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BAACFITNESS.COM**

**B.A.A.C. has been serving the  
Bay Area since 1979!**



*All classes are included  
In membership.*



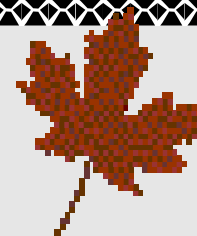
*Our instructors are  
The Best !*



**New morning Circuit Training class w/ Paula Massie  
Tuesday and Thursdays  
7:50 - 8:30 am.**

### Did you know: (submitted by a beautiful woman)

- (1) If shop mannequins were real women, they'd be too thin to menstruate.
- (2) There are 3 billion women who don't look like super models and only eight who do.
- (3) Marilyn Monroe wore a size 14.
- (4) If Barbie was a real woman, she'd have to walk on all fours due to her proportions.
- (5) The average American woman weighs 144 lbs. and wears between a size 12 and 14.
- (6) One out of every four college aged women has an eating disorder.
- (7) The models in the magazines are airbrushed-they're not perfect.
- (8) A psychological study in 1995 found that three minutes spent looking at models in a fashion magazine caused 70+ACU- of women to feel depressed, guilty, and shameful.
- (9) Models twenty years ago weighed 8% less than the average woman, today they weigh 23% less.



### Diet Facts

A diet is a weigh of life.

It's not the minutes spent at the table that put on weight, it's the seconds.

It's something most of us do religiously: We eat what we want and pray we don't gain weight. The problem with curbing our appetites is that most of us do it at the drive in window of McDonalds.

The most fattening thing you can put in an ice cream sundae is a spoon.

The biggest drawback to fasting for seven days is that it makes one weak.

Sweets are the destiny that shapes our ends.

Diets are for people who are thick and tired of it.

The toughest part of a diet isn't watching what you eat. It's watching what other people eat.

Diets are for women who not only kept their girlish figure but doubled it.

A diet is when you have to go to some length to change your width.

Many women reduce and reduce, yet still never manage to become a bargain.

Most people gain weight by having intimate dinners for two...alone.

A diet is the modern-day meal in which a family counts its calories instead of its blessings.

A diet is what you go on when not only can't you fit into the store's dresses, you can't fit into the dressing room.

One guideline applies to fat and thin people alike: If you're thin, don't eat fast. If you're fat, don't eat - FAST.

### Free Adult Guest Day

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

- Saturday Oct. 7th.
- Sunday Oct. 22nd.
- Tuesday Oct. 31st.

### How much should I weigh?

That depends on many factors, but here's a quick formula to give you an idea if you may be "overweight":

- (a) Convert your weight to kilograms, by dividing pounds by 2.2 (e.g. 135 lbs./2.2 = 61.6);
- (b) Convert your height to meters, by dividing inches by 39.4 (e.g. 62 inches/39.4 = 1.6 meters), then square that number (1.6 x 1.6 = 2.6)
- (c) Divide (a) by (b) to get your "body mass" (e.g. 61.6/2.6).

For women, desirable body mass is 21-23, overweight begins around 27.5, and seriously overweight is above 31.5. (For men, desirable body mass is 22 to 24, overweight begins at around 28.5, and seriously overweight is above 33.)



## 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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541-888-5507**

**Club Hours**  
Monday - Friday... 5:00 a.m. to 10:00 p.m.  
Saturday.....8:00 a.m. to 10:00 p.m.  
Sunday.....10:00 a.m. to 10:00 p.m.

[baac@charterinternet.com](mailto:baac@charterinternet.com)

**Fall 2006 GROUP FITNESS SCHEDULE**

All group fitness classes are included with membership  
Aerobic Schedule (Group fitness training downstairs in the aerobic room)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-6:45am		Spinning	Spinning	Spinning	Spinning
7:00-7:45am	Stretch		Stretch		Stretch
7:50-8:30am	Circuit	Circuit	Circuit	Circuit	Circuit
9:00-10:15am	Jazzaerobics	Interval	Step	Interval	Jazzaerobics
4:20-5:20pm	Step	Dancing Thru The Core		Flex Appeal	Step
5:30-5:45pm	TAC		TAC		
5:50-7:30pm	Hatha Yoga		Hatha Yoga		
6:00-6:40pm	Spinning		Spinning		
6:00-6:40pm	Circuit		Circuit		
7:00-7:40pm		Spinning		Spinning	

**New Class  
Jazzaerobics  
Starts  
September 18th.  
Monday and  
Fridays  
9:00-10:15am.  
With  
Kelley Kristensen**

