

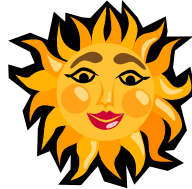


# BCHI BUZZ



JUNE 2010

**BCHI WILL CLOSE AT 9PM MONDAY THRU FRIDAY BEGINNING TUESDAY JUNE 1<sup>ST</sup>. THESE NEW HOURS WILL CONTINUE THRU LABOR DAY. WEEKEND HOURS OF OPERATION WILL NOT CHANGE.**



## SPECIAL EVENTS AT BCHI THIS SUMMER!

Don't give up your workouts this summer! BCHI has many special events scheduled to keep you interested, engaged, motivated and accountable! Do you want to exercise outside? We can do that! How about combining two of our most popular workouts into one challenging workout? We can do that! Have you ever wanted to try a tri (athlon, that is)? You can do that at BCHI!

BCHI has some sensational summer offerings guaranteed to jump-start June! On June 10<sup>th</sup> from 5-6pm, experience **Spin and Straps**. We've combined our two most challenging classes and taken them outside to bring you the best in cardiovascular endurance and caloric expenditure along with total body muscular toning and core conditioning. Rotate between the spinning bike and TRX straps for a unique outdoor fitness experience! Reserve your place in the class now! Space is limited! This class is for Intermediate to High Fit levels. On June 15<sup>th</sup> from 5-7pm, participate in **Extreme Spin**—a full two hours of your favorite music and spinning routines that will keep you motivated in the your target fat burning zone. It's recommended that you have attended at least one spinning class prior to participating. This class is for Intermediate to High Fit levels. We haven't forgotten about the beginner spinner! On June 19<sup>th</sup>, come to **Intro to Spinning** from 10-11am. Learn the basics of spinning—proper bike position and body mechanics, and practice basic routines such as hill climbs and sprints. This class is appropriate for Beginner or Intermediate fitness levels.

Pick up a flyer at Member Services to learn more about the fun events ahead this summer at BCHI! And bring a friend to these special events! It's always fun to work out with a buddy!

## TRIVIAL TRIVIA

How much do you really know about the month of June? Did you know that June is the month with the longest daylight hours of the year in the Northern Hemisphere and the shortest daylight hours of the year in the Southern Hemisphere? Did you know that June is one of only two months that always begins on the same day of the week in both common and leap years? (The other month is May.) Now you know....



**RENEW AT BOTSFORD**  
Center for Health Improvement • A Medically-based Weight Loss Program

## LEARN ABOUT RENEW AT FREE INFORMATION SESSIONS!

Transform your life in 20 weeks! If you are ready to commit to weight loss and health management, then you are ready for ReNew, BCHI's 20-week medically supervised weight and health management program. Pre-register for one of the complimentary information seminars being offered at BCHI by calling Member Services at 248-473-3100. You may also stop by the Member Services desk to reserve your spot. Choose from any of these seminar dates:

**Saturday 6/5 @ 11am**

**Tuesday 6/15 @ 12pm**

ReNew promotes safe, rapid and effective weight loss thru meal replacement and the introduction of exercise for formerly sedentary participants. Participants typically lose 2 to 5 pounds per week and the average weight loss is 50 pounds over the 20-week period. All participants go through a health screening and meet with ReNew's medical director, Dr. Joseph Williams, DO. Kari Smith, BCHI exercise physiologist and Denise Marecki, RD, BCHI's registered dietician, are the Health Educators. Participants meet once a week for 90 minutes and have additional weekly contact with their coach. Because accountability and support are the biggest factors for successful and long-lasting weight loss, both are critical elements of the ReNew program. Be a part of this exciting and life-changing program!

## CLASS NEWS



Be sure you pick up your copy of the Summer 2010 Group Exercise Calendar! This schedule will be effective June 1<sup>st</sup> thru September 5<sup>th</sup>. There are some exciting new additions to our summer schedule! BCHI will now offer a 6am Spinning Class on Fridays beginning Friday June 4<sup>th</sup>! Start your day off with an invigorating and challenging cycling workout with Natalie. This class is for Intermediate to High Fit levels. (\$2 bike fee applies.) And beginning Saturday June 5<sup>th</sup>, Natalie will lead our new Saturday morning Functional Training class starting at 7:30am in Group Exercise B. Improve your overall strength, balance, flexibility with this head-to-toe workout using body bars, fitness balls and your own body weight. This class is for all fitness levels.

