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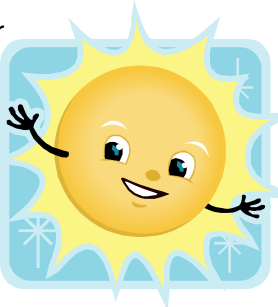
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Bay Area Athletic Club



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NEW SPINNING CLASS
With Hannah
Tuesdays at 6:30pm



Join Angie for
Hip-Hop on
Thursdays!
5:30pm





Hannah Cook joins the BAAC team!

Hannah has been enrolled in the Massage Therapy Program at Lane Community College. She is currently taking her last class and will be taking her state and national board tests in the fall. She is very excited about obtaining her certificate of completion and applying what she has learned.

When asked why she chose to enter the Massage Therapy field she answered:

“I’ve always known I would work in the medical field, I just wasn’t sure where. After taking Anatomy and Physiology classes at Oregon State University I discovered I love human anatomy and physiology. I learned how complex our bodies are and how each system is so intricately related to each other. After a lot of research, interviews, and receiving massage, I knew therapeutic massage was the path I am to take. I have greatly enjoyed my education and can hardly wait for the next step of this adventure.

Favorite Exercise: “I love being outdoors and walking our local trails. When I’m at the club I enjoy using the free weights because there are many ways to use them.”

Favorite Health Tip: “Seek peace and pursue it.” Psalms 34:14

Favorite part about BAAC: “The team atmosphere and all the water I want.

Swimming Lessons

w/ Bob Golden

Mondays & Wednesdays

6:30 – 7:30pm

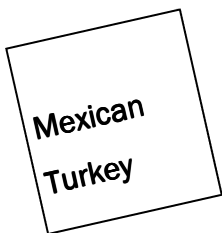
1 30 min. session - \$11

10 sessions - \$90

20 sessions - \$140

Bob has had 35 years experience teaching a variety of persons with physical disabilities, to those fearing water, and skill levels up to Live Saving Classes.

Ask at the desk for a free one free trial lesson coupon!



INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 1 medium green bell pepper, finely chopped
- 2 cloves garlic, minced
- 1 cup salsa
- 1 (15.25 ounce) can whole kernel corn, drained
- 1 pound ground turkey
- 1 (1.25 ounce) package taco seasoning mix
- 1/3 cup dry bread crumbs
- 6 (10 inch) flour tortillas
- 6 tablespoons sour cream
- 2 cups shredded lettuce

DIRECTIONS

1. Preheat oven to 450 degrees F (230 degrees C). Coat a medium baking dish with cooking spray.
2. Heat the olive oil in a skillet over medium heat, and sauté the onion, green pepper, and garlic 5 minutes. Remove from heat, and cool slightly.
3. In a small bowl, mix the salsa and 1/2 the corn. In a large bowl, mix the onion mixture with the turkey, taco seasoning, and 2 tablespoons of the salsa mixture. Divide into 6 patties, and press into the breadcrumbs to lightly coat on all sides. Arrange coated patties in the prepared baking dish.
4. Bake the patties 10 minutes in the preheated oven. Drain any liquid from the dish, turn patties, and spread with the remaining salsa mixture. Continue baking 10 minutes, to an internal temperature of 165 degrees F (75 degrees C). Warm the tortillas in the microwave, about 30 seconds on High. Wrap the cooked turkey patties in the warmed tortillas with sour cream and lettuce. Sprinkle with remaining corn to serve.



Meet Angie

(Picture)



BOOST THYSELF

YOGA

TRY IF: You've lost your groove and feel mentally fatigued.

HOW IT WORKS: Developed in India, this ancient combination of postures (asanas) and breathing techniques (pranayama) has run rampant in the States for a reason: Nothing beats it for mind-body wellness. Asanas include seated twists and hip openers to reduce lower-back tension, standing postures to strengthen quads and calves, abdominal work to build core strength, and inversions to develop the upper body and improve coordination. Deep breathing throughout elevates oxygen flow, centering your mind and increasing circulation and flexibility. "Most sports increase tension in muscles and joints," says Ashley Turner, an L.A.-based yoga instructor who leads retreats for surfers and snowboarders. "Yoga wrings that tension out."

