

WINTER FITNESS AT FAIRHAVEN FITNESS

FREE EDUCATIONAL WORKSHOPS

JANUARY: S.M.A.R.T. Goals — Get your fitness started!

Featured Speaker: Ginny Spooner, Fitness Dir., Fairhaven Fitness

It is easy to get sidetracked when you don't have a goal or a plan. Don't let that happen! Get help with setting achievable "S.M.A.R.T." goals and create a plan with small steps to get your year off to a good start.

It's FREE! January 19 at 12pm



FEBRUARY: Healthy Heart Month!

Free blood pressure readings on Fridays from 10:00am – 12:00pm for Members!

FEBRUARY: 28 Days of Heart Care

Featured Speaker: Dr. Bohla, Cardiologist, Peace Arch Cardiology

This is your chance to ask questions about general heart health or your particular concerns. Dr. Bohla's presentation includes easy (and surprising!) steps to take that can improve your heart health.

It's FREE! February 24 at 7pm

MARCH: Bone Health

Featured Speaker: Physical Therapists from Core Therapy

Learn about osteoporosis and how to build stronger bones at any age. The type of exercises you do have a direct effect on bone health.

It's FREE! March 23 at 1pm



WINTER FITNESS SCHEDULE begins January 2011

Drop-in class are FREE to Club Members or \$10 for Guests (includes Fitness Day Pass).

Classes in the shaded boxes are part of a progressive program and require an additional fee.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am	Body Strong Elizabeth	Cycling Scott	Body Strong Elizabeth	Cycle/Core Cheryl	TRX Body Basics Beta Testing 6:00 - 6:45am Scott Y	Club opens at 7:00 am
7:00-7:30 am	Hit & Fit M & W (on court 6:30-7:00; off court 7-7:30)		Hit & Fit M & W (on court 6:30-7:00; off court 7:00-7:30)		TRX Body Basics Beta Testing 7:00 - 7:45am Elizabeth	
8:30 am	Strength Training Ginny	Simply Strong Susan G	Strength Training Ginny	Stretching Susan G.	Strength Training Elizabeth	Zumba Sarah or Roxanne 6 Week Camp starts 1/15
9:00 am	Hit & Fit M & W (on court 9:00-9:30 off court 9:30-10:00)		Hit & Fit M & W (on court 9:00-9:30 off court 9:30-10:00)			Gentle Yoga 9:45-10:45 Louise
Mid Morning	Zumba 10:00 am Roxanne 6 Week Camp starts 1/10	TRX Body Basics Beta Testing 9:45 - 10:30 Ginny	Zumba 10:00 am Sarah 6 Week Camp starts 1/12	TRX Body Basics Beta Testing 9:45 - 10:30 Ginny		
11:00 am	Ball Fitness Ginny	Yoga for Everybody Susan D.	Ball Fitness Ginny	Yoga for Everybody Susan D.		
Afternoon	Train like the Pros M & W 4:15 - 4:45 Scott B	Weight Watchers 12:30 Weigh-in 1:00 Meeting Train like the Pros Tu & Th 4:30 - 5:00 Scott B	Train like the Pros M & W 4:15 - 4:45 Scott B	Train like the Pros Tu & Th 4:30 - 5:00 Scott B		
5:15 pm	Cycling Scott Y	X Circuit Scott B	Cycling Scott Y	X Circuit Scott B		
6:30 pm Training Camps	Cycle Moles Winter Training Camp M & W 6:30-8:00 Scott Y & Robin 11/1/10 - 2/23/11	Resolution Boot Camp Tu & Th: 6:30-7:15 Cheryl Starts Jan 11 & Feb 22	Cycle Moles Winter Training Camp M & W 6:30-8:00 Scott Y & Robin 11/1/10 - 2/23/11	Resolution Boot Camp Tu & Th: 6:30-7:15 Cheryl Starts Jan 11 & Feb 22		

TRAINING CAMPS Specialty Classes for You!

RESOLUTION Boot Camp

Try one class FREE! Reserve your space today.

Tuesday, 1/4 at 6:30pm or Thursday, 1/6 at 6:30pm

Lose fat and gain muscle tone! Do heart-pumping, strength building, and calorie-burning drills to shed fat and create muscle tone that will have you looking good and feeling great at the end of the camp. Don't let your resolution to get fit slip away: do something different this year...aim to lose that fat and commit to a boot camp that will keep you on task.

