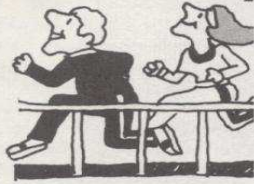


# Bay Area Athletic Club

Exercise Away Your Calories



Heated Indoor Swimming Pool

Aerobic Exercise Classes

Three Hot Whirlpools

Two Saunas

Racquet Ball Courts

Fitness Appointments

Personal Work Out Programs

Computerized "Life Cycles"

Volleyball Courts

Sun Tan Booths

Nursery For Children

Snack Bar

Pro Shop

NEWSLETTER July 2006

Have Fun, Exercise, Relax & Relieve Stress,  
and Have a Great Summer... at B.A.A.C. Tell you friends about our  
"Summer Special" 3 months for \$139



Visit our great website *(designed by Arena!)....* [WWW.BAACFITNESS](http://WWW.BAACFITNESS).

## Have a friend that needs exercise?

### Then bring them on a "Free Adult Guest Day"!

For computer picture card members only to bring one Adult guest to the club for free!!



Friday June 30<sup>th</sup>  
Wednesday July 5<sup>th</sup>  
Saturday July 15<sup>th</sup>

Don't miss this opportunity to bring a friend or family member with you to the club at no charge!  
Swim, play racquetball, work-out, sauna - steam - hot tub; do what ever you like! Bring a friend that you think needs more  
exercise in their life. Maybe they will get hooked!

One adult guest per member only please.

(Any other day members may bring a guest for a \$7 per visit )

**We will be closed for racquetball court resurfacing on Sat. & Sun. July 1st & 2nd, we will be  
open normal hours on Monday July 3rd, and will be open Tue. July 4th from 8am to 7pm.**

Open play Wally Ball every  
Monday & Wednesday at 7pm -  
everybody is welcome!



Join our popular  
water exercise classes !



- **It's a wonderful experience to work with the happy & active people that come to Bay Area Athletic Club.** We the staff, appreciate the *member's friendliness and cooperation* in helping us make the club run smoothly. We thank you for choosing the Bay Area Athletic Club for **your club.** We know you have a choice, and we're glad so many do make the decision to come to our facility. We are continually looking for better ways to serve you and assure that your visits to the club are always satisfying and ultimately stress relieving, whatever activity you like to participate in. **It is a privilege to serve you.**



- **Open Door Policy:** We like to hear what our members are thinking about as it helps us determine what priorities we need to be working on. Please never hesitate to tell us in-person and right on-the-spot what problems you may be experiencing in using the club. The sooner we know, the sooner we can attend to the problem. And it is likely that other members have felt the same as you. As the manager, I like to be informed as to what is happening so if you can tell me what it is you need; I hopefully can see to it that the situation is corrected as soon as possible. Or call me... 888-5507 at the club -- or 269-7540 at home. You can e-mail me at **www.bhead@aol.com** Our desk & office staff are excellent and can solve most any problem you'll encounter, but if something is bugging you, please speak to me... my door is always open! **Bryan.**



- **We play By the Rules:** At Bay Area Athletic Club we all play by the rules. If you ever witness other club users not following club rules we'd like you to tell us about it at the front desk, right away. Examples could include young children in the weight room, or someone not following pool rules, or lap swimmers trying to swim in a crowded pool without a lane reservation, or even sweaty exercisers jumping into the hot tubs without first showering... whatever it is... We like it when members are considerate of each other, keep the place clean, and can cooperate and work out sharing a lap lane, or a racquetball court, or a piece of weight

room equipment, but if you can't solve it yourself with a polite "pointing out of the rules", please tell us at the desk right away so we can make sure things keep running as smoothly as possible. We like our rules, but we also modify them when we see that they have become outdated or obsolete. Good member feedback and everyone understanding that here we must all play by the rules is the key to a smooth running athletic club with very happy members.



