



SCHEDULES

www.olympicathleticclub.com

NEWS FROM THE POOL

Start off the New Year by signing up for private and semiprivate lessons. Our great swim instructors are eager to teach you how to swim, or show you ways you can improve your style. You can see availability on the MindBody website. See you in the pool.

NUTRITION ASSESSMENT

In the New Year, treat yourself with a personal nutrition assessment from our Registered Dietitian, Terri Blair. You will walk away with a meal plan suited for your specific nutritional needs. Whatever your goal is, Terri can help cater a plan to help!

For more information contact Terri at TerriBlairRD@me.com or at (206) 409-5271.

TABATA HIIT

Studio A • Tuesdays & Thursdays
6:30-7:30pm with Mike

Take your fitness program to the next level with this high intensity interval training class. This class will target multiple muscle groups, build endurance, and make you sweat! If you want to mix up your fitness routine, this is the class to try. Class is designed for intermediate to advanced participants.

GIVING TREE

What a fantastic outcome! Due to your generosity, the Salvation Army had to make multiple trips to collect all of the gifts. It's heartwarming to know that our members are so giving. Thank you for making this another successful year!

CHECK-IN PROCEDURE

Check-in cards are mandatory to gain access to the club. Please bring your card every time you come in. If you need a new check-in card, it can be re-issued at no charge, at the front desk.

CLUB HOURS

Olympic Athletic Club is open 24 hours a day, 5 days a week. The Club closes every Saturday and Sunday night at 8pm and re-opens Sunday and Monday mornings at 5am. There is no club entry after 7:30pm on weekends.

GYMNASTICS WORKSHOP

Is a strict pull-up on your goal list for 2018? How about a handstand? Need that elusive muscle up for the Crossfit Open? Let's make it happen!

This 90 minute workshop will focus on pull-ups, kip swings, bar muscle-ups, and handstand holds/walks. We will break down each skill into drills and progressions to make these skills attainable and fun. You'll learn the basic building blocks to set a foundation for future progress including flexibility and mobility exercises, core strength, and shoulder stabilization. Then, we will put our new skills into action. Coach Topscher has over 20 years of experience in the sport of gymnastics, is a Certified personal trainer and Level-1 Crossfit coach. She is excited to guide you through the sport she loves.

All levels of experience are welcomed! The workshop will be held in the Crossfit studio on Saturday, January 27th 11:30am-1:00pm. The cost is \$49.00 and is limited to 12 participants. Register at the front desk today or contact coach Melissa at melissat@olympicathleticclub.com

BODY COMPOSITION TESTING

All OAC members now have access to our state of the art InBody 370 Body Composition Analyzer. This is a quick, non-invasive way to accurately measure the amount of MUSCLE, FAT and WATER present in your arms, legs and trunk along with specific recommendations of where your body fat, muscle and caloric intake should be. Having these composition measurements are critical to determine if your current diet and exercise programs are working, or if you need to make changes to reach your goals. Tests are administered by an OAC Certified Personal Trainer who will review your results in detail with you and help get you on the right track. The InBody Test Package is two tests, one baseline and one follow-up, for \$49.00 (to be used within 3 months).

For more information contact the front desk or email our Fitness Director, Kyle Hyde, at kyleh@olympicathleticclub.com.

MINDBODY SIGN-UP INSTRUCTIONS

CROSSFIT, BARRE, TRX, SWIM LESSONS BELLY DANCING AND JIU-JITSU

1. Login to <https://clients.mindbodyonline.com/launch>.
2. Search for Olympic Athletic Club in "Find your site" option.
3. Choose : Olympic Athletic Club & Kraken CrossFit.
4. Continue to site without logging in.
5. Select the correct class tab on the top of the screen regarding the class you are interested in.
Swim Lessons are now available as a featured tab!
6. After selecting a class the program will prompt you to create a login.