Price: Only \$90 for 12 classes (Members receive 10% off)

Days & Time: Tue & Thu 6:30-7:15pm

Two 6 Week Sessions! Jan 11- Feb 17 -or- Feb 22 - Mar 31

Instructor: Cheryl Batty

ZUMBA CAMP! Try one class FREE!

Monday, 1/3 at 10:00 am

Wednesday, 1/5 at 10:00 am

Saturday, 1/8 at 8:30 am



Get in the Groove of Zumba with hypnotic Latin rhythms and easy-to-follow moves that create a one-of-a-kind dance-fitness program! Zumba is different and a ton of fun! All ages and abilities are welcome to this exciting class of calorie-burning, body-energizing, inspiring movements for the best workout ever. One hour of Zumba burns an average of 600 calories! We've designed this Zumba Camp for beginners to learn progressive movements throughout the six weeks. Even those with two left feet will have a great time and learn the moves.

SIGN UP FOR Zumba Camps! Instructors: Roxanne or Sarah

Each camp is \$48 with 6 classes (members receive 10% off)

Mondays at 10:00 am 1/10 - 2/14

Wednesdays at 10:00am 1/12 - 2/16

Saturdays at 8:30am 1/15 - 2/19

If you miss one of your classes, you may attend another class on a different day as long as there is room in the Camp!

Drop-in price is \$10 per class (space permitting.)

INTRODUCING: TRX BODY BASICS

CHANGE THE WAY YOU TRAIN – Get Results!

Beta Test Groups: Two semi-private sessions for ~~\$80~~
ONLY \$37 (Save \$43!)

Through TRX® Suspension Training® we'll bring you hundreds of exercises to build power, core strength, flexibility, balance and endurance so that you can conquer your goals. Every fitness level will feel success and see results quickly regardless of age or ability because you choose your level of intensity while challenging yourself. On a plateau or tired of your old routines? It's time to try TRX.

Special pricing for 2 sessions in January! Less than half price!

We are putting the finishing touches on our group training classes and want your help during our BETA TESTING phase in January. Our group training sessions are limited to 6 clients so we can give you individualized attention for a fraction of the cost of private personal training. These Body Basic sessions are designed for beginners.

Contact us for details regarding advanced private and small group training sessions.

INTRODUCTORY FITNESS OFFER!

\$25 1 month with 1 Personal
Training Session!

SIGN UP NOW ONLINE!

www.bellinghamtennis.com

"My metabolic training plan gave me specific workouts based on my heart rate zones. I was able to train smarter instead of overtraining...and meeting my stretch goal in the Bellingham Bay Marathon proves it!"

– David Penrose



**Bellingham Tennis Club & Fairhaven Fitness is the only facility
in Whatcom County offering full metabolic assessments.**

METABOLIC ASSESSMENTS

...help you Lose Weight with an easy to follow Training Plan based on your metabolism.

...and help you increase your sports endurance and your ability to burn fat during rest and exercise.

Your metabolism is your key to how efficiently your body works. Our New Leaf Metabolic Assessments are great for people who want to...



- 1. Lose Weight:** Find out exactly how many calories you need each day to reach your goals with an easy to follow exercise plan. Teach your body to burn more fat during exercise AND when you sit on the couch!
- 2. Save Time Exercising:** Don't waste your exercise time without a plan. Focus each workout around a specific training plan designed for you based on your metabolism and how much time you have available. This plan targets the training zones you need to burn more fat and make you more efficient. Don't train harder, train smarter!
- 3. Increase Performance:** Have a goal you are working toward? Create the plan that will take you there! Pinpoint your heart rate at your aerobic base (50% fat burning, 50% carbs) and your anaerobic threshold and receive a heart rate training plan that will increase your aerobic capabilities and endurance.

PERSONAL TRAINING

Make your workouts count, keep yourself accountable, and feel and see the changes! Get the most out of every workout with challenging sessions designed by your own personal coach. No more skipping a workout or going easy! No more boring repetitive workouts! Save time by getting the help to focus each workout on just what you need with the encouragement you want to reach your goals.

