

Visit our great website  
(designed by Arena!)...  
WWW.  
BAACFITNESS.COM

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

Have Fun, Exercise, Relax &  
Relieve Stress,  
and Have a Great  
Summer... at  
B.A.A.C.  
Tell your friends  
about our  
"Summer  
Special"  
3 months for  
just \$139  
Sale ends  
Sept 31st

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  
the whole family...  
*all under one roof!*

New  
**SPINNING GROUP CYCLING CLASSES**

*The Oregon Coast's Most Complete  
Athletic Club Facility*



*September 2006 Newsletter*

***BAAC – it's where you want to be!***



**Our new Spinning Classes  
Are 40 minutes long  
and are held...**

**In the mornings at  
6:00am on Tuesday & Thursday  
7:00am on Wednesday & Friday**

**In the evenings at  
6:00pm on Monday & Wednesday  
7:00pm on Tuesday & Thursday**

**All members are welcome to  
join us!**

**We are looking forward to expand-  
ing this program this Fall with  
many more classes and we are  
recruiting instructors! – let us  
know if you'd be interested!**

Let the Bay Area  
Athletic Club help you &  
your family live a  
healthier lifestyle.  
Hang out with your friends  
at the club instead of on the  
couch in front of  
the TV or computer.  
**Be active and move.**

Swim, stretch, be  
active for life.

We have so much to  
offer for everyone!

Day care while you  
exercise, basketball &  
racquetball. We are open  
late 7 days a week! Swim,  
hot tub, & steam room.

**This is where  
you want to be!**

Enjoy the healthy  
club lifestyle!



**Bay Area Athletic Club**

***Comment? Complaint? or Suggestion?***

***You can e-mail the manager at [WWW.BHEAD@AOL.COM](mailto:WWW.BHEAD@AOL.COM)***

***Or call 888-5507 club — 269-7540 home — 294-7740 cell***

**Who can be on your “couple” or “family” membership with you???**

“Additional Family Members” include ONLY, same household couples and dependent children age 6-21 years old. Members own children age 5 & under are free. When a child reaches age 22 they must be on a membership of their own.

***Swimming Pool & Hot Tub News...***People ask us all the time “how safe is our water“?

Good question. The answer is “very safe” – *maybe too safe!* We use chlorine to sanitize the water – our staff tests the water chemistry 5 times a day. We circulate & filter the water 24 hours a day. We have always kept the pool water well above the State requirements making sure there is no contamination possible in our water. Meaning it is *well chlorinated* and there is virtually no chance of obtaining a virus or bacteria from our water. But we want to use less chlorine so the water is not so harsh to those with sensitive skin. Chlorine does dry the skin. So help us out and help yourself out by taking a cleansing shower before entering the pool or hot tub every time. This will help us to be able to use less chlorine and still keep the water safe & clean. But also take a shower after swimming to rinse off the chlorine, this will be better on your skin and swimsuit. And please don't use lotions or oils before going in our pools – this clouds and contaminates the water & filters further making it difficult to keep the pool clean, safe and beautiful. We are very proud of our beautiful warm water pool and we know it has benefited hundreds of our members over the years allowing them to get needed exercise with out the jarring effect on the joints of land based exercise. For some our pool is the only exercise possible. So please enjoy it's benefits and help our staff take care of it!

***Traveling this summer?***

***Don't forget your **Fit Life Fitness To Go Card** that will allow you access to 70 other quality health clubs in the Oregon, Washington and Montana areas. See our front desk for your card – it's included in your **BAAC** membership! See our web site for a list of participating clubs.***

## 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!!

**Monday September 4th**

**Saturday September 16th**

**Tuesday September 19th**

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.



## Join your friends at the club!



## *BAAC – it's where you want to be!*



### 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

**756-0556**

1933 Newmark  
North Bend, OR 97459



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