



BETHANY
Athletic Club

Member Newsletter

January 2010

"my home, my work, my club"

Upcoming Events

- **20/20/20 Boot Camp**
w/ Jasmin Hausa
Mon 1/04 @ 1pm & 3pm
Wed 1/06 @ 1pm & 3pm
Fri 1/08 @ 1pm
- **Women's Group Training**
(6 wks)
w/ Hayley McKeen
Tue 1/05 @ 9:15am
Sun 1/10 @ 2pm
- **Women's Running Camp**
(6 wks)
w/ Hayley McKeen
begins Tue 1/07 @ 4:15pm
- **Women's Total Training**
w/ Hayley McKeen
Thur @ 9:15am
- **Adult Swim Class**
(6 wks)
w/ Lynn Horihan
begins Wed 1/13 @ 8pm
- **Core & More**
(6 wks)
w/ Sally Bovero
begins Tue 1/19 @ 10:30am
- **OPEN HOUSE WEEKEND**
- **Evening Soiree**
Thur, Jan 21 @ 5:30pm
- **Morning Social (age 65+)**
Fri, Jan 22 @ 11am
- **Pointe Spa**
Buy 1 Service Get 1 50% off
Fri, Jan 22 4-8pm
- **Group Ex Launch**
Sat, Jan 23
begins @ 9am
- **Wally the Whale**
Sun, Jan 24 @ 1-4pm

I Lost it at the Club!



At Bethany Athletic Club, we are dedicated to helping our members achieve their New Year's fitness goals with "I Lost It At The Club!". "I Lost It At The Club!" is an eight week motivational weight loss program designed to help members keep their New Year resolutions and maintain a healthy and active lifestyle year-round. The program will begin January 18th and will end on March 12th, 2010.

Testimonial

by Member (and now group instructor)
Amanda Stone

I started taking BodyCombat a little over two years ago. I had been searching for a fitness routine that I could stick with and be successful at for...well my whole life actually. I walked in to my first class and stood in the back corner. I of course I felt silly, and out of shape and I was so concerned that others would be staring at how over weight and out of shape I was. But the music started and the instructor started explaining the moves and I was hooked.

After about my fifth class I started feeling more and more comfortable, and I knew this was it! I had been leaning on my husband as a crutch to keep me going to the gym. He had an injury that resulted in him not being able to attend class with me. Quickly I realized that I could do BodyCombat on my own and loved every minute of it. I found myself not being able to wait for the next class. BodyCombat made it easy for me to reach my weight loss goals. After two years and one pregnancy I have lost over 75 pounds! I am so excited to be able to share my love and passion for BodyCombat with others. I hope to encourage, and empower others to reach and exceed their fitness goals.

JANUARY MEMBER OFFER A Resolution Solution Package!

Buy 3 or more Training sessions during the month of January and receive an exclusive offer for \$10 off your next Pro-Shop purchase of \$50 or more.

(offer expires Feb 14, 2010)



**\$10 off \$50
or more**

NEW LEAF BISTRO



Check out the New Leaf Bistro, where our goal is to uniquely blend service, speed, and convenience with high quality, fresh, and healthful selections all at a reasonable price! Open 7 days a week!



THE POINTE
SPA

{member ★★★}
{exclusive}

Citrus Body Polish
50 min / \$65

We start with a warmed mixture of sugar, vanilla and sweet orange essential oils gently rubbed in a circular motion to nourish and polish the skin. After a warm gentle rinse, your skin will benefit from our application of shea butter to complete this blissful treatment! Call the Spa to book your appointment today.

503-726-3444

2010-RESOLUTION SOLUTIONS!

With the New Year quickly approaching, it is time to think about your New Year's resolution. With so many resolutions to choose from, health and fitness seems to be on the top of many peoples list. Before you make that final commitment to health and fitness in 2010, take some time to make a plan to help keep you on track. Whether you want to lose weight, get in shape, compete in a specific event, or accomplish a personal goal, make sure to take time to plan for 2010. With your plan, don't forget about all the amenities the club has to offer to assist you along the way.

In January, we will be hosting "I lost it at the Club" sponsored by IHRSA (The International Health, Racquet & Sportsclub Association) to help our members lose weight, learn about the club, meet other members, learn from personal trainers, participate in group exercise classes and more. This 8 week event is complimentary to members and starts January 18th. Register before January 18th to maximize the benefits of the program. For more information, contact the front desk. Because February is the month many New Year's fitness resolutions tend to fail, we will be offering the Month Long Marathon. You will have 28 days to complete a marathon. If you don't want to run or walk the event, plan on participating in group exercise classes as we will have specific mileage for participating in group exercise classes.

Throughout the year, we will offer other events to help keep you motivated—so stay tuned. If you decide you don't want to participate in club events, there are other opportunities to stay motivated to achieve your results. Find a workout partner, work with a personal trainer, or start participating in group exercise classes. Having that commitment will help keep you motivated to achieve your New Year's Resolution. We look forward to helping you with your 2010 Resolution!

HANDLING JANUARY CROWDS IN THE CLUB

courtesy of Ryan Robinson, GM BAC

It's that time of year again! With the weather turning colder and New Year's Resolutions to achieve - expect to see a bit more foot traffic in the club. This increase typically means less parking, larger classes, limited machine usage, and more towel use. Here are some helpful hints to help you get through the next few months.

- Arrive 15 minutes before popular classes start to ensure a close parking space.
- Know which classes require sign-ups, and call in early to reserve your spot.
- Fuller classes also means Kid Central fills up quickly. Call Kid Central early to reserve your child's spot so you can enjoy your workout!
- Diversify your workout, always have a back up option just in case your favorite machine is in use.
- Protect the environment and your fellow members. Only take one towel at a time, and pull additional only when needed.

MEMBERSHIP HAS ITS BENEFITS!

Bethany Athletic Club is proud to announce our new partnership with Fit Right NW located in Portland, OR. Fit Right is the quintessential running and walking store in town. They offer a FREE videotaped gait analysis as a part of their multi-step fitting process for footwear and have an amazing selection of fitness and running apparel and accessories.

As a special gift to you, Fit Right is offering our members a 15% discount off all regular priced shoes, apparel and *accessories during the month of January. Just show your member ID card and start your New Year Resolution today! Get your gear at Fit Right and come on into Bethany to stay fit in 2010!



Winter Tangerines

Beyond the Vitamin C

It's common knowledge that winter citrus fruits including tangerines—are high in vitamin C. When cold season hits, the first sign of the sniffles prompts many of us to dose up on OJ. Citrus' cold-fighting abilities are well-documented, and it's nature's miracle that these fruits reach their peak during the virus-prone winter months. But the cold-fighting power of citrus is but one of its myriad health virtues.

Vitamin C found in tangerines, reduce common cold symptoms as well as the risk of cardiovascular and inflammatory disease.

For starters, the abundant vitamin C in tangerines reduces not just cold symptoms but also the risk of cardiovascular and inflammatory disease. The vitamin prevents free radical damage to cells, which is responsible for the inflammation associated with conditions like rheumatoid arthritis and for the oxidation of cholesterol which can lead to clogged arteries. A vitamin C-rich diet also lowers the likelihood of developing H. pylori infection, the bacterium responsible for peptic ulcers.

For more information on
our classes or schedule,
visit us online at:
www.oregonathleticclubs.com

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