MindBody now available as an App in the App Store.
If you have any questions or need more information, please email Michaelac@olympicathleticclub.com



**OLYMPIC
ATHLETIC CLUB**



STUDIO A

SPORT COURT schedule

	Sun	M	T	W	T	F	Sat
	SKILL LEVEL RATINGS						
	1 Beginning		2 Intermediate		3 Advanced		A All Skill Levels
	\$\$ Class Fee						
5am	5-7:30 OPEN HOOPS	6-7 SERIOUS SCULPT Erin	5-7 OPEN HOOPS	6-7 SERIOUS SCULPT Bev	5-7 OPEN HOOPS	6-7 SERIOUS SCULPT Erin	5-7 OPEN HOOPS
6-7am	7:45-8:45 GENTLE YOGA Ricardo	8-9 YOGA CORE FUSION Laura	7:10-8 GENTLE YOGA Ricardo	8-9 PILATES Charlene	7:10-8 GENTLE YOGA Ricardo	8-9 PILATES Char	7:10-8:20 YOGA Weights Optional Ricardo
8am	9-9:55 STEP JAM Brent	9:30-10:25 KICKBOXING Debra	9:30-10:30 FULL BODY WORKOUT Kim	9:30-10:30 NIA Shea	9:30-10:30 STEP & SCULPT Jon	9:30-10:25 STEP JAM Allan	8:30-9:30 ZUMBA® Daniel
9am	10-11 NIA Shea/Jeanna	10:30-11 CORE CONDITIONING Debra	10:45-12:10 YOGA Laura	10:45-11:30 SERIOUS SCULPT Kim	10:45-12:10 YOGA Judy	10:30-11:15 SERIOUS SCULPT Allan	9:35-10:35 KICKBOXING Jack
10am	11:15-12:30 INTRO TO YOGA Will	11:05-11:50 FUNCTIONAL FITNESS Audrey	12:30-1:30 ZUMBA Daniel	12-1 BASKETBALL PICK-UP GAMES	12:30-1:30 ZUMBA Daniel	12-1 BASKETBALL PICK-UP GAMES	10:45-11:45 SERIOUS SCULPT Natalie
11am		12-1 BASKETBALL PICK-UP GAMES	1:45-3:50 BASKETBALL Open Hoops	1-3:50 BASKETBALL Open Hoops	1:45-3:50 BASKETBALL Open Hoops	1-5 BASKETBALL Open Hoops	12-3 BASKETBALL PICK-UP GAMES
12-2pm	1-3 BASKETBALL PICK-UP GAMES	1-5 BASKETBALL Open Hoops	4-4:55 ZUMBA® Susan	4-4:55 ZUMBA® Daniel	4-4:55 ZUMBA® Vanessa	3-7:45 BASKETBALL Open Hoops	
3pm	3-7:45 BASKETBALL Open Hoops		5-5:25 AWESOME ABS Bev	5-5:25 AWESOME ABS Bev	5-5:25 AWESOME ABS Bev		
4pm		5:30-6:25 BOOT CAMP Kyle	5:30-6:25 NRG BAR Bev	5:30-6:25 BOOT CAMP Kyle	5:30-6:25 NRG BAR Bev	5:30-6:25 BOOT CAMP Kyle	
5pm		6:30-7:25 YOGA Ricardo	6:30-7:30 TABATA HIIT Mike	6:30-7:25 YOGA Ricardo	6:30-7:30 TABATA HIIT Mike		
6pm		7:35-8:30 KICKBOXING Jack	7:45-11 BASKETBALL Open Hoops/ Pickup Games	7:35-8:30 KICKBOXING Jack	7:45-11 BASKETBALL Open Hoops/ Pickup Games		
7pm		8:35-11 BASKETBALL Pick-up Games		8:35-11 BASKETBALL Pick-up Games		8:35-11 BASKETBALL Pick-up Games	
8pm							

TO ATTEND ANY GROUP EXERCISE CLASS, YOU MUST BE 13 YEARS OF AGE OR OLDER, UNLESS OTHERWISE NOTED.

BASKETBALL RULES OF CONDUCT

- Do not enter while an exercise class is in progress
 - All curtains must be closed prior to play
 - No black-soled shoes
 - No fighting, swearing or spitting
 - No "diving" out of bounds
 - After winning two games, you must sit out
 - Shirts required
 - Follow scheduled times
 - During busy times, use sign-up board
- CURTAINS MUST BE COMPLETELY DRAWN BEFORE PLAY BEGINS
• ALL BALLS BELONGING TO THE CLUB MUST BE RETURNED TO THE FRONT DESK AFTER PLAY

\$\$ SPECIALTY CLASSES

- Fee and pre-registration required

CLASS DESCRIPTIONS

ADVANCED YOGA: A one and a half hour flow class focused on listening to your body while going at your own pace. This class will offer you variations on poses while encouraging you to listen to your body. Which could translate into hovering in handstand or resting in child. Class will begin with meditation and end with poses on the floor. You will feel both refreshed and renewed.

