

# COMMUNIQUÉ

The next meeting of the Health and Fitness Committee is April 7 at 9:30 a.m.

Health and Fitness enthusiasts are welcome



## Pickleball

Pickleball is a fast-growing sport, and you can play right here in Port Ludlow. Click [here](#) for an introduction to Pickleball.

Click [here](#) on how to get started with a beginner’s clinic on April 13 and other important information.

Pickleball will be designated as Washington’s official sport under legislation recently approved in the Washington State Senate and House of Representatives. The bill is awaiting Governor Inslee’s signature.

Save the date for the presentation “I Fell and I CAN Get Up” on May 19 from 10:00 AM to noon.

## Learn how to use the fitness equipment

The recent SBCA survey revealed strong interest in an open house, equipment orientation and fitness classes. We are in the process of developing additional classes. Health and Fitness Committee is proud to host **Michael Haberpointner** and **Bailey O’Hotto**, Doctors of Physical Therapy from our own community’s Active Life Physical Therapy. On April 15, 2022 from 10:00 a.m. – 12:00 p.m. they will be demonstrating the proper use of the Bay Club’s Fitness Center equipment.

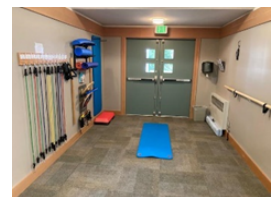
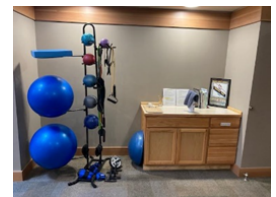
Club equipment covered will include:

**Aerobic Room** - 3 treadmills, 2 ellipticals, an upright and recumbent bike, a Stairmaster, a rowing machine, and a NuStep.



**Weight Room** - Nautilus multi-station machine, Hoist cable column and various attachments, Hoist hip machine, suspension straps, dumbbells, barbells, kettlebells, and bench use.

**Floor Exercise, Stretching, Resistance Band Room** - A set of resistance bands handles and ankle attachments, wall anchors for band attachment, medicine balls, various size exercise balls, jump rope, stretching strap, weights, roller wheel, push-up handles, Bosu, balance pads and boards, balance beam, slant board, ballet bar, thigh ring, agility ladder, floor mats, gliding discs, and foam roller massager. We also have a cabinet available with exercise forms to track your progress.



The Bay Club has the resources to offer you the equipment you need to get in shape, stay in shape, and rehabilitate. Take advantage of this educational session with **Michael and Bailey on April 15<sup>th</sup>**.

**Space is limited, sign up soon at the Bay Club front desk!**