



# SCHEDULES

www.olympicathleticclub.com

## LABOR DAY HOURS

*The Club will be open during its regularly scheduled hours but will have a limited class schedule.*

*The amended class schedule will be posted at the front desk.*

*Have a happy holiday!*

## NEWS FROM THE POOL

*Private and semiprivate lessons continue throughout the school year.*

*Check for availability, dates and times on the Mindbody website.*

## PARENT/TODDLER SWIM LESSONS

*Introduce children (4 months to 2.5 years) to the water with the support of a parent and certified, caring instructor.*

*The emphasis of this 3 week program is designed to help babies and young children relate to the water with comfort, to build self-confidence and to have fun.*

*Sign up at the front desk.*

## 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.*

## 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.

*Personal training packages include one free body composition test!*

*You can also purchase two tests 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](mailto:kyleh@olympicathleticclub.com).*

## NEED HELP ACHIEVING YOUR WEIGHT LOSS GOALS?

*Schedule an appointment for a free 15-minute consultation with Registered Dietitian, Terri Blair at Olympic Athletic Club today.*

During your meeting with Terri you can discuss her areas of expertise and decide what type of program would best work for you to achieve your goals; whether it be blood sugar management, weight loss or lowering your cholesterol. Meetings are available Monday and Wednesday evenings from 5:30-7:30pm and the member discount is \$119/ 55minutes.

*To schedule an appointment 206-409-5271 or email [terri@nutritionandwellnessworks.com](mailto:terri@nutritionandwellnessworks.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](mailto: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
	<b>SKILL LEVEL RATINGS</b>						
			1	2	3	A	\$\$ Class Fee
			Beginning	Intermediate	Advanced	All Skill Levels	
5am	5-7:30 <b>OPEN HOOPS</b>	6-7 <b>SERIOUS SCULPT</b> Erin	5-7 <b>OPEN HOOPS</b>	6-7 <b>SERIOUS SCULPT</b> Bev	5-7 <b>OPEN HOOPS</b>	6-7 <b>SERIOUS SCULPT</b> Erin	5-7 <b>OPEN HOOPS</b>
6-7am	7:45-8:45 <b>GENTLE YOGA</b> Ricardo	8-9 <b>YOGA CORE FUSION</b> Laura	7:10-8 <b>GENTLE YOGA</b> Ricardo	8-9 <b>PILATES</b> Charlene	7:10-8 <b>GENTLE YOGA</b> Ricardo	8-9 <b>PILATES</b> Char	7:10-8:20 <b>YOGA</b> Weights Optional Ricardo
8am	9-9:55 <b>STEP JAM</b> Brent	9:30-10:25 <b>KICKBOXING</b> Debra	9:30-10:30 <b>FULL BODY WORKOUT</b> Kim	9:30-10:30 <b>NIA</b> Shea	9:30-10:30 <b>STEP &amp; SCULPT</b> Jon	9:30-10:25 <b>STEP JAM</b> Allan	8:30-9:30 <b>ZUMBA®</b> Daniel
9am	10-11 <b>NIA</b> Shea/Jeanne	10:30-11 <b>CORE CONDITIONING</b> Debra	10:45-12:10 <b>YOGA</b> Laura	10:45-11:30 <b>SERIOUS SCULPT</b> Kim	10:45-12:10 <b>YOGA</b> Judy	10:30-11:15 <b>SERIOUS SCULPT</b> Allan	9:35-10:35 <b>KICKBOXING</b> Denise
10am	11:15-12:30 <b>INTRO TO YOGA</b> Will	11:05-11:50 <b>FUNCTIONAL FITNESS</b> Audrey					10:45-11:45 <b>SERIOUS SCULPT</b> Natalie
11am		12-1 <b>BASKETBALL PICK-UP GAMES</b>	12:30-1:30 <b>ZUMBA</b> Daniel	12-1 <b>BASKETBALL PICK-UP GAMES</b>	12:30-1:30 <b>ZUMBA</b> Daniel	12-1 <b>BASKETBALL PICK-UP GAMES</b>	
12-2pm	1-3 <b>BASKETBALL PICK-UP GAMES</b>	1-5 <b>BASKETBALL</b> Open Hoops	1:45-3:50 <b>BASKETBALL</b> Open Hoops	1-3:50 <b>BASKETBALL</b> Open Hoops	1:45-3:50 <b>BASKETBALL</b> Open Hoops	1-5 <b>BASKETBALL</b> Open Hoops	12-3 <b>BASKETBALL PICK-UP GAMES</b>
3pm	3-7:45 <b>BASKETBALL</b> Open Hoops		4-4:55 <b>ZUMBA®</b> Susan	4-4:55 <b>ZUMBA®</b> Daniel	4-4:55 <b>ZUMBA®</b> Vanessa		3-7:45 <b>BASKETBALL</b> Open Hoops
4pm			5-5:25 <b>AWESOME ABS</b> Bev		5-5:25 <b>AWESOME ABS</b> Bev		
5pm		5:30-6:25 <b>BOOT CAMP</b> Kyle	5:30-6:25 <b>NRG BAR</b> Bev	5:30-6:25 <b>BOOT CAMP</b> Kyle	5:30-6:25 <b>NRG BAR</b> Bev	5:30-6:25 <b>BOOT CAMP</b> Kyle	
6pm		6:30-7:25 <b>YOGA</b> Ricardo	6:35-7:35 <b>P90X®</b> Debra	6:30-7:25 <b>YOGA</b> Ricardo	6:35-7:35 <b>P90X®</b> Debra		
7pm		7:35-8:30 <b>KICKBOXING</b> Denise	7:45-11 <b>BASKETBALL</b> Open Hoops/ Pickup Games	7:35-8:30 <b>KICKBOXING</b> Denise	7:45-11 <b>BASKETBALL</b> Open Hoops/ Pickup Games		
8pm		8:35-11 <b>BASKETBALL</b> Pick-up Games		8:35-11 <b>BASKETBALL</b> Pick-up Games		8:35-11 <b>BASKETBALL</b> 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