**Aquacise Schedule (Group fitness training in the water)**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:20-8:20am	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
8:25-9:25am	Hydrofit	Hydrofit	Hydrofit	Hydrofit	Hydrofit
9:30-10:30am	Aquacise		Aquacise		Aquacise
12:00-1:00pm		Aqua Fun		Aqua Fun	
2:00-3:00pm	Aqua Tone		Aqua Tone		
4:30-5:30pm	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
5:35-6:35pm	Aqua Fun	Pool Circuit	Aqua Fun	Pool Circuit	

9:00am  
Choice

**Pool Schedule** Adult LapSwim by reservation only Mon. - Fri. UP TO 2 DAYS IN ADVANCE

**CHILDREN UNDER AGE 13 MUST HAVE ADULT SUPERVISION - STATE LAW**

no lane reservation no lane reservation

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-7:15am	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	8:00-9:00am	
9:45-10:55am		Adult Lap		Adult Lap		Adult Lap	10:00a-2:00pm
10:35-12:30pm	Adult Lap		Adult Lap		Adult Lap	10:20-2:00pm	Adult Lap
12:35-1:55pm	Senior V-Ball		Senior V-Ball		Senior V-Ball	Adult Lap	
1:00-3:00pm		Open Swim		Open Swim			
3:05-4:25pm	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	2:00-10:00pm	2:00-10:00pm
5:50-10:00pm					Open Swim		
6:35-8:00pm	Swim Lessons		Swim Lessons			Open Swim	Open Swim
6:35-10:00pm	Open Swim	Open Swim	Open Swim	Open Swim			

**AEROBIC ROOM  
AQUACISE  
POOL**

**C** **IN THE AEROBIC ROOM...**  
Step

## **IN THE AEROBIC ROOM...**

### **Step**

Our STEP aerobic classes are designed for beginner, intermediate, or advanced participants. This workout includes 30-40 minutes of stepping with conditioning and stretching at the end. Conditioning includes use of weights, band and sometimes the Gymnic ball. This is a fun and exciting way to get fit.

### **T.A.C.**

This is an AB class designed for "Total Abdominal Conditioning". In 15 minutes you will totally fatigue and challenge your abs like you have never done before. Conditioning may include use of weights, ball, and dyna-bands. We dare you to take the challenge!

### **Interval**

This class is designed for all fitness levels. It combines intervals of high intensity cardio work with the use of free weights and dyna-bands to increase muscular strength & endurance. A great way to cross train & vary your workout.

### **Stretch**

This class is designed to increase muscle flexibility. You will focus on posture, breathing, technique, relaxation and alignment. Ideal for muscular enhancement and injury prevention. Very relaxing! Mon, Wed, & Fri 7:00am

### **Hatha Yoga**

Postures discovered in the distant past form the basis of yoga. The combination of breath with movement creates a vigorous yet relaxing format. Hatha Yoga promises increases strength and flexibility. Mon/Wed. at 5:45pm

### **Spinning**

An awesome group workout that is excellent for cardio health and the lower body. Spinning will enhance your speed, strength, and stamina. It will also improve your overall physical health and increase your caloric burn. Come try it today!

### **Dancing Thru the Core**

An aerobic journey of body and mind connection exploring the 5 rhythms of life. You will soar on music from around the world. Pilates toning exercises will center, strengthen, and ground us back home.

## **IN THE WEIGHT ROOM...**

### **Circuit Training**

This weight-room class is designed to increase muscular & cardiovascular endurance by using a variety of machines in the weight room. It is a 40-minute workout that includes warm-up and stretching. Fantastic class for those of you wanting to increase lean muscle mass.

## **IN THE SWIMMING POOL...**

### **Aquacise (Aqua)**

Aquacise is an aerobic class in the water. It includes 30-40 minutes of cardiovascular training with conditioning and stretching. Work at your own pace using the bottom of the pool for movement forward and back, as well as jogging and jumping for added intensity.

### **Hydro-fit (Hydro)**

Hydro-fit is a deep-water workout which uses flotation devices to aid in extra resistance and added buoyancy. This class is designed for all levels of fitness, however it does require additional balance & coordination.

### **Aquatone**

Designed basically for the beginner. Your intensity level can be as low or high as your fitness level dictates. It is great class for the person recovering from surgery or injury, obesity, or anyone who has not exercised in many years.

### **Pool Circuit Training**

This water class is designed to increase muscular & cardiovascular endurance by using a variety of workout stations. Includes a warm-up, 45 minutes of cardio, and a final stretch.

### **Aqua-Fun**

Designed for beginners. Fun, energetic, and lots of singing!