

Bay Area Athletic Club

985 Newmark, Coos Bay
888-5507

VISIT OUR WEBSITE:
[HTTP://WWW.BAACFITNESS.COM!](http://www.baacfitness.com)

Newsletter April 2007

Comments, suggestions, complaints,
compliments? Email Bryan at
bhead@aol.com

FREE ADULT GUEST DAY

Do you have a friend you'd like to treat to a free visit to the club? Then bring them in on.....

Saturday 7th
Saturday 21st
Friday 27th

For permanent card members only. One adult guest 18+ per member contract. (Any other guests may pay a guest fee of \$7. Unaccompanied walk-in non-members pay a day use fee. of \$10.)

Spin up to 3x/day!

Monday/Wednesday: 9:00am w/ Jed
7:00pm w/ Joseph

Tuesday/Thursday: 6:00am w/ Jed
5:30pm w/ Jed
7:00pm w/ Elizabeth

Indoor cycling classes burn up 500 calories!



Get a
full body workout
5 days a week
with *Tony!*

Stretch & Tone

Monday @ 7:00am
Tuesday @ 5:30pm
Thursday @ 5:30pm
Friday @ 7:00am

Stick & Tone

Wednesday @ 7:00am

Work your neck, shoulders,
arms, abs, inner and outer
thigh, glutes, hamstrings,
calves.. Everything!



Senior Potluck Pool Side BBQ

Sign up by March 16th

Bring a nice side dish or dessert and we'll cook the spicy BBQ hamburgers down by the pool. We'll provide the drink, plates, etc.

Join us **WEDNESDAY MARCH 21st**
2:30pm to 4:30pm

You may bring one free adult guest



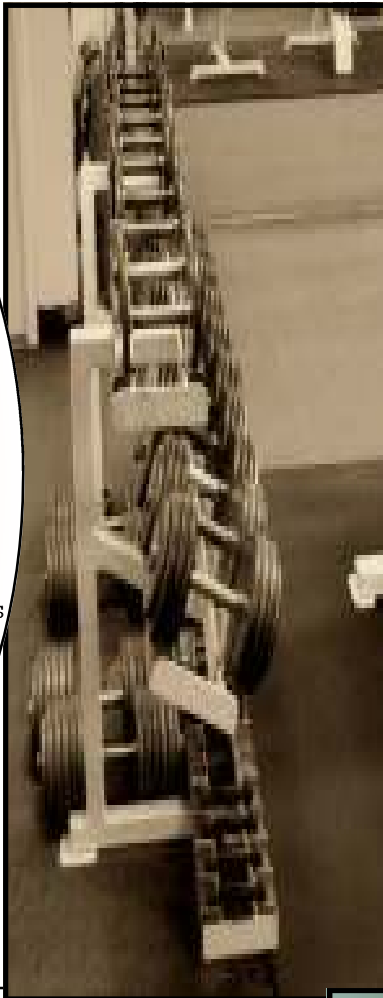
DAVE CHEEK

World- **Class-Power-Lifting** - Champion

Attend a 1 hour seminar on proper equipment exercises and technique to be a more powerful and safer lifter, and ask Dave any questions!

Dave's accredited to 1st, 2nd, and 3rd place World Championship titles. He holds 6 State records, 4 National championships in 4 different sanctions.

**When: April 4, 2007
Time to be announced**



Apricot Compote

Ingredients:

- * 1 cup dried apricots, sliced
- * ½ cup raisins
- * ½ cup chopped walnuts
- * 2 TBS fresh lemon juice
- * 1½ cups fresh orange juice
- * 2 TBS honey



Directions:

1. Bring the lemon juice, orange juice and honey to a boil and add apricots and raisins in a small saucepan.
2. Reduce heat to low and simmer just until they become tender and a little syrupy, about 10 minutes. Do not overcook, or they will dissolve. You want to still have definition in your fruit.
3. Remove apricots and raisins with a slotted spoon and reduce sauce for about 2 minutes to thicken.
4. Remove from heat and add apricots, raisins, and walnuts back to sauce. Serve warm or chilled.

Add your kids onto your membership in time for summer!

Kids' Summertime Weight Gain

U.S. kids tend to gain weight over the summer, suggesting that once school's out, they may turn into couch potatoes. A study to be published in the American Journal of Public Health finds that American 5- and 6-year-olds gain more weight over the summer than during the school year. In the study, researchers looked at data on 5,380 kindergartners and first-graders in 310 country. The data Center for Education. The kids' body creased twice as mer as during the searchers found. in school, the of the children's researchers found. Although the study did not identify the cause of the weight gain, the researchers say the lack of structured activities during the summer may mean young kids spend more time lounging around and snacking, The Associated Press reports.



Bay Area Athletic Club



If you travel and are skipping your workouts, think twice!
With the FitLife network you can get free access to over 50 clubs in Oregon, Washington, and Montana.

See the front desk and get your card today!
(issued for two weeks at a time)



Bonnie Chambers

**Certified Personal Trainer
National Academy of Sports
Medicine**

(541) 266-9017

Email: latteskinny@aol.com

\$30	1-hr session
\$150	6 sessions
\$250	10 sessions



“Yo-Yo Dieting“:

When weight is repeatedly lost and gained.

Besides being terribly discouraging, losing and regaining weight can be harmful to your health; more specifically, the cardiovascular system, digestive system, and your skin. When new body fat is gained, new fat cells build. These fat cells do not go away when the pounds are lost quickly after. They just shrink up, begging to be filled back up again (why you regain so quickly after weight-loss).

There is a way to deplete some of these fat cells. That is long-term weight loss! Keeping it off for a long time, combining exercise and a healthy diet.





April showers bring May flowers!



Daisies and sweet peas are April's flower of the month!



I believe -
That we don't have to change friends if we understand that friends change.

I believe -
That no matter how good a friend is, they're going to hurt you every once in a while and, you must forgive them for that.

I believe -
That true friendship continues to grow, even over the longest distance. Same goes for true love.

I believe -
That you can do something in an instant that will give you heartache for life.

I believe -
That it's taking me a long time to become the person I want to be.

I believe -
That you should always leave loved ones with loving words. It may be the last time you see them.

I believe -
That you can keep going long after you can't.

I believe -
That we are responsible for what we do, no matter how we feel.

I believe -



**Dave's
Pizza**

DINE IN - TAKE OUT - DELIVERY

Big Screen TV/PCR
Game Room

Thin or Pan Crust
Over 20 Toppings
Over 10 Item Salad Bar
Sandwiches, Spaghetti & Appetizers

756-0556

1933 Newmark
North Bend, OR 97459

Research shows that the less sleep you get increases your risk of OBE-SITY!

Take care of yourself and get to bed early!



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