FREE PERSONAL TRAINING!

Never tried Personal Training before? Ask about our complimentary consultation to "test drive" our service (one session per person, new clients only).

FOR REGISTRATION INFO
360.733.5050

800 McKenzie Avenue
Bellingham WA 98225



WINTER TENNIS AT BELLINGHAM TENNIS CLUB

Winter & Spring 2011 Tennis Clinics: Now Enrolling!

Class	Name	Level	Week Days	Time	Price
J-1	Quick Start	Beginning	M & W	2:30-3:00pm	\$112
J-2	Elementary	Beg/Int	M & W	4:00-4:45pm	\$147
J-3	Elementary	Int/Adv	Tu & Th	4:15-5:15pm	\$196
J-4a	Middle School	Beginning	M & W	4:45-5:30pm	\$147
J-4b	Middle School	Intermediate	M & W	5:30-6:30pm	\$224
J-5	Middle School	Advanced	Tu & Th	5:15-6:30pm	\$280
J-6	High School	Beg/Int	M & W	3:00-4:00pm	\$196
J-7	High School	Int/Adv	Tu & Th	3:00-4:15pm	\$280
A-1	Adult	Learn to Play (Beginning)	M & W	6:30-7:30pm	\$140
A-2	Adult	Int/Adv Level 3.5+	Tu & Th	6:30-7:30pm	\$224
A-3	Adult Doubles Strategy	Session 3: NTRP 4.0 Session 4: NTRP 3.5 Session 5: NTRP 3.0	Saturday	8:30-9:30am	\$98

Choose Your Session:

Each Session is 14 classes in about 7 weeks unless otherwise noted.

Session 3:
1/3 - 2/19

Session 4:
2/28 - 4/23
(No clinics during Spring Break 4/3 - 4/9)

Session 5:
4/25 - 6/13
(No clinics on 5/30)

TENNIS CLINICS ALL YEAR!

All of our tennis clinics are led by certified tennis teaching professionals who bring you the newest and best techniques. Our tennis clinics and camps are designed to immediately get you into the game, regardless of your experience. Through play and instruction, players will feel the emotional, mental, and physical benefits provided by this fun and healthy activity.

A low ratio of 6 to 8 students per teacher will ensure you get the attention you need to improve your game.

Tennis Clinics must have a minimum enrollment of four students to hold class. Members of the Bellingham Tennis Club & Fairhaven Fitness receive a 10% discount on clinics and camps. Cancellations must be made more than one week ahead of the program start date to receive a refund less the non-refundable \$10 registration fee. Loaner racquets are available.



FREE CLINICS FOR KIDS & ADULTS!

Feb 26 & May 21 'TRY IT FOR FREE!'

Kids Clinic (ages 5-16) 12:00 - 1:00pm

Adult Clinic (age 17+) 1:30 - 2:30pm

These Clinics welcome all beginning players to give you a feel for the game and instruction on basic strokes. The clinics are free, but pre-registration is required because space is limited. Register online or by calling the Club.

Adult Doubles Strategy Clinics

Not quite sure of your plan of action during your doubles matches? Learn the strategy of where to stand, when to approach, communication with your partner, and dissecting your opponents' game. Our clinics are designed to work with players grouped by NTRP levels. Everyone will enjoy the clinic more when you sign up for the correct level. These groups are limited to 8 participants to give you lots of attention.

7 weeks, 7 Classes: \$98 | Saturdays 8:30 - 9:30am

NTRP Level 4.0: Session 3: 1/8 - 2/19

NTRP Level 3.5: Session 4: 3/5 - 4/23 (no class on 4/9)

NTRP Level 3.0: Session 5: 4/30 - 6/13 (no class on 5/28)

WHERE TENNIS MEETS FITNESS

FREE CLASSES during the week of January 3 - 8

ADULTS: Hit & Fit (The ultimate mix of tennis & fitness!)

Try it for FREE: Jan 3 & 5

Feel stronger, gain agility, power & speed. Train like the Pros with on-court strokes and off-court fitness to support your body, your game, and help prevent injury. We combine 30-minutes of on-court drills with 30-minutes of off-court fitness to bring you the best way to improve your game and your health. Each week you will focus on a specific stroke followed by all of the strength training, agility moves, endurance builders, and flexibility you need to support your tennis game.

