



Do you have  
Comments, Suggestions,  
Compliments or Complaints ?  
Email the manager – [bhead@aol.com](mailto:bhead@aol.com)  
Or call Bryan at 294-7740

Happy Holidays from our  
Bay Area Athletic Club Family  
to your Family!!!

Percilla & Robbie Jeffs Family enjoying family swim!!!



See us on the web at  
[WWW.BAACFITNESS.COM](http://WWW.BAACFITNESS.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, December 9th.

Friday, December 15th.

Wednesday, December 20th.

For permanent picture card members only. One adult guest 18+ per member.

Any other day your guests pay a guest fee of \$7.

Unaccompanied walk-in non-members pay a day use fee of \$10.

**HOLIDAY HOURS**

We will close the club at 6:00pm Sunday, Christmas Eve and stay closed all day Monday, Christmas Day.

We will close the club at 6:00pm Sunday New Years Eve and stay closed all day Monday New Years Day.

Have a safe and prosperous New Year!



## Massage Therapy with Melody Caldera

Bay Area Athletic Club offers Massage Therapy to members and non-members. Massage can be a part of ongoing wellness programs as well as act as an intercedent in muscle pain, headache, symptoms of stress and recovery from strain of any kind.

Duration:            Member Rate:    Non-Member Rate:

30 min	\$30.00	\$35.00
1 hour	\$40.00	\$55.00
90 min	\$50.00	\$70.00
2 hour	\$70.00	\$95.00
4-pack	\$140.00	\$180.00

Non-members are welcome to use the shower room, sauna and Jacuzzi during a visit to the club to receive a massage treatment.

The staff at Bay Area Athletic Club and our Massage Therapist work together to ensure that Massage Therapy at the Club is an experience of renewal.

**Massage Gift Certificates make a great Christmas Gift!!!**

### Need Gift Ideas

**If someone you know and love has been hinting they'd like to start exercising, or the weather has got them down then they'll love a gift Certificate from Bay Area Athletic Club. We offer Gift certificates for most of our memberships, or how about a Massage, or Suntan package. We even offer Certificates for Personal Training.**

**Gift Certificates can be purchased at the front desk and make great stocking stuffers.**



### Meet staff member Joseph Hardman.

Joseph began instructing Spinning classes in August of this year and will branch out with evening Circuit Training classes in the weight room beginning Nov. 27th.



**Join Joe in Class**

**Mon & Wed.  
7:00-7:40 PM for  
Spinning  
&  
Mon & Wed.  
6:00-6:45 PM for  
Circuit Training.**



Bay Area Athletic Club would like to remind members that our lost and found items are located in the lounge in marked bins. Please inquire at the front desk for missing or lost toiletry items.

All items not returned after three months are donated to a local thrift store.

**Please do not ever take anything that does not belong to you.**



**OUR KIDDIE KORNER  
DAYCARE  
IS AVAILABLE**

**Monday – Friday 9am-11am &  
Monday –Thurs. evening 5pm-8pm**

**RATES & FEES**

\$2.00 an hour for first child  
\$1.00 an hour for each additional child  
.25¢ per 5 minutes past closing time

Punch Cards can be purchased for \$20



**Christmas Crescent Ring**



**Crescent Ring:**

- 2 (8-ounce) containers refrigerated crescent roll dough
- 1 (7-ounce) container pure almond paste
- 1/4 cup seedless red raspberry jam or cherry jam

**Glaze:**

- 1 cup powdered sugar
- 1 1/2 tablespoons water
- 1/4 teaspoon pure almond extract
- Sugar-dipped cherries and small pears, optional

Preheat oven to 375 degrees F.

Line a heavy large baking sheet with parchment paper and set aside.

Unroll crescent dough; separate along dough perforations into 16 triangles. Overlap 8 dough triangles on prepared baking sheet, positioning longest points in center and forming a 10-inch-diameter dough disk. Press edges of triangles together to seal.

Using a rolling pin, roll out almond paste between 2 sheets of waxed paper into a 9-inch diameter disk. Place almond disc atop dough disk. Spread jam over almond paste. Using remaining 8 dough triangles, arrange second 10-inch diameter dough disk atop jam. Pinch edges of dough disks to seal. Tuck edges under. Bake for 25 minutes, or until golden brown. Remove from oven and cool for 10 minutes.

While ring is baking, make glaze by stirring powdered sugar, water, and almond extract together in a medium bowl until smooth. Drizzle half of glaze over warm crescent. Let glaze set for 10 minutes and then drizzle remaining glaze over. Decorate with sugar-dipped cherries and small pears if desired.

Our night time maintenance staff Steve, Paul, and Bob in a friendly game of racquetball.... Thanks guys you do a great job keeping the club clean!



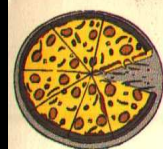
**NEW CLASS!**  
Starting Nov. 27th we will start a new 6:00am circuit training class held on Monday, Wednesday & Fridays. Meet our new instructor Craig for this early morning workout – then after this class try Tony's 7:00am Stretch & Tone classes.

See our class schedule on the web at [www.BAACFITNESS.COM](http://www.BAACFITNESS.COM)



Try Tony & Paula's new Saturday morning Circuit Training class and Stretch & Tone class starting at 9:00am — classes will rotate so call our front desk 888-5507 for specific class schedule !

Our fine desk staff Adrian & Jacque



*Dave's  
Pizza*

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