players on the BAC team hadn't played softball in years. With enthusiasm and determination we started our season thinking we were all in pretty good shape. We learned quickly that softball is a more demanding sport than originally anticipated. Our main pitcher, trainer Jim Jones, managed to stay injury free due to his overall workout routine and proper warm up. Jim spent 15-30 minutes before each game doing lunges, dynamic stretches and grapevining. These modest callisthenics were extremely helpful in preventing Jim from injury and playing his best.



Season highlights included pitching by Jim Jones and Melissa House, (phone) fielding by Ted Eisenhardt, and base running by our Team Captain Franny Bottger. All around great BAC players

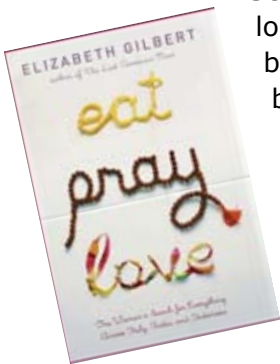
also included Shelly Stockman, Diane Quitslund, Tiffany Brewton, Brenda Ruddick, Erin Erickson, Kelsie Greené, Cheri Greené, Yasuyo Sousa, Jake Sousa, Rickie Harman, Lori Rutan, Jennifer English, Cathleen Wellbrock and Maureen Daniels.

Many thanks to BAC members and family members Rory Thurott, Reed Erickson, Sam English, Zach Jones, Victoria Wellbrock, Tom Daniels, Eric Quitslund, Tim Quitslund and buddy Chris, Chris Ruddick, and Dave Bottger. Most of our players surprised us with their

diverse athletic abilities. Our "bleacher team", Kellan Eisenhardt and others, provided great support, camaraderie and refreshments. Even though we ended the season with more losses than wins, we all benefited tremendously by a good time and enhancing our team spirit.

Book Group is Back!

Even though our BAC womens' book group has taken a break for the summer, we hope you will keep your mind fit and keep on reading! Our first gathering in the fall is scheduled for Monday, September 15th at 7:00 pm in the lounge at Meadowmeer. We will be discussing Eat, Pray, Love by Elizabeth Gilbert, and deciding on our reading list for the fall and winter. In October we will meet on the 6th to discuss A Gift From the Sea by Anne Morrow Lindbergh. Enjoy your summer days with these inspirational books and then come and share your insights and responses with us. Bring your friends, too, and your suggestions of books to read in the months to come!



BACK FACIAL SPECIAL - 45 min. (\$70)



For ladies, summer is the time for halter tops, bikinis and strappy sundresses! And for men playing tennis, hot weather coupled with sweaty skin and suffocating fabrics can cause acne and breakouts.

Treat yourself to a relaxing treatment, while your back is cleansed, exfoliated, steamed, massaged, masqued and moisturized. It will feel great and your back will be summer ready!

Call Rickie Harmon, our skin care specialist, today at 206-450-1349 Located inside BAC.

Meadowmeer Tennis



8th Annual Garth Manhiem Memorial Tournament a Huge Success!

The event which pairs an adult with a junior had five groups. The winners of group one were Chris Powers and Isabella Stallworthy, the winners of group two was Rich Alaniz and Sam Claney, the winners of group three were Barb Perrigo and Patella Fraga, the winners of group four were Ned Kiley and Marc Schoner Scott; the winners of group five were David Beam and Ryan Bieber. Congratulations also to Howard Todd for carrying his partner, Peter Ahrnes, to victory in the pro-am event. The victory was Howard's second trophy in this event. Thanks to all who participated in this fun event for charity to help prevent suicide!

Private Lesson Rates Increase Sept. 1

Our pros are busier than ever and we wanted to make you aware of this change. Please pick up a rate sheet outside of our Member Services office starting September 1st. For a great value, we have our Junior Pros here through August for you to access. Contact Peter@bainbridgeathleticclub.com to schedule.

Looking for a Game? Join the Tennis Ladder

The ladder is up and running. To join in, contact Peter in the tennis office. You will be able to challenge anyone on the ladder. If you win, you take their place on the ladder; if you lose you start at the bottom. There is a Men's Singles, Women's Singles and a Junior Mixed Single's ladder.

Don't Miss the Next Junior Tournament!

Scheduled for Friday August 1st 3:30-9:00pm, junior players learn how to play sets, score and enjoy the competition, as well as enjoy a night of fun with their friends. These tournaments are for juniors at the Intermediate Level and above. Cost is \$15 for juniors enrolled in the current session, \$20 for all others, includes pizza and Gatorade. Call the Front Desk to sign up!