BARRE: A fun workout that fuses fitness techniques from Pilates, Yoga, and Dance that will tone, strengthen and chisel your whole body. These classes do not require previous experience although they are a challenging workout designed for intermediate/advanced skill levels. The method used includes the perfect combination of movements and techniques to increase strength, flexibility, and burn fat efficiently with cardio segments.

BARRE SCULPT: A natural progression from Barre. It consists of movements that were found in Barre with elements of cardio bursts intermixed designed to elevate the heart rate. No weights are used in this class, it's designed to fire in your strength and flexibility using therabands and a cuff fitted to your hands and feet. It's a fabulous full body workout for the advance Barre student.

BASKETBALL PICK-UP GAMES: A designated time for anyone 13 and over to participate in an organized game. Experience required!

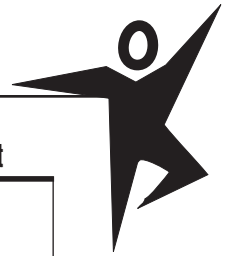
BELLY DANCING: A fun, low impact workout that increases flexibility and mobility through dance.

BOOT CAMP: Join Certified Instructor Kyle Hyde for a new spin on indoor Boot Camp. This high-energy class will challenge you to improve your core, cardiovascular and muscular strength and endurance to help you build lean muscle and burn away fat to achieve the physique you desire. All fitness levels welcome.

CORE CONDITIONING: Improve strength, balance and posture in this effective abdominal workout. You will perform simple yet effective exercises that focus on proper form and technique. A variety of equipment will be used.

STUDIO B

AEROBICS s c h e d u l e



	Sun	M	T	W	T	F	Sat
6am		6-7:10 YOGA Laura	6-7 BARRE Jackie Sign-up Required--\$	6-7:10 YOGA Laura	6-7 BARRE Jackie Sign-up Required--\$	6-7:10 YOGA Laura	
7am		8-8:25 SILVER POWER Tim	7:10-8 POWER YOGA Lindsey		7:10-8 POWER YOGA Lindsey	8-8:25 SILVER POWER Tim	7:15-8:15 PILATES Char
8am		8:45-9:45 BARRE Kim Sign-up Required--\$	8:15-9:20 BARRE Kim Sign-up Required--\$	8:15-9:20 BARRE SCULPT Kim Sign-up Required--\$	8:15-9:20 BARRE Kim Sign-up Required--\$	8:30-9:25 GENTLE YOGA Ricardo	8:30-9:30 PILATES Char
9am							
10am	9:45-10:45 TAI CHI Derryl	10-11 BARRE Kim Sign-up Required--\$	10:45-11:45 BARRE Elana Sign-up Required--\$		10-11 BARRE Kim Sign-up Required--\$	10:45-11:45 BARRE Jackie Sign-up Required--\$	9:45-10:45 BARRE Kim/Jackie Sign-up Required--\$
11am							11-12 BARRE Kelly Sign-up Required--\$
12-4pm	12-1:00 YOGA SCULPT Lindsey	12-1:15 YOGA Will		12-1:15 YOGA Mary Kay		12-1:15 YOGA Will	12:15-1:45 ADVANCED YOGA Judy
4pm			4-5 POWER YOGA Libby		4-5 POWER YOGA Elana	4-5 YOGA SCULPT Lindsey	
5pm	5-6:05 POWER YOGA Lindsey	5:30-6:35 BARRE Elana Sign-up Required--\$	5:15-6:20 YOGA Molly	5:30-6:35 BARRE Elana Sign-up Required--\$	5:15-6:20 YOGA Alec		
6pm	6:15-7:30 YOGA Will	6:45-7:45 PILATES Char		6:45-7:45 PILATES Char	6:35-7:35 POWER YOGA Ashley	7-8 YOGA Alec	
7pm							
8pm		7:50-8:50 BELLY DANCING Rebecca Sign-up Required--\$					
9pm							

Please direct any questions or comments regarding classes to Kim Medica, medica@comcast.net

FUNCTIONAL FITNESS: A variety of equipment will be used to improve posture, mobility, strength and balance.

An excellent class for our senior participants but open to all ages.

FULL BODY WORKOUT: High energy step combinations combined with interval and body sculpting.

GENTLE YOGA: Release tightness and enhance your range of motion with gentle, gravity based Yoga poses.