**You know you must see a doctor before starting any exercise program at B.A.A.C - especially a vigorous one, but how do you know if that applies to you? The following is a checklist from the American Heart Association, if any of these items describes you, then talk to your physician right away.**

- ✓ You are middle-aged or older, have not been physically active, and plan a relatively vigorous exercise program.
- ✓ During or right after exercise, you frequently have pains or pressure in the middle or left chest area, the left side of the neck, or left shoulder or arm.
- ✓ You feel breathless after mild exertion.
- ✓ You have lost consciousness or fall over due to dizziness.
- ✓ You have developed chest pain in the past month.
- ✓ Your doctor recommended you take medicine for your blood pressure or for a heart condition.
- ✓ Your doctor diagnosed bone or joint problems that could be made worse by the physical activity you're considering.
- ✓ Your doctor said you have a heart condition and recommended only medically supervised physical activity.
- ✓ You have a medical condition or other reason not mentioned here that might need special attention in an exercise program (for example, insulin-dependent diabetes).

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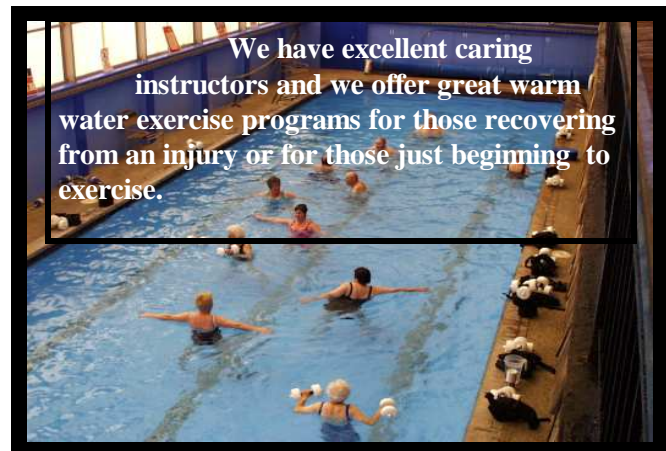
### **BAY AREA ATHLETIC CLUB'S MISSION STATEMENT**

**Our goal** is to remain the finest family athletic club on the Oregon Coast, providing a clean up-to-date facility, excellent and safe family programs & exercise classes, with the friendliest and most helpful staff that you have ever had serve you anywhere!

**Our job** is to make each and every visit to the athletic club enjoyable & comfortable for you and your family and to be instrumental in helping you reach your health and fitness goals.

**Bay Area Athletic Club Employees** are our most valuable assets. Instructors, Nursery Attendants, Maintenance Staff, and Desk Staff, all working together to create the positive working environment necessary to help all the members & staff achieve their goals.

**You, Our Customers,** make this business possible and keep it enjoyable. The positive and friendly support of our members make



- An important reason for our front desk check-in system is for “**your safety**”. **Club Security** is more and more on our minds lately. We have to take seriously the issue of who we allow to walk past the front desk and come into the building. **We must keep the building safe for you, your children, and your property while you exercise and relax in confidence.** All members are given a membership card key tag that will be used to check-in at the club's front desk. More than ever, your card # or key tag will be required for club access.

New Spinning classes are coming to B.A.A.C. soon! Mark just purchased a room full of brand new stationary cycling exercise bikes for our newest classes. "Spinning" is an exciting and effective new program unlike anything on the Oregon coast. It will change your body & your life, no matter what your fitness level is. This fun and exhilarating workout combines heart-pumping music to motivate you every step of the way. You will lose weight, get in shape, and boost your energy level. Your confidence will soar because you look and feel great. Look for our new class times starting this month!



**B.A.A.C. has been serving the Bay Area for over 27 years!**

From the Manager... This club means many things to a wide variety of people. We have numerous people using the club each and every day. We strive to keep everyone happy and healthy through our

many quality fitness programs and excellent exercise equipment in a beautiful facility by utilizing the diverse skills of our qualified staff. We are also fortunate to have loyal members who enjoy the experience of the club and keep coming back. Both members & staff together have created a healthy family environment and a wonderful network of friends where we can come as we are and comfortably achieve our own fitness goals. All the people of this club promote better health and a more positive outlook on life. We at B.A.A.C. strive to do a superior job at helping you enjoy and succeed improving your

physical health and much more. Thank you for your business. Bryan.



Join us for open family swimming every night until 10pm

**Our suntan cards are on sale for half price!**  
**50 fifteen-minute tans for just \$50.**  
**And, you may share this card with a friend!**

*We offer something for everyone – all under one roof!*



**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, Spaghetti & Appetizers  
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