

BERTHOUD

Athletic Club

NEWSLETTER

Monthly Features •
Workout Tips •
Healthy Recipes •
Family • Fitness • Fun!

ISSUE 21 • SPRING 2008

Celebrating 5 Years of Family Fitness!

EXERCISE TIP OF THE MONTH:

Cardio-circuit Workout



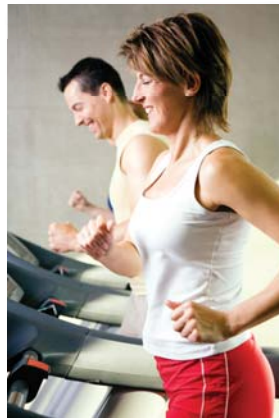
Designed by
STEPHANIE McCLURE, personal trainer

The following cardio-circuit routine is one of many different ways that you can incorporate effective exercise in to your busy schedule. Tremendous cardio benefits can be derived in this 30 minute program. Benefits include increased strength, endurance, aerobic capacity, and a reduction in your percent of body fat.

This sample program is a great routine for those who have little time to exercise but who wish to receive a full-body workout. With any exercise program be sure to remember to stay hydrated. *Let's begin!*

- 5 min. warm up (treadmill, elliptical, cycling).
- 5 min. intense cardio training (running, spinning, jumping).
- 5 min.—one circuit of EACH exercise below for one minute. Try not to rest between exercises.
 - Squat with overhead press—weight over shoulder, lower into a squat (knees behind toes). Push to standing position while lifting weights straight up while contracting shoulders. Keep abs engaged and your back straight.
 - Seated back row—sit with back straight and abs engaged. Pull weight toward you until you feel your shoulder blades come together. Slowly release and repeat.
 - Lunge with bicep curl—in split stance, lower into a lunge (knees behind toes) curl arms toward shoulder with weights.
 - Bend over row with tricep kickbacks—bend over at a 45% angle keeping back straight and abs engaged. Bring elbows to the side then straighten arm.
 - Plank with leg extension—on knees or toes slowly lift one leg while keeping hips and shoulders square and abs engaged—hold for 30 seconds and switch legs.
- 5 min. intense cardio training (running, spinning, jumping exercise).
- 5 min.—Repeat the five exercises above. Try not to rest between exercises.

NOTE: Remember to work with weights in slow motion. Never move weights fast. Bring weights up to a count of 2, pause, and then back to starting position using a count of 4.



Rate of Perceived Exertion (RPE) SCALE

- RPE 1-2: Very easy; you can carry on a conversation without effort at this pace
- RPE 3: Easy; you can converse with almost no effort
- RPE 4: Moderately easy; you can converse comfortably with little effort
- RPE 5: Moderate; conversation requires some effort
- RPE 6: Moderately difficult; conversation requires some effort
- RPE 7: Difficult; conversation requires a lot of effort
- RPE 8: Very difficult; talking requires maximum effort
- RPE 9-10: Peak effort, you can only workout at this level for a few minutes; the no talking zone

Enjoy your workout!

UP-AND-COMING EVENTS:

GRAND RE-OPENING CELEBRATION FRIDAY, APRIL 25 • 4:30-8PM

Tryout Classes, massages, PT advice, refreshments, book discussion—Plus Sign-up Specials! Check our website for a full schedule of events: www.bacinfo.com!

CLASSES, CLASSES...CLASSES!

NEW 6-week Yoga class with Janelle
Sundays • 2-3:00pm

NEW 6-week Spinning class with Taryn
Mondays • 5:30pm

Tumbling for Tots is now on Wednesdays at 9:15am—perfect for busy 3-5 year olds!

BAC also offers Ball Strength, Muscle Pump Cardio Circuit, Step Aerobics, Pilates, Karate and more! Check out www.bacinfo.com

YOUTH SHOWCASE

Mark your calendar today for our...**Fourth Annual Youth Showcase** May 10 • 1-2:30pm (rehearsals on May 9 at 4pm) in the Grace Place auditorium. *Admission is free.* Refreshments following performance. Donations to benefit Hastings Heart Fund are appreciated.

A FAMILIAR FACE AT BAC...

PERSONAL TRAINER, STEPHANIE McCLURE (AT LEFT)

Stephanie has been a staff member of BAC for over 2 years working directly with owner and Physical Therapist, Caroline Creager. She has been a group fitness instructor of "muscle pump," cardio circuit, and spinning classes at the Club. As a Personal Trainer, she looks forward to helping people of all ages—especially young athletes—reach their full potential.

BAC Highlights our...