No previous experience necessary; open to all levels.

INTRO TO YOGA: If you're new to Yoga this is for you! Gentle stretching and poses to relax and renew.

KICKBOXING: Jab and hook your way to a great workout. This high energy cardio class will have you sweating in no time!

NIA: Nia is a form of fitness fusion combining dance with martial arts and healing art forms such as yoga.

A one hour rhythmic routine provides the perfect balance of high energy cardio mixed with a lower intensity, mind/body/spirit beginning and cool down.

NRG BAR: Barbells, dumb bells and steps are used through systematic sequence of exercises.

Every muscle group will receive a workout in this INTENSE strength training/cardio class.

OPEN HOOPS: All ages are welcome to enjoy shooting hoops during this time. No organized games are allowed and parent supervision is required for kids 12 and under.

PILATES: Excellent strength and conditioning class based on Pilates method. Please come to class warmed up.

POWER YOGA: Come alive during this 60 minute power vinyasa class by moving through intermediate/advanced yoga flows.

SERIOUS SCULPT: An intense body conditioning class using weights, bars, tubing and more.

This class is not only physically challenging but mentally stimulating.

SILVER POWER: The Silver Power class is a strength and movement class for people over 55, which involves un-weighted calisthenics, balance movements, light weight exercises, individualized cardio. It ends with ab work and a stretching cool down.

STEP & SCULPT: A class designed to teach you safe, effective and easy to follow step patterns. This class is for ALL levels of fitness - beginning and advanced steppers. A strength and flexibility segment will be included.

STEP JAM: A variety of choreography and step combinations will be used in this intermediate to advanced step class. Your mind will stay busy and your heart will keep pumping in this fast paced class.

TABATA HIIT: Take your fitness program to the next level with this high intensity interval training class. This class will target multiple muscle group, build endurance, and make you sweat! Each class will include Tabata training, which consists of 4 minutes of intervals - 20 seconds on, 10 seconds of recovery, 8 rounds. If you want to mix up your fitness routine this is the class to try. This class is designed for intermediate to advanced participants.

TAI CHI: You will blend a variety of movements from the martial arts to improve your balance, strength and flexibility.

YOGA: Vigorously warms, strengthens and stretches the body through flowing rhythmic sequential movements.

YOGA CORE FUSION: This classes fuses intense core work with yoga for an amazing workout.

A variety of equipment will be used. All levels of fitness are encouraged to attend.

YOGA SCULPT: Yoga Sculpt takes your traditional yoga class to the next level. This music driven yoga and sculpting class uses the foundations of power yoga while incorporating hand weights. Yoga sculpt will build heat, strength, and flexibility within your body. Cardio intervals are added to traditional yoga poses. Basic knowledge of yoga is helpful but certainly not required. Get ready to sweat!

ZUMBA®: A fusion of Latin and International music that will create both a dynamic and exciting workout.



POOL *schedule*

	S	M	T	W	T	F	S
5am	5-9:30 LAP SWIM	5-8 LAP SWIM	5-8 LAP SWIM	5-8 LAP SWIM	5-8 LAP SWIM	5-8 LAP SWIM	5-8 LAP SWIM
9am		8:15-9:15 SPLASHDOWN Joanie	8:15-9:15 SPLASHDOWN Margie	8:15-9:15 SPLASHDOWN Joanie	8:15-9:15 SPLASHDOWN Peter	8:15-9:15 SPLASHDOWN Joanie	8:30-9:30 AQUAFIT Peter
10am	9:30-5 LESSONS/FAMILY No lap swim	9:30-10:30 SPLASHDOWN Joanie	9:30-10:30 SPLASHDOWN Margie	9:30-10:30 SPLASHDOWN Joanie	9:30-10:30 SPLASHDOWN Peter	9:30-10:30 SPLASHDOWN Joanie	9:30-5 LESSONS/FAMILY No lap swim
12pm		10:30-3:30 OPEN SWIM	10:30-3:30 OPEN SWIM	10:30-3 OPEN SWIM	10:30-3:30 OPEN SWIM	10:30-3:30 OPEN SWIM	
2pm				3-4 POOL CLOSED			
4pm		3:30-6 LESSONS/FAMILY <i>No - Lap Swim</i>	3:30-6 LESSONS/FAMILY <i>No - Lap Swim</i>	4-6 LESSONS/FAMILY <i>No - Lap Swim</i>	3:30-6 LESSONS/FAMILY <i>No - Lap Swim</i>	3:30-6 LESSONS/FAMILY <i>No - Lap Swim</i>	
6pm	5-7:45 OPEN SWIM	6:05-7 AQUAFIT Paloma	6:05-9 OPEN SWIM	6:05-7 AQUAFIT Paloma	6:05-9 OPEN SWIM	6:05-7 AQUAFIT Kristine	5-7:45 OPEN SWIM
7pm		7-9 OPEN SWIM		7-9 OPEN SWIM		7-9 OPEN SWIM	
9pm	7:45pm POOL CLOSED	9pm-5am* LAP SWIM	9pm-5am* LAP SWIM	9pm-5am* LAP SWIM	9pm-5am* LAP SWIM	9pm-5am* LAP SWIM	7:45pm POOL CLOSED

