

January 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.....

Saturday, January 6th.

Friday, January 12th.

Tuesday, January 23rd.

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.

Bay Area Athletic Club is a great place to spend quality time with your family, and meet new friends while you are reaching personal health and fitness goals. You will find that everyone here is just like you in that they want to improve something about themselves and they want to do it in a positive atmosphere.

We can make exercising and getting in-shape as fun as it can get.

Turkey Shoot 2006

2006 Racquetball Winners

"C" level singles

- 1st. Crystal Culley
- 2nd. Erik Culley
- 3rd. Kevin Johnson

"C" level drop down bracket

- 1st. Bob Kohl
- 2nd. Jesse Abel

"B" level singles

- 1st. Russ Clark
- 2nd. Jose Martinez
- 3rd. Jason Stone

"B" level drop down bracket

- 1st. Jim Gannaway
- 2nd. Levi Thomas
- 3rd. Jason Davidson

"A" level singles

- 1st. Mike Bern
- 2nd. Robert Holling

"A" level drop down bracket

- 1st. Randy Kahler
- 2nd. Chad Summerfield

"A" level doubles

- 1st. Mike Bern/Matt Shrusberry
- 2nd. Robert Holling/Chad Summerfield
- 3rd. Fred Baida/Glenn Cunningham

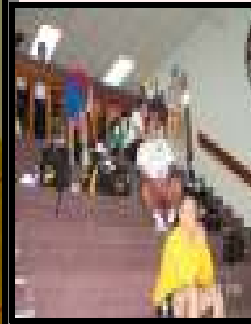
"B/C" level doubles

- 1st. Chuck Shrusberry/Levi Thoma
- 2nd. Jim Collatt/Russ Clark
- 3rd. Scott Sullivan/ Trinity Waterman

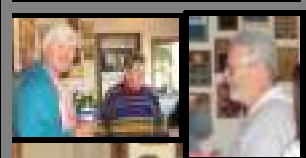
"B/C" doubles drop down bracket

- 1st. Jose Martinez/Connie Sullivan
- 2nd. Bob Kohl/Jason Davidson

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Senior Volleyball Christmas Party



CONGRATULATIONS TO OUR FREE GUEST COUPON DRAWING WINNERS!

*Winners of our drawing for a one hour massage with Melody are
Pat Collins and her guest Kathleen Leaf.*

*Winners of our free T-shirts are Eric Luckman and his guest
Andrew Luckman.*

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!

Beef-and-Mashed-Potato-Stuffed Peppers with Garlicky Bread Crumbs

- 3 tablespoons extra-virgin olive oil, plus more for drizzling
- 1 small onion, finely chopped
- 3 cloves garlic, finely chopped
- 1/2 pound lean ground beef
- Salt and pepper
- 2 pounds baking potatoes, boiled and mashed (about 2 cups)
- 1 cup freshly grated Parmesan cheese
- 2 tablespoons chopped flat-leaf parsley
- 1/2 cup bread crumbs
- 4 large red and green bell peppers, caps removed and reserved, seeds and white membranes discarded



1. Preheat the oven to 400°. In a medium skillet, heat 2 tablespoons of the olive oil over medium-high heat. Add the onion and two thirds of the garlic and cook until softened, about 3 minutes. Add the ground beef and cook, stirring to break up the beef, for about 5 minutes, or until browned; season to taste with salt and pepper.
2. In a medium bowl, combine the mashed potatoes with 1/2 cup Parmesan and the parsley.
3. In a small bowl, combine the bread crumbs with the remaining 1 tablespoon of olive oil, the remaining one third of the garlic and the remaining 1/2 cup Parmesan.
4. Stand the bell peppers upright in a baking dish. Stuff each pepper with one quarter of the potato mixture, then one quarter of the meat mixture. Top the stuffed peppers with the garlicky bread crumbs and the bell pepper caps, and drizzle with olive oil. Roast the stuffed peppers until tender, about 30 minutes.

ATTENTION MEMBERS

IN CIRCUIT TRAINING CLASSES,
PLEASE GIVE PRIORITY TO CLASS PARTICIPANTS ON EQUIPMENT.

USE OF THE MACHINES IS ALLOWED, AND ENCOURAGED AS LONG AS IT DOES NOT INTERFERE WITH THE ROTATION OF PARTICIPANTS.

THANK YOU FOR YOUR COOPERATION!!

CIRCUIT TRAINING SCHEDULE

MON. - WED. - FRI. with Craig 6:00-6:45AM
MON. - WED. - FRI. with Paula 7:00-7:45AM
MON. - and - WED. with Joseph 6:00-6:45PM

AQUATONE Class w/ Jennifer Mon. Wed. & Fri. 2:00 – 3:00 pm.



LAP SWIM RULES...

Weekdays the Lap Lanes are by reservation only... no more than two days in advance. YOU SHOULD VERIFY YOUR RESERVATION WITH THE FRONT DESK WHEN YOU COME IN TO THE CLUB TO REDUCE MISTAKES. YOU MUST BE IN THE POOL AND CLAIM YOUR LANE WITH-IN 10 MINUTES OR IT WILL BE GIVEN AWAY TO THE NEXT PERSON THAT ASKS. IF YOU DON'T HAVE A RESERVATION CHECK WITH THE FRONT DESK FIRST BEFORE TAKING A LANE.



**Dave's
Pizza**

DINE IN - TAKE OUT - DELIVERY

Big Screen TV/VCR
Game Room

Thin or Pan Crust
Over 20 Toppings
Over 30 Item Salad Bar
Sandwiches, Spagetti & Appetizers

756-0556

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