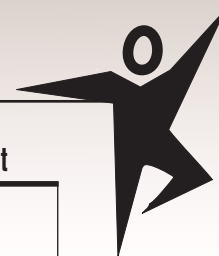
- ADVANCED YOGA:** A one and a half hour flow class focused on listening to your body while going at your own pace. This class will offer you variations on poses while encouraging you to listen to your body. Which could translate into hovering in handstand or resting in child. Class will begin with meditation 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 <b>YOGA</b> Laura	6-7 <b>BARRE</b> Jackie Sign-up Required--\$	6-7:10 <b>YOGA</b> Laura	6-7 <b>BARRE</b> Jackie Sign-up Required--\$	6-7:10 <b>YOGA</b> Laura	
7am		8-8:25 <b>SILVER POWER</b> Tim	7:10-8 <b>POWER YOGA</b> Lindsey		7:10-8 <b>POWER YOGA</b> Lindsey		7:15-8:15 <b>PILATES</b> Char
8am		8:45-9:45 <b>BARRE</b> Kim Sign-up Required--\$	8:15-9:20 <b>BARRE</b> Kim Sign-up Required--\$	8:15-9:20 <b>BARRE SCULPT</b> Kim Sign-up Required--\$	8:15-9:20 <b>BARRE</b> Kim Sign-up Required--\$	8:30-9:25 <b>GENTLE YOGA</b> Ricardo	8:30-9:30 <b>PILATES</b> Char
9am							9:45-10:45 <b>BARRE</b> Kim/Jackie Sign-up Required--\$
10am	9:45-10:45 <b>TAI CHI</b> Derryl	10-11 <b>BARRE</b> Kim Sign-up Required--\$	10:45-11:45 <b>BARRE</b> Elana Sign-up Required--\$		10-11 <b>BARRE</b> Kim Sign-up Required--\$	10:45-11:45 <b>BARRE</b> Jackie Sign-up Required--\$	11-12 <b>BARRE</b> Elana Sign-up Required--\$
11am							
12-4pm	12-1:00 <b>YOGA SCULPT</b> Lindsey	12-1:15 <b>YOGA</b> Will		12-1:15 <b>YOGA</b> Mary Kay		12-1:15 <b>YOGA</b> Will	12:15-1:45 <b>ADVANCED YOGA</b> Judy
4pm			4-5 <b>POWER YOGA</b> Sasha		4-5 <b>POWER YOGA</b> Sasha		
5pm	5-6:05 <b>POWER YOGA</b> Lindsey	5:30-6:35 <b>BARRE</b> Elana Sign-up Required--\$	5:15-6:20 <b>YOGA</b> Molly	5:30-6:35 <b>BARRE</b> Elana Sign-up Required--\$	5:15-6:20 <b>YOGA</b> Alec		
6pm	6:15-7:30 <b>YOGA</b> Will	6:45-7:45 <b>PILATES</b> Char		6:45-7:45 <b>PILATES</b> Char	6:35-7:35 <b>POWER YOGA</b> Ashley		
7pm						7-8 <b>YOGA</b> Alec	
8pm		7:50-8:50 <b>BELLY DANCING</b> Rebecca Sign-up Required--\$					
9pm							