***Pool open 24 hours a day - 5 days a week**

DESCRIPTIONS

AQUAFIT: Invigorating water exercise for all ages/levels. During this class, the pool is reserved for class participants only and no children are allowed in the pool area.

OPEN SWIM: During this time, the pool is divided down the middle with a lane marker. One side of the pool is reserved for lap swimmers and/or swim lessons, while the stair side of the pool is open for children, families, water walkers, swim lessons and other "free" activities. *Swim Instructors reserve the right to use a lane for lessons as needed.

FAMILY SWIM: Pool reserved for kids and leisure use. There is no lap swimming at this time.

LESSONS: During this time, the pool is divided down the middle with a lane marker. One side is reserved for private lessons and the other is available for family swim. No lap swim during this time.

SPLASHDOWN: Water aerobics class for all levels. During this class, the pool is reserved for class participants only and no children are allowed in the pool area.

LAP SWIM: This time is reserved for lap swimming only. Lane markers will divide the pool. Children are not allowed in the pool at this time nor is this time open for water walking or stationary exercise. Lap lanes are designated on a first come, first serve basis. If you wish to share a lane, please ask the swimmer occupying the lane before entering.

*Lane 1 reserved for adult swim lessons.

*The pool, pool deck, Jacuzzi, and pool locker rooms are closed every night from 12:30am - 1:30am for deep cleaning.



RACQUETBALL *schedule*

	S	M	T	W	T	F	S
Court #1	7:30pm COURTS CLOSE		3pm - 6pm CHALLENGE PLAY		3pm - 6pm CHALLENGE PLAY		7:30pm COURTS CLOSE
Court #2	7:30pm COURTS CLOSE		3:30pm - 6:30pm CHALLENGE PLAY		3:30pm - 6:30pm CHALLENGE PLAY		7:30pm COURTS CLOSE

For more information on League Play and Racquetball lessons, please contact Dave Stob, david.stob57@comcast.net

DESCRIPTIONS

RACQUETBALL LESSONS: Learn how to play and/or improve your game in a group setting at specified hour, or individually by scheduled appointment.

CHALLENGE PLAY: During this time, court reservations are not available. The challenge court rules are posted outside the courts.

RESERVE PLAY: Courts can be reserved 24 hours in advance. League participants may reserve courts 48 hours in advance.

Please contact the front desk. Court is reserve play unless otherwise indicated. * **Courts close at 7:30pm on Saturdays and Sundays**



STUDIO CYCLING *schedule*

	S	M	T	W	T	F	S
10:00-10:55am Andrew		6:15-7:05am Kelly	6:15-7:05am TBA	6:15-7:05am Sean	6:15-7:05am Nancy	6:15-7:05am Sean	8:15am Kim/TBA
Noon-1pm INTRO TO CYCLING Jon		9:30-10:20am Jason		9:30-10:20am Kim		9:30-10:20am Nancy	9:30am Jason
		12:00-1:00pm Lindsey				12:00-1:00pm Lindsey	
		5:30-6:25pm Andrew	5:45-6:40pm Andrew	5:30-6:25pm Chris	5:45-6:40pm Manny		
		6:35pm Nancy		6:35pm Chris			

DESCRIPTIONS

STUDIO CYCLING: A low impact cardiovascular workout using a specially designed stationary bike. The class will include a variety of cycling drills concluding with a cool down and stretch.

All levels of fitness are encouraged to attend. **Cycling Sign-ups are 30 minutes in advance at the front desk. You must be on the bike you were issued when the class starts.**