

### Exercise Tip of the Month

#### Pilates Leg Raises with the Soft Gym Overball

Start: Sit on the ball with legs straight. Recline back with arms straight and fingers rotated toward body, aligning elbows underneath shoulders. Gently squeeze shoulder blades together, and draw your lower abdomen toward the spine.

Action: Point toes and raise straight left leg. Hold for three seconds. Pull toes back and slowly lower leg. Repeat with the opposite leg.

Exercise developed by Caroline Creager, PT, from her latest book, "The Intrinsic Core: Using the Soft Gym Overball."

For more strengthening with Pilates, try Stacy's Pilates on the Ball Class Thursdays at 9:15 am



### Celebrating BAC Kids!

Parent's Night at BAC is a chance for Moms and Dads to cheer on their kids and celebrate their new skills and talents.

Karate, Jump Roping, Tumbling and more will be showcased in a special performance.

Rehearsal for Parent's Night is Tuesday, May 1st at 5:00 pm

**Parent's Night is  
Friday, May 4th at 6:00 pm  
Five Stones Youth Center  
770 2nd Street, Berthoud**

### BAC's Member of the Month - Linda Jones

Linda Jones was chosen as BAC's Member of the Month because, as BAC Owner Caroline Creager puts it, "She's an animal!"

Linda runs five miles per day, six days each week on the BAC treadmills, and attends spinning and fit ball classes, all around her busy work schedule at IBM. Why is Linda working out so hard? No particular reason. "It's my hobby. It's just what I like to do," Linda says.

In preparation for the summer, Linda has stepped up her training the past few months by adding sprints to her running regime. Linda says she has been in better shape since she joined BAC because using BAC's free weights instead of machines forces her to use better form and work harder.

Linda is passing along her "animal" exercise instincts to her daughter, too. When Linda comes to BAC on Saturday mornings, she brings along 10-year old Cassidy, who enjoys exercising, playing in the mat room and climbing the rope.

### 2007 BAC Summer Camp Schedule

X-CEL! Sport Evaluations with Caroline  
(30-minute appointments)  
June 11 or July 16, by appointment only

X-CEL! Sports Conditioning Camp  
June 4th - 14th, Monday - Friday  
July 9th - 12th, Monday - Thursday  
11:30 am - 12:30 pm

Tumbling  
June 18th - 22nd  
July 23rd - 26th  
10:30 am - 11:5 am

Jump Rope Camp -  
Beginner & Advanced  
June 11th - 14th  
July 16th - 19th  
Times TBA

Karate  
June 11th - 14th  
July 16th - 19th  
10:30 am - 11:00 am (Dragons)  
11:00 am - 11:30 am (Youth)

Bo & Stick Karate Camp  
June 11th - 14th  
Time TBA - 1.5 hours each day



### Congratulations!

to BAC Members Emily and Cody Hidalgo, parents of triplets Luke, Meg and Violet born on April 17th, 2007! Emily's focus on fitness during her pregnancy was an inspiration to all her friends at BAC.

Did you know that the odds of spontaneous triplets (without fertility treatment) are 1 in 8000?

This triple blessing will present a triple challenge for he Hidalgos. If you would like to help these lucky parents please drop off baby supplies in the donation box at the Club, or call 970-532-4320 for more ways to help.