

BERTHOUD Athletic Club

- Monthly Features •
- Workout Tips •
- BAC News •
- Family • Fitness • Fun!

NEWSLETTER

ISSUE 17 | SPRING 2007

Caroline C. Creager, P.T., Owner

Refer-A-Friend to BAC and Receive \$25!

Dear Valued Club Members and Friends,

To celebrate our 4th anniversary, the Berthoud Athletic Club wants to say 'Thank You' to our members! In appreciation for your business, I want to recognize and reward you with our new Refer-A-Friend program.

For every person you refer that signs and pays for an Annual Membership Agreement, you will receive a \$25 Gift Certificate to apply towards your own membership, or towards the various BAC classes and programs...

...and there is no limit to the number of referrals!

So if you send us 10 new members, I will send you 10 Gift Certificates for \$25 - a \$250 benefit! By spreading the word about the benefits of the Berthoud Athletic Club, you are directly rewarded, while helping others reach their health and fitness goals, too.



Participation is easy. Existing members simply fill out a Refer-A-Friend form and submit it with the new 'referred' member's club membership form to the BAC office. Even new 'referred' members can submit referrals once their membership is approved and paid! Referrals will be tracked and a \$25 Gift Certificate will be mailed to you. It's that simple.

Along with the staff here at the Berthoud Athletic Club, I truly appreciate your business and for recognizing how great the BAC is!

Sincerely,
Caroline Creager, PT
BAC Owner



The BAC Class Schedule

TIME	MON	TUES	WED	THURS	FRI	SAT
6:00am	Indoor Cycling (5:45am)		Indoor Cycling (5:45am)		Indoor Cycling	
8:00am	Cardio Circuit (7:30am)		Cardio Circuit (7:30am)			Rotating
9:00am	Child Care - Every Weekday from 9:00am - 10:30am					Yoga
9:15am	Ball Strength	Yoga/ Indoor Cycling	Indoor Cycling	Pilates on the Ball		
10:45am			Tumbling for Tots			
1:30pm	Homeschool Fitness					
2:00pm			Karate - Tigers			
3:00pm			Karate Youth/Adult			
4:00pm	Karate Youth/Adult	Jump Rope (Ages 5-8)	Little Dragons Karate		Jump Rope (All ages)	
5:00pm	Karate - Tigers	Jump Rope (Ages 8-12)		Ball Strength (5:15pm)		
5:30pm	Indoor Cycling (Beginners)					
6:00pm	Indoor Cycling (Advanced)/ Yoga	Step Aerobics	Yoga			

New Member Sign-Up Special

Save up to \$100

Call 523-CLUB
for details!

Did you notice our two new classes?
Step Aerobics with Angela - 6pm Tues.
Cardio Circuit with Monique -
7:30 am Mon and Wed

We're Listening to You!

Please pick up a copy and fill out our BAC Member Satisfaction Survey. Your feedback helps us improve and make sure that BAC is meeting your fitness needs.

BAC wants to be your
FIRST CHOICE FOR FITNESS!

Check www.bacinfo.com for the latest BAC schedules, news articles, member announcements, training tips and special events!