MEMBERS OF THE MONTH

THE RIMSKY FAMILY

One of the reasons the Rimsky Family joined the Berthoud Athletic Club is that they found the staff to be knowledgeable, helpful, and friendly. Three out of four family members also needed physical therapy to recover from various surgeries. While medical need got them started at BAC, the Rimsky family has continued to visit the club every week for more than two years. They especially enjoy the fitness equipment and classes as a regular family activity—keeping them fit and healthy!

Teresa, a lender at Mile High Banks, and Paul, a buyer at Roche Pharmaceuticals, are drawn to the guidance and support they receive from working with BAC's certified personal trainer Stephanie McClure. Both attend the Ball Strength classes regularly. Paul is often the only male in the Ball Strength class and encourages other men to join in because the class offers tremendous strength and balance training for both men and women.

Their children Tara and Brett (both alumni of the University of Wyoming) also find time to work out at BAC because physical fitness is extremely important in each of their chosen careers. Tara is currently coaching track at Turner Middle School, substitute teaching, and looking forward to a full time job in elementary education. Brett, who graduated in December, is now enrolled in the police academy in Longmont. We wish them both the best of good fortune in their careers.

BAC congratulates the Rimsky family on their dedication and strong commitment to health and fitness!

New!
KEYCARDS

**EXPANDED HOURS and
KEYCARD Entry System**

To better serve our BAC clients!

KEY CARD HOURS:
(THROUGH NORTH ENTRANCE DOOR)*

Mon-Fri: 5:00am-9:00pm
Sat: 6:00am-6:00pm • Sun: 6:00am-6:00pm

*Scan card as you enter AND exit building

STAFFED HOURS:
(THROUGH EAST MAIN ENTRANCE)

Mon-Thurs: 7:00am-2:00pm, 4:30-6:30pm
Fri: 7:00am-2:00pm • Sat: 8:00-10:30am

Keycards are available for a \$10 refundable deposit. More BAC, more fun!

There's always something happening at BAC...

Drop-in
childcare!

Mon-Fri
9am-10:30am

mon	7:30am 9:15am 4:00pm	Cardio Circuit Training Ball Strength Training Karate (Youth/Adult)	5:00pm 5:30pm 6:00pm	Karate (Tigers) Indoor Cycling IBP Boxing
tues	6:00am 7:30am 9:15am	Ball Strength Beg/Int Spinning Yoga	4:00pm 6:00pm	Jumprope Step Aerobics
wed	5:45am 7:30am 9:15am 9:15am 12:15pm	Indoor Cycling Cardio Circuit Training Tumbling Indoor Cycling Cardio Circuit Training	2:30pm 3:00pm 4:00pm 4:30pm 6:00pm	Karate (Tigers) Karate (Youth/Adult) Karate (Dragons) Jumprope (Competition) Yoga
thurs	7:30am 9:15am	Beg/Int Spinning Pilates on the Ball	5:15pm 7:00pm	Ball Strength Training Ab & Pelvic Floor Boot Camp
fri	6:00am 7:30am	Indoor Cycling Cardio Weight Training	9:15am 5:30pm	Cardio Weight Training IBP Boxing
sat	9:00am	Yoga		
sun	2:00pm	Yoga	3:00pm	IBP Boxing

Visit www.bacinfo.com for class descriptions and updates!



PLATOON BAC

BAC has adopted a Platoon in Iraq! Our troop of 25 men was deployed from Fort Carson, CO. We have already sent the troop supplies and non-essentials they need to help make their tours more bearable, but they need more of our support. Please bring your donation to BAC to be included in our next care package! Be sure that foods have non-expired dates. For a list of what our troops could use and would like stop by the front desk! On behalf of the troops, "thank you".

Summer Youth Camps 2008

Jumprope Camp

June 23-26 • Mon-Thurs
July 28-31 • Mon-Thurs
Beginners 1-2:00pm • Advanced 2-3:00pm

Yoga Camp

July 14-18 • Ages 10-18 1-2:00pm

Karate Camp

July 28-31 • Mon-Thurs
Dragons 10:30-11am • Youth 11-11:30am

X-cel sports Conditioning Camp

July 7, 9, & 12 • Ages 8-11 11:00-Noon
July 21-24 • Ages 12-18 11:00-Noon

Boxing Camp

July 21-25 • Mon-Thurs • Ages 12-17 1-3:00pm

Reserve
your space
today!

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

—John F. Kennedy

TRAINING SPECIAL!

Purchase 5 PERSONAL TRAINING
SESSIONS with Stephanie
...Get the 6th session FREE!

CALL TODAY! Offer exp. 5/31/08