



SCHEDULES

www.olympicathleticclub.com

JULY 4TH HOLIDAY HOURS

The club will close Tuesday, July 4th at 1:00pm and will reopen Wednesday, July 5th at 5:00am.
Happy Independence Day!

JULY 4TH CLASS SCHEDULE

7:10am Gentle Yoga with Ricardo
8:15am Barre with Kim
8:30am TRX with Jon
10:45am Yoga with Laura
All other classes are cancelled.

NEWS FROM THE POOL

Private and semiprivate lessons continue throughout the summer. Check for availability, dates and times on Mindbody website.

POOL CLOSURE

Just a reminder, every Wednesday the 2nd floor Lap Pool is closed from 1-2pm and the 1st floor Family Pool is closed from 3-4pm for cleaning.

CHECK-IN PROCEDURE

Check-in cards are mandatory to gain access to the club. Please bring your card every time you visit.

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.

OLYMPIC LIFTING WORKSHOP

Clean and Jerk - Led by OAC Certified Personal Trainer and USAW Sports Performance Coach, Melissa Topscher • Saturday, July 29th 11:00AM – 12:30PM

As seen in the Olympics, the Barbell Clean and Jerk exercise is the most efficient way to move heavy weight from the ground to overhead. It is also one of the most effective exercises for developing explosive strength for sports performance training. During this 90-minute workshop you will learn to break down the lift by position, run drills on improving speed, power and footwork and fine tune your skills leading to improved technique and heavier, more powerful lifts.

This workshop is open to all experience levels including first-time lifters.

The cost is \$59.00 and is limited to 8 participants. Register today at the front desk!

For more information contact Coach Melissa at MelissaT@olympicathleticclub.com.



KRAKEN CROSSFIT

Change Your Routine...FOREVER!

Located inside OAC, Kraken CrossFit is now offering OAC members access to our "Open Box Hour" every Saturday morning from 8:00-9:00am. The Open Box is free of charge and an opportunity for you to work on your goals for weightlifting (squats, presses, Olympic Lifts), gymnastics (pull-ups, gymnastics rings, handstands) or other functional exercises while under the supervision of a certified CrossFit Coach that is there to help you improve. Class is limited to 8 participants and registration on MINDBODY is required. For more information contact our Fitness Director, Kyle Hyde, at KyleH@olympicathleticclub.com.

MINDBODY SIGN-UP INSTRUCTIONS

CROSSFIT, BARRE, TRX, SWIM LESSONS AND BELLY DANCING CLASSES!

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 s c h e d u l e

	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 Jackie	9:30-10:30 STEP & SCULPT Jon	9:30-10:25 STEP JAM Allan	8:30-9:30 ZUMBA® Daniel
9am	10-11 NIA Jackie/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 Denise
10am	11:15-12:30 INTRO TO YOGA Will	11:05-11:50 FUNCTIONAL FITNESS Audrey					10:45-11:45 SERIOUS SCULPT Natalie
11am		12-1 BASKETBALL PICK-UP GAMES	12:30-1:30 ZUMBA Daniel	12-1 BASKETBALL PICK-UP GAMES	12:30-1:30 ZUMBA Daniel	12-1 BASKETBALL PICK-UP GAMES	
12-2pm	1-3 BASKETBALL PICK-UP GAMES	1-5 BASKETBALL Open Hoops	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
3pm	3-7:45 BASKETBALL Open Hoops		4-4:55 ZUMBA® Susan	4-4:55 ZUMBA® Daniel	4-4:55 ZUMBA® Vanessa		3-7:45 BASKETBALL Open Hoops
4pm			5-5:25 AWESOME ABS Bev		5-5:25 AWESOME ABS Bev		
5pm		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	
6pm		6:30-7:25 YOGA Ricardo	6:35-7:35 P90X® Debra	6:30-7:25 YOGA Ricardo	6:35-7:35 P90X® Debra		
7pm		7:35-8:30 KICKBOXING Denise		7:35-8:30 KICKBOXING Denise			
8pm		8:35-11 BASKETBALL Pick-up Games	7:45-11 BASKETBALL Open Hoops/ Pickup Games	8:35-11 BASKETBALL Pick-up Games	7:45-11 BASKETBALL Open Hoops/ Pickup Games	8:35-11 BASKETBALL Pick-up Games	

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

CLASS DESCRIPTIONS

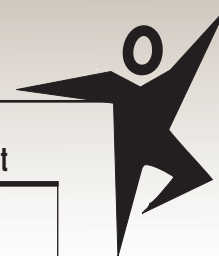
- ADVANCED YOGA:** A one and a half hour flow class focused on listening to your body while going at your own pace. This class will offer you variations on poses while encouraging you to listen to your body. Which could translate into hovering in handstand or resting in child. Class will begin with meditation 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 is required!
- BEGINNING YOGA:** If you're new to Yoga this is for you! Gentle stretching and poses to relax and renew.
- 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.

\$\$ SPECIALTY CLASSES

- Fee and pre-registration required

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		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							9:45-10:45 BARRE Kim/Jackie Sign-up Required--\$
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--\$	11-12 BARRE Elana Sign-up Required--\$
11am							
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 Sasha		4-5 POWER YOGA Sasha		
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		
7pm						7-8 YOGA Alec	
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

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.

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.

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.

P90X®: This trademarked workout is a combination of exercise techniques including strength training, cardio, yoga, plyometrics, and stretching. It's designed to make you sweat and continue burning calories long after your workout is done!

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.

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 Kate	6:05-9 OPEN SWIM	6:05-7 AQUAFIT Maria	6:05-9 OPEN SWIM	6:05-7 AQUAFIT Max	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 Tommy J.	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 TBA		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 Tommy J.	5:45-6:40pm Brian	5:30-6:25pm Tommy J.	5:45-6:40pm Manny		
		6:35pm Tommy J.		6:35pm Tommy J.			

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.*