

# Bay Area Athletic Club

985 Newmark, Coos Bay  
888-5507

Newsletter

VISIT OUR WEBSITE:  
HTTP://WWW.BAACFITNESS.COM!

November 2006

## 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, November 11th**

**Or**

**Wednesday, November 22nd**

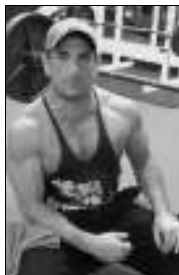
For permanent card members only. One adult guest 18+ per member. (Any other guests may pay a guest fee of \$7. Unaccompanied walk-in non-members pay a day use fee of \$10.)

## Stretch & Tone with Tony!

**7:00 a.m. to 7:45 a.m.**

**M, W, F.**

Fantastic full-body workout!  
Challenging to all fitness levels,  
so come in and try it today.



**Comments, suggestions, complaints, compliments? Email Bryan at bhead@aol.com**



Come try *Senior Water Volleyball* from 12:35 to 1:55 p.m. Monday, Wednesday and Friday!!



## Recipe Corner - Healthy Trail Mix



### Ingredients:

- 2 cups popped 94% fat-free kettle corn popcorn
- 1 cup Gerber Finger Foods Veggie Puffs; Corn
- 1 cup Gerber Mini Fruits; Strawberry Banana
- 2 oz. Genisoy Chocolate Covered Soy Nuts
- 1/2 cup Fiber One Bran Cereal

### Directions:

- Combine ingredients and give 'em a shake. Makes approximately five 1-cup servings.

(source: healthy-girl.com)

## Fitness Training With Tony!

### Single Rates

- 1 session – \$30
- 6 sessions – \$150
- 10 sessions – \$250



### Couple Rates

- 1 session – \$50
- 6 sessions – \$250
- 10 sessions – \$400





## **Did you know October was National Breast Cancer Awareness Month?**

### **What's your breast-cancer risk?**

More than 75 percent of all breast cancers occur in women over the age of 50. But other risk factors include:

- Previously had breast cancer
- First-degree relative—daughter, mother, sister—who had breast or ovarian cancer.
- Prolonged exposure to estrogen: hitting puberty before age 12, starting menopause after age 55, or having children after age 30 or not at all.
- An abnormal biopsy even if it later turns out to be benign.
- A mutation in the BRCA1 or BRCA2 gene (learning this requires genetic testing; discuss this option with your doctor).
- Currently taking hormone therapy for menopause.
- Postmenopausal obesity.

*(source: Ladies Home Journal)*

Thanksgiving is  
 Thursday, November  
 23rd. BAAC will be  
**closed.**  
 Have a great holiday!



# 7,100

Is the number of calories the average American takes in eating a typical Thanksgiving Day meal.

## **Good Substitutes for Thanksgiving**

### **Instead of**

Cheese and crackers  
 Green bean casserole  
 Sweet-potato casserole  
 Corn-bread stuffing  
 Dark meat  
 Turkey *with* skin  
 Two glasses of merlot  
 Dinner roll with butter

### **Have**

Fresh fruit  
 Green beans  
 Baked Sweet Potato  
 Herb-and-apple stuffing  
 White meat  
 Turkey *without* skin  
 Sparkling water  
 Some willpower



# Spinning with Jacque!



Monday mornings  
**9:00 a.m. to 9:45 a.m.**  
Guaranteed to get you 'rolling'  
through the day!



BAAC has new  
merchandise! Come in  
today and see our new  
clothes!



## We're expecting!

If you haven't heard by now, both staff  
members, Angela Pittman and Arena  
Thompson are expecting!

Angela's due date is March 3rd and she is having  
a little girl!



Arena's is April 17th and won't know the  
baby's gender until mid November.

**Spinning**  
**Come try our new spinning times!**  
**Mondays at 9am with Jacque**  
**Mondays and Wednesdays at 7pm with Joseph!**



**Dave's Pizza**  
**DINE IN - TAKE OUT - DELIVERY**  
 Big Screen TV/CDR  
 Game Room  
 Thin or Pan Crust  
 Over 20 Toppings  
 Over 10 Item Salad Bar  
 Sandwiches, Spaghetti & Appetizers  
 1933 Newmark  
 North Bend, OH 93459  
**756-0556**

Fall has arrived!



**bnt**  
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