Scheduled class cancellations during the month of June are as follows:

- ❖ There will be no Yoga or Balance Basics with Juli on Tuesday June 1<sup>st</sup> or Thursday June 3<sup>rd</sup>.
- ❖ There will be no Sculpted Soldiers with Chris Garner on Tuesday June 1<sup>st</sup> and no Cardio Combat with Chris on Wednesday June 2<sup>nd</sup>.

Please note that additional class cancellations may occur.

The June Aquatics schedule has been updated to reflect American Red Cross Swim lessons times.

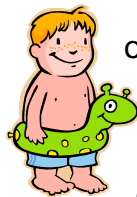
**Coming in July**—Zumba Zumba Zumba!!! Aqua Zumba with Mesha begins Thursday July 8<sup>th</sup> at 10am (see our Special Events schedule!) and Friday morning Zumba at 10am in Group Exercise B with Mesha begins July 11<sup>th</sup>! Dust off those dance moves and join the party!!

## Family Swim Night

Join us each 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month for BCHI's Family Swim Nights! It's a splashing good time! Enjoy this fun event on June 4<sup>th</sup> and June 18<sup>th</sup> from 6-8:30pm. Members swim free and may bring guests at a charge of \$3/guest. Non-member walk-ins are also welcome at a charge of \$5 each. Kids? Grandkids? Neighbors? ALL ARE WELCOME! Lifeguard on duty. Please remember that all members and guests must be out of the building by 9pm.

## SATURDAY MORNING AMERICAN RED CROSS SWIM LESSONS

Summer is here! Prepare the young swimming by registering them for our swim lessons! The next session class on July 3<sup>rd</sup>). There is a class for for toddlers to advanced stroke sign up with the front desk or call 248-473-3100. These lessons are a great value—only \$60 for members and \$75 for non-members. And continuing students receive a \$5 discount!



ones in your life for a summer of safe Saturday morning American Red Cross begins June 5<sup>th</sup> and ends July 17<sup>th</sup> (no everyone, from parent-supervised swimming development. Pre-registration is required—sign up with the front desk or call 248-473-3100. These lessons are a great value—only \$60 for members and \$75 for non-members. And continuing students receive a \$5 discount!

## WEDNESDAY NIGHT SWIM LESSONS BEGIN SOON!

Summer Saturdays are often the most hectic days of the week for families. Many families are not able to enroll their children in Saturday morning activities because of prior commitments. So to accommodate busy families this summer, BCHI will be offering Wednesday night swim lessons beginning June 23<sup>rd</sup> from 5pm until 7:45pm. These classes will follow the American Red Cross curriculum and are appropriate for children ages 3 to 11 with four different levels of classes available. The first session will run June 23<sup>rd</sup> thru July 28<sup>th</sup> and the cost will be \$60 for members and \$75 for non-members. The second session will begin August 4<sup>th</sup> and conclude on August 25<sup>th</sup>. The cost for this 4-week session is \$40 for members and \$50 for non-members. Pre-registration is necessary. Please call 248-473-3100 to register over the phone, or stop by the Member Services Desk to take care of it in person!



Swim lessons aren't just for children! It's never too late to learn how to swim. Did you know BCHI offers private lessons for adults? These ½ hour lessons are sold in a 3-pack for only \$62.50 for members and \$75 for non-members (buy 2 get 3<sup>rd</sup> half price!) or a convenient 6-pack for \$125 for members and \$150 for non-members (buy 5, get one free!). Stop by the Member Services Desk for more information.



Protect your hair and eyes! For your convenience we offer swim caps for \$5 and swim goggles for \$10 at the Member Services Desk.



ALL POOL USERS MUST SHOWER BEFORE ENTERING THE POOL. THANK YOU FOR ASSISTING US IN KEEPING OUR POOLS CLEAN.