The six weeks will cover the following:

1. **Footwork** - speed & agility measured
2. **Groundstrokes/forehand** - core work
3. **Groundstrokes/backhand** - core work
4. **Netgame/volleys & overheads** - strength, agility, speed
5. **Serve** - power, flexibility
6. **Complete tennis conditioning** - measuring your progress

Days & Times: Mon & Wed at 6:30-7:30am or 9:00-10:00am

Camp Dates: 6 Week Sessions (12 classes)
1/10 – 2/16 -or- 2/21 – 3/30

Price: \$169 (Members receive 10% off)

JUNIORS: Train Like the Pros

(For middle & high school players)

Try it for FREE: Jan 3 - 6

Get faster and stronger for any sport you do. Explode your GAME! Get the edge. Our classes are a dynamic mix of strength training, agility drills, speed training, and flexibility to help you build your game, improve your sports performance, and help prevent injuries. These 30-minute classes are power packed and designed to be taken on the same day or opposite days from your tennis clinics or other athletic activities. We'll measure strength and agility at the beginning and end of the camp so that you can see your improvement.

SIGN UP FOR TRAIN LIKE THE PROS!

Mon & Wed at 4:15 – 4:45pm -or-
Tue & Thu at 4:30 – 5:00pm

6 Week Sessions (12 classes): Only \$69 (Members receive 10% off);
Starting Jan 10 or 11

7 Week Sessions (14 classes): Only \$79 (Members receive 10% off);
Starting Feb 28 or 29 (no classes during Spring Break 4/4 - 4/7); Starting
Apr 25 or 26 (no class on 5/30)

CAMPS / CLINICS

High School Girls Tennis Camp

Feb 22 - 25

Girls JV: 3 - 5pm; Girls Varsity: 5 - 7pm

Don't miss this chance to sharpen your game before your high school season starts. Professional instruction is sure to help you refine your strokes and hone your strategies. Held at the Bellingham Tennis Club.

Price: \$125 (Members receive 10% discount)

Adult Learn to Play Tennis Clinics

ONLY \$10 per class

Do you want to play tennis? This clinic is geared for adults who are just learning the game or haven't had a racquet in their hands for some time. We will introduce good form with basic strokes and how to score the game. Tennis is a fun and social way to get some great exercise. You'll find out why tennis is the greatest game on earth! Be sure to sign up for the "Round Robin 101" near the end of this clinic. Bonus! Your first RR101 is free! A round robin is where players are mixed and matched to play for points - a great way to use your new skills!

Days & Time: Mon & Wed; 6:30 - 7:30 pm

Price: \$140 for 14 Classes! That's only \$10/class!

Drop-ins are available for \$18/class (space permitting).

Session 3: 1/3 - 2/16

Session 4: 2/28 - 4/20 (no classes 4/4-4/7)

Session 5: 4/25 - 6/13 (no class on 5/30)

SOCIALS & TOURNAMENTS

Junior Slugfests (aka parents' night out!)

Just when you thought it couldn't get any more fun, we have added "tennis Wii" to our evening of tennis match play and pizza for juniors. Sign up early because these popular events fill fast. One of our Pros is on-site to help organize play. Must be a Club Member, enrolled in our Tennis Clinics level J-5 or above, or approved by one of our Pros to register.

Days & Times: Fridays 6:15 - 8:15pm

Dates: 1/7, 1/21, 2/11, 3/11, 4/15, 5/13, 6/10

Price: Only \$20 per person— includes 2 hours of tennis, pizza, and Wii tennis too! (10% discount for Members).

Round Robin 101 (Adults)

This is a terrific opportunity for beginning players (who know the basics) to practice in a fun, light competition. In a Round Robin players are mixed up and earn points as you play. Includes snacks and beverages. If you are enrolled in our Learn to Play Clinics, your first Round Robin 101 is free – just ask at the front desk!

Day & Time: Friday 6:15 - 8:15pm

Dates: 2/18, 4/22

Price: Only \$15 per person (10% discount for Members).

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Bellingham WA 98225

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SIGN UP NOW ONLINE!
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