

February Newsletter 2007

**Do you have
Comments, Suggestions,
Compliments or Complaints ?
Email the manager – bhead@aol.com
Or call Bryan at 294-7740**

FREE ADULT GUEST DAY

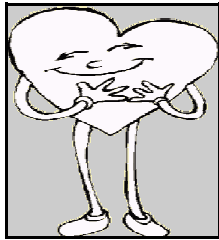
Do you have a friend you'd like to treat to a free visit to the club? Then bring them in on.....

- Friday, February 10th.
- Wednesday, February 14th.
- Monday, February 19th.

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



Uncomfortable in the weightroom?
Sign up today for a free orientation with Paula!

Personal Training for: Couples

Train with your loved one for a great deal!

1 session : \$50
6 sessions : \$250
10 sessions : \$400

KIDS AND VALENTINE'S DAY

Whether you're in a relationship or single this Valentine's Day, don't forget the kids in your life. Make a date with a son, daughter, niece, nephew or godchild. Go to the zoo, a movie or a theme park together. Or, maybe spend a quiet day at home making Valentine's Day crafts together.

<http://www.my-valentine.info/activities/index.php>

Hip-Hop Returns w/ Angie Jones

First class: Jan. 20th 9am

Watch for more dates and times!

See us on the web at
WWW.BAACFITNESS.COM

Need to restring your racquet? Drop it off at the front desk for repair!

Jed Massey



Hometown: Lewiston, Idaho
Education: LCSC graduate, Degree in Welding
Family: Married in 2005 to his beautiful wife, Whitney Massey

Hobbies: Outdoors; hunting, fishing, wakeboarding, fitness

Miscellaneous:

- Moved to Coos Bay four months ago, in search of new experiences and change.
- In 10 years, wants to be a family man, with children and a house.

Jed loves people, he quotes, "Even if I had a million dollars, I would still be helping people." He produces a fun atmosphere for fitness, as he is a very enthusiastic individual. We are all very excited to welcome Jed to the BAAC staff!

Favorite Activity at the club:

RACQUETBALL!

Spinning Instructor/Weight Room Orientations/Desk

A familiar face around the club..

BAAC member since: 1999

Family: Husband Casey, Hunter 7, Ezra 3

Hobbies: Camping, exercise, and all water sports

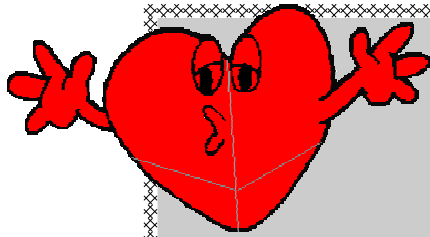
- Trinity's favorite sport is racquetball and she has been playing for seven years and counting..

A mother herself, Trinity is great with children. Hunter and Ezra are some of the most polite well-behaved kids around the club; proof of Trinity's patience and care. She fits right in with the staff and it's great to have her apart of the team!

Trinity Waterman



Nursery



St. Valentine's Racquetball Tournament

February 8,9,10,11



Heart Disease



Heart Disease is America's Number 1 Killer. But it's not a single killer, stalking its victims one by one. Heart Disease is part of a gang of killers, including improper nutrition, obesity, high blood pressure, unhealthy cholesterol profiles, and physical inactivity. This gang may pick heart disease to take out an individual or the same gang may use cancer to make the hit. It doesn't really matter because the gang has learned how to beat the system: the immune system, the cell metabolism system, and the free-radical-damage repair system. But you can fight back. In fact, you can arrest the risk-factors before they commit their capital crimes.

Leading Causes of Death in America [1]

Rank	Cause of Death	% of Total Deaths
1	Heart Disease	33.2%
2	Cancer	23.7%
3	Cerebrovascular Disease	6.6%
4	Pulmonary Disease	4.2%
5	Accidents	4.1%
6	Pneumonia & Influenza	3.6%
7	Diabetes Mellitus	2.3%
8	Suicide	1.4%
9	HIV/AIDS	1.4%
10	Homicide	1.2%
11	Liver Disease	1.2%
12	Kidney Disease	1.0%
13	Blood Poisoning	0.9%
14	Atherosclerosis	0.8%
—	All Other Causes	14.5%

Your Chances of Dying of Cardiovascular Disease Are 2 out of 5...



Cardiovascular Disease:
 Heart Disease
 Cerebrovascular Disease
 Atherosclerosis

<http://>

Jed's Spinning Class Schedule

Starts January 15

Monday & Wednesday 9am

Tuesday & Thursday 5:30pm

* Jed will also be taking over Elizabeth's morning class, beginning January 30th. Tuesday & Thursday 6am

Try this!

The Plié Squat

Targets the inner thighs, quadriceps, as well as the glutes. Stand with feet wider than shoulder-width apart, toes out at a comfortable angle. Bend your knees and lower your body towards the floor, squeeze through the heels of your feet as you push back up. Remember, don't lock your knees at the top of the movement and keep your abs and back tight and straight.

A Guilt-Free Chocolate Dessert..

Mini Cocoa Swirl Cheesecakes

- * 6 oz reduced-fat cream cheese, at room temperature
- * 1/2 c part-skim ricotta cheese
- * 2 Tbsp Splenda Granular
- * 1 lg egg
- * 1 lg egg yolk
- * 1/2 tsp vanilla extract
- * 1 1/2 tsp unsweetened cocoa powder, sifted

1. Preheat oven to 350 degrees F. Line 6-cup muffin pan with oil or paper liners.

2. Blend cream cheese and ricotta in food processor until well combined. Add Splenda, egg, yolk, and vanilla extract. Process until smooth.

3. Divide 1 cup of batter among muffin cups. Add cocoa to remaining batter and combine. Drop a heaping tablespoon of cocoa batter into each muffin cup and gently fold to form a swirl.

4. Place muffin pan in large roasting pan and fill with hot water to reach halfway up muffin pan. Bake until cakes are puffed and set, 20 minutes. Remove from water and cool at room temperature for at least 2 hours.

Makes 6



□

Laughter – Doc's Best Medicine

A woman walked up to a little old man rocking in a chair on his porch. "I couldn't help noticing how happy you look," she said. "What's your secret for a long happy life?"

"I smoke three packs of cigarettes a day," he said. "I also drink a case of whiskey a week, eat fatty foods, and never exercise."

"That's amazing," the woman said. "How old are you?"

"Twenty-six," he said.

Kelley Kristensen

has announced the addition of a Wednesday Jazzaerobics class. Now you can work out with Kelly 3 days a week.