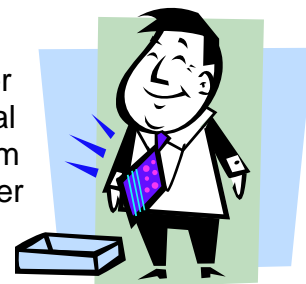
The pools will open at 10:30am on Sunday June 20<sup>th</sup> to allow for cleaning. Please plan your workout accordingly.

## MASSAGE AT BCHI

Have you discovered the magic of massage? Massage can help muscles recover more quickly from a hard workout, and bring a sense of well-being, peace, and relaxation. BCHI offers many different types of massage from general relaxation to deep tissue, or even the ultimate in luxury—the hot stone massage! Appointments with our four certified massage therapists are available Monday thru Saturday. Morning, afternoon or evening appointments are available for your booking convenience. You may book your appointment at the Member Services Desk or by calling 248-473-3100. Don't forget about gift certificates for massage—always the perfect gift!

**June Feature:** Choose a rejuvenating or relaxing scented oil added to your massage treatment at no additional charge during the month of June. Please specify which oil you would like when you schedule your appointment, or speak to your massage therapist.

Father's Day is Sunday, June 20th. Don't give Dad a tie or power tool. How about a gift certificate for a massage or a personal training package? Show Dad you think he's special by giving him a special gift! Gift certificates are available at the Member Services Desk for these services.



Hula hoops are here! Get in on the spin and hula your way to a more sculpted waistline! Hula hoops are available in 3, 4 or 5 pound weights and are for sale through the Member Services Desk. Stop by for more information!

## DATES TO REMEMBER IN JUNE!

- 6/1**—JUNE GROUP EXERCISE SCHEDULES GO INTO EFFECT  
NO YOGA OR BALANCE BASICS WITH JULI; NO SCULPTED SOLDIERS WITH CHRIS GARNER  
BCHI SUMMER HOURS BEGIN—WEEKNIGHTS CLOSING @ 9PM
- 6/2**—NO TRX LEVEL II GROUP TRAINING WITH CHRIS GARNER  
NO CARDIO COMBAT WITH CHRIS GARNER
- 6/3**—NO YOGA WITH JULI
- 6/4**—NEW CLASS! SPINNING WITH NATALIE 6AM-7AM--\$2 BIKE FEE  
FAMILY SWIM NIGHT 6PM-8:30PM--\$3 PER MEMBER GUEST/\$5 PUBLIC WALK-INS
- 6/5**—NEW CLASS! FUNCTIONAL TRAINING WITH NATALIE 7:30AM-8:30AM  
NEW SESSION OF SATURDAY MORNING AMERICAN RED CROSS SWIM LESSONS BEGINS—PRE-REGISTRATION REQUIRED  
FREE INFO SESSION ON RENEW PROGRAM @ 11AM—PRE-REGISTER WITH MEMBER SERVICES
- 6/10**—SPIN AND STRAPS EVENT—5PM-6PM—PRE-REGISTRATION REQUIRED
- 6/15** --- FREE INFO SESSION ON RENEW PROGRAM @ 12PM—PRE-REGISTER WITH MEMBER SERVICES.  
EXTREME SPIN EVENT—5PM-7PM
- 6/18**—FAMILY SWIM NIGHT 6PM-8:30PM--\$3 PER MEMBER GUEST/\$5 PUBLIC WALK-INS
- 6/19**—INTRO TO SPINNING EVENT—10AM-11AM
- 6/20**—BCHI POOLS OPEN AT 10:30AM
- 6/23**—WEDNESDAY NIGHT SWIM LESSONS BEGIN—PRE-REGISTRATION REQUIRED



39750 Grand River Ave ♦ Novi, MI 48375 ♦ (P)248-473-3100 ♦ (F)248-473-4007

Monday-Friday 5:30am-9pm

Saturday 7:00am-4:00pm—Pool and sauna close at 3:45pm.

Sunday 10:00am-4pm—Pools and sauna close at 3:45pm.

**Please be mindful of our closing times. All members and guests MUST be out of the building at time of closing. Thank you for your cooperation!**