FREQUENCY: Two 90-minute classes a week.

WHO DOES IT: Serena and Venus Williams, Kevin Garnett.

ACUPUNCTURE

TRY IF: You're suffering from acute or chronic pain.

HOW IT WORKS: This 5,000-year-old form of Chinese medicine is lauded for its effectiveness at reducing pain and swelling, loosening tight muscles, and improving circulation. After a preliminary exam, the acupuncturist will insert cactus-spine-thin needles—which typically go an eighth- to a half-inch deep—at precise points along the 12 energy channels, or meridians, to clear "blockages" thought to be linked to discomfort and disease.

FREQUENCY: For acute pain from an injury, three sessions a week for two weeks; for general wellness, once a month.

WHO DOES IT: Shaquille O'Neal, Matt Hasselbeck.

PILATES

TRY IF: You don't trust your limbs after an injury.

HOW IT WORKS: A hybrid of yoga and calisthenics, Pilates is based on the concept that a strong core is the key to full-body stability. Using spring-tension machines (sounds scarier than they look), you'll elongate and strengthen big muscles like the quadriceps and glutes, tone the local muscles in your shoulders, and build abdominal and pelvic strength. "When your core is integrated with both your global and local muscle groups," says Santa Monica, California, instructor Marcee Friedman, "they'll work together in a balanced way, which stabilizes your joints and helps you move more efficiently."

FREQUENCY: For injury recovery, three times a week; for maintenance, once a week.

WHO DOES IT: Curt Schilling, Tiger Woods.

ROLFING

TRY IF: You keep getting injured.

HOW IT WORKS: Developed in the fifties, Rolfing is a manipulation of the fascia tissue, the cartilaginous substance that surrounds muscles. By using a variety of firm and gentle hand-pressure techniques to elongate the fascia throughout the body, Rolfers enable the skeleton and muscles to slip back into their natural alignments so you can move the way you're supposed to. The result: You'll suffer fewer injuries and heal faster. Even better, "athletes get a bump in performance because their whole body works better," says Jeffrey Maitland, former team Rolfer for the NBA's Phoenix Suns.

FREQUENCY: For optimum alignment, ten 90-minute sessions over the course of ten weeks.

WHO DOES IT: Randy Moss, Phil Jackson.

TAI CHI

TRY IF: You feel underpowered and unfocused.

HOW IT WORKS: This ancient Chinese martial art consists of linked, slow-motion poses—one-legged stands, twists, and kicks—that teach you to quiet your mind and utilize the natural flow of energy, or chi. "Instead of isolated motions, you'll move from your core and thus harness more power with less effort," says Jeff English, a Santa Fe, New Mexico-based tai chi and tennis instructor. You'll also learn to concentrate on your breathing so you can turn off all that distracting inner dialogue—"I should have worn my other shoes!"—and focus on the task at hand.

FREQUENCY: Two to three times a week with an instructor, then solo once you have the moves down.

WHO DOES IT: Yao Ming, Jet Li.

THAI MASSAGE

TRY IF: You're toasted from a major competition.

HOW IT WORKS: Passed down by Buddhist monks, Thai massage blends elements of acupressure (acupuncture with fingers) and yoga. Think of it as intensive stretching class, except that your teacher moves your body for you while using his thumbs, hands, elbows, knees, and feet to dig into your key pressure points. "The simultaneous stretching and compression increases energy flow and range of motion, soothes tense muscles, and eliminates toxins," says Kimberly Call, a Thai-massage therapist and instructor in San Francisco. You might feel like a puppet, but you'll rebound that much faster.

FREQUENCY: A two-hour session after intense training

or competition.

WHO DOES IT: Rochelle Ballard.

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