Stroke Specific Skills & Drills

Your Tennis Staff is here to help you achieve your tennis related goals one stroke at a time!! Continuing through August, we will have stroke specific Skills & Drills that you can participate in each week. Specific clinics will include: ground strokes, volleys, serving, and strategic drills. You can pick up a summer schedule from the Front Desk or contact Peter in the tennis office.

BAC to Tennis... Back for August

Non-tennis members are welcome in this program designed for players looking to get back into the game or for new player looking to start. Come and join Laurel Monday nights from 7:15-8:30pm for a progressive program that will give you confidence to get out on the court and start competing or playing with your friends. The cost is \$60 for tennis members and \$75 for non tennis members, sign-up at the Front Desk.

Doubles Boot Camp is Here

If you are interested in working on your doubles game, here is your opportunity. This camp is a four day intensive workout that will cover shot selection and strategy. Join the tennis staff for a fun and challenging four days. The first session is for players rated 3.5 and up and runs August 4th, 5th, 7th and 8th from 11:00-12:30pm. Session two is for players 3.0 and up and runs August 11th, 12th 14th and 15th from 11:00-12:30pm. The cost is \$80 per session. Sign-up at the Front Desk or contact Peter in the tennis office.

August 2008 Calendar of Special Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Club Key Xpress = Red Meadowmeer = Blue Tennis = Green		Doubles Boot Camp in August 3.5 and up and is August 4 th , 5 th , 7 th and 8 th from 11am-12:30pm. 3.0 and up and is August 11 th , 12 th 14 th and 15 th from 11am-12:30pm.	Quick Start Tennis for Kids, Sessions are ongoing through the summer and run in 2 week sessions. (See the Jr. Clinics Flyer)		1 Skills & Drills 9:30-11am Strength Training 9:30-10:30am Mid Day Doubles 12:30-2pm Junior Tournament 3:30-9pm	2 401 11-12:30 pm 301 12:30-2 pm 101/201 3:30-5 pm
3	4 Skills & Drills 9:30-11am Skills & Drills 6-7:15pm BAC to Tennis 7:15-8:30pm Total Knockout!! 7:15-8:15pm	5 Skills & Drills 9:30-11am Singles Workout 2-3:30pm Power - for Men, Women, and Teens 5-6pm Men's Night 7:15-9:30pm	6 KidFit 9:35-10:35 am New Members Clinic 6-7:15pm	7 Skills & Drills 6-7:15pm	8 Skills & Drills 9:30-11am Strength Training 9:30-10:30am Mid Day Doubles 12:30-2pm Community Police Gathering 4-8 pm	9 401 11-12:30 pm 301 12:30-2 pm 101/201 3:30-5 pm
10	11 Skills & Drills 9:30-11am Skills & Drills 6-7:15 pm BAC to Tennis 7:15-8:30pm Total Knockout!! 7:15-8:15pm	12 Skills & Drills 9:30-11am Singles Workout 2-3:30pm Power - for Men, Women, and Teens 5-6pm Men's Night 7:15-9:30pm	13 New Members Clinic 6-7:15pm	14 Skills & Drills 6-7:15pm	15 Skills & Drills 9:30-11am Strength Training 9:30-10:30am Mid Day Doubles 12:30-2pm	16 401 11-12:30 pm 301 12:30-2 pm 101/201 3:30-5 pm
17	18 Skills & Drills 9:30-11am Skills & Drills 6-7:15pm BAC to Tennis 7:15-8:30pm Total Knockout!! 7:15-8:15pm	19 Skills & Drills 9:30-11am Singles Workout 2-3:30pm Power - for Men, Women, and Teens 5-6pm Men's Night 7:15-9:30 pm	20 New Members Clinic 6-7:15pm	21 Skills & Drills 6-7:15pm	22 Skills & Drills 9:30-11am Strength Training 9:30-10:30am Mid Day Doubles 12:30-2pm	23 401 11-12:30 pm 301 12:30-2 pm 101/201 3:30-5 pm
24	25 Skills & Drills 9:30-11am Skills & Drills 6-7:15pm BAC to Tennis 7:15-8:30pm Total Knockout!! 7:15-8:15pm	26 Skills & Drills 9:30-11am Singles Workout 2-3:30pm Power - for Men, Women, and Teens 5-6pm Men's Night 7:15-9:30 pm	27 Meadowmeer Closed for Cleaning All Members Welcome at Xpress	28	29 Skills & Drills 9:30-11am Strength Training 9:30-10:30am Mid Day Doubles 12:30-2pm	30 401 11-12:30 pm 301 12:30-2 pm 101/201 3:30-5 pm

Remember: Xpress members are welcome to take classes at Meadowmeer at member pricing