
BEAR MOUNTAIN GOLF RESORT & SPA *Mountainside Athletic Club*

Bear Mountain Resort offers an enlightened level of wellness at the Mountainside Athletic Club, locally referred to as the MAC.

The MAC is located in the growing Bear Mountain Village, conveniently situated between The Westin Bear Mountain's Clubhouse and Fairways buildings. The state-of-the art building offers luxurious amenities and surroundings for health and wellness pursuits.

Introductory initiation fees for MAC memberships are priced at \$50 for individuals and \$100 for families. Monthly dues are \$75 for individuals and \$125 for families (based on two adults and up to 3 children living in the same household). Corporate rates are available for an initiation fee of \$100 with monthly dues at \$52.50 per person (based on a minimum of four employees).

“The MAC was created to further the vision of Bear Mountain Resort as a haven for indulgent rest and recreation,” said MAC Manager, Robin Henderson. “We believe that wellness is more than just being physically fit; it's having mental and spiritual health as well.”

In addition to a co-ed and ladies only gym outfitted with Paramount equipment, the MAC features a year-round heated outdoor pool, hot tub, sun bed and infra-red sauna, cardio theatre, group fitness studio, juice bar and day care. Paramount Fitness is considered a world leader in innovative fitness technology with engineering excellence that creates an accurate anatomical fit. Each piece of equipment fully adjusts to fit the body and moves with ease to create stronger, leaner muscles.

Both gyms offer a large selection of free weights and plate loaded equipment, the latest technology in treadmills, erg rowers, total body cross-trainers and stair climbers. The pool is the place for water aerobic classes, rehabilitation programs and pure fun! The group fitness studio has a complete schedule of yoga and Pilates classes, spinning sessions, Bosu & Swiss ball programs, step & hi-low classes, as well as body sculpting workouts.

The certified trainers at the MAC will help guide guests and members to any level of fitness with body composition testing, nutritional counseling and personal training as well as specialty programs for golf enthusiasts, runners, swimmers and tri-athletes.

In 2009, Bear Mountain Resort added 2 hard court tennis courts. Located beside The Westin Fairways building, these beautiful new courts over look the first hole of the golf resort's Mountain course. Hard courts are considered to be the most neutral of all playing surfaces and generally play a bit faster than clay or grass, making them the preferred surface for both novice and professionals alike.

The courts are available to both MAC Members and Westin Hotel guests. Lessons are also offered from a beginners level right up to advanced, with both private, group and children's formats. Private Lesson: \$50 hr/per person, Semi-Private (2-3ppl): \$35 hr/per person and Group (4-12ppl): \$30 hr/per person.

In 2010, Bear Mountain Resort was proud to receive their affiliate status and offer the wildly popular CrossFit to the list of athletic programs at the Mountainside Athletic Club.

CrossFit is the ultimate sport of fitness. It focuses on core body strength and conditioning and is used by many police academies, tactical operations teams, elite and professional athletes around the world. The real secret to CrossFit, however, is that it can be experienced at any age and any fitness level because the goal is to ensure that the body has maximum strength and range of motion – at any and every age.

Robin Henderson, Manager of the Mountainside Athletic Club at Bear Mountain attended the certification session in San Diego to receive the CrossFit affiliate status. “CrossFit has been purposely designed for universal scalability making it the ideal workout for everyone. The same workouts that are used for elite athletes can be scaled appropriately for grandparents with a fitness goal that focuses on core strength and conditioning. Even children can participate with excellent results,” explains Henderson. “My goal has always been to offer a wide variety of programs for all of our members and guests, and to provide the best trainers to instructor these programs. CrossFit is a globally recognized training program with huge enrolment because it works. It's fun and it's easy to master without risk of injury because the movements are functional movements – we move our bodies this way throughout the course of our day.”

ABOUT BEAR MOUNTAIN RESORT

Bear Mountain Resort, the premiere master-planned resort community on Vancouver Island, defines resort living. The only resort in Canada to feature 36 holes of Nicklaus Design golf, this lush mountainside community features a montage of residential and vacation real estate opportunities as well as The Westin Bear Mountain Golf Resort & Spa, Victoria. Santé Spa, where spa therapies inspired by natural elements await, a dining mecca with eclectic and world-class restaurants, the state-of-the-art Mountainside Athletic Club and The Village round out the complete lifestyle experience, all within minutes of the beautiful seaside harbour of Victoria, British Columbia. For more information, visit bearmountain.ca or call 1.888.533.BEAR.