Please direct any questions or comments regarding classes to Kim Medica, [medica@comcast.net](mailto: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 class 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 <b>LAP SWIM</b>	5-8 <b>LAP SWIM</b>	5-8 <b>LAP SWIM</b>	5-8 <b>LAP SWIM</b>	5-8 <b>LAP SWIM</b>	5-8 <b>LAP SWIM</b>	5-8 <b>LAP SWIM</b>
9am		8:15-9:15 <b>SPLASHDOWN</b> Joanie	8:15-9:15 <b>SPLASHDOWN</b> Margie	8:15-9:15 <b>SPLASHDOWN</b> Joanie	8:15-9:15 <b>SPLASHDOWN</b> Peter	8:15-9:15 <b>SPLASHDOWN</b> Joanie	8:30-9:30 <b>AQUAFIT</b> Peter
10am	9:30-5 <b>LESSONS/FAMILY</b> No lap swim	9:30-10:30 <b>SPLASHDOWN</b> Joanie	9:30-10:30 <b>SPLASHDOWN</b> Margie	9:30-10:30 <b>SPLASHDOWN</b> Joanie	9:30-10:30 <b>SPLASHDOWN</b> Peter	9:30-10:30 <b>SPLASHDOWN</b> Joanie	9:30-5 <b>LESSONS/FAMILY</b> No lap swim
12pm		10:30-3:30 <b>OPEN SWIM</b>	10:30-3:30 <b>OPEN SWIM</b>	10:30-3 <b>OPEN SWIM</b>	10:30-3:30 <b>OPEN SWIM</b>	10:30-3:30 <b>OPEN SWIM</b>	
2pm				<b>3-4 POOL CLOSED</b>			
4pm		3:30-6 <b>LESSONS/FAMILY</b> <i>No - Lap Swim</i>	3:30-6 <b>LESSONS/FAMILY</b> <i>No - Lap Swim</i>	4-6 <b>LESSONS/FAMILY</b> <i>No - Lap Swim</i>	3:30-6 <b>LESSONS/FAMILY</b> <i>No - Lap Swim</i>	3:30-6 <b>LESSONS/FAMILY</b> <i>No - Lap Swim</i>	
6pm	5-7:45 <b>OPEN SWIM</b>	6:05-7 <b>AQUAFIT</b> Kate	6:05-9 <b>OPEN SWIM</b>	6:05-7 <b>AQUAFIT</b> Maria	6:05-9 <b>OPEN SWIM</b>	6:05-7 <b>AQUAFIT</b> Max	5-7:45 <b>OPEN SWIM</b>
7pm		7-9 <b>OPEN SWIM</b>		7-9 <b>OPEN SWIM</b>		7-9 <b>OPEN SWIM</b>	
9pm	7:45pm <b>POOL CLOSED</b>	9pm-5am* <b>LAP SWIM</b>	9pm-5am* <b>LAP SWIM</b>	9pm-5am* <b>LAP SWIM</b>	9pm-5am* <b>LAP SWIM</b>	9pm-5am* <b>LAP SWIM</b>	7:45pm <b>POOL CLOSED</b>

**\*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 <b>COURTS CLOSE</b>		3pm - 6pm <b>CHALLENGE PLAY</b>		3pm - 6pm <b>CHALLENGE PLAY</b>		7:30pm <b>COURTS CLOSE</b>
Court #2	7:30pm <b>COURTS CLOSE</b>		3:30pm - 6:30pm <b>CHALLENGE PLAY</b>		3:30pm - 6:30pm <b>CHALLENGE PLAY</b>		7:30pm <b>COURTS CLOSE</b>

For more information on League Play and Racquetball lessons, please contact Dave Stob, [david.stob57@comcast.net](mailto: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 <b>INTRO TO CYCLING</b> 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 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.*

# TRX Studio

🔒 SKILL LEVEL RATINGS		All Skill Levels	1 Beginner	2 Intermediate	3 Advanced	\$\$ = Class Fee
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30am <b>R.I.S.E. - DEBRA</b> \$\$ Sign-up Required		5:30-6:30am <b>R.I.S.E. - DEBRA</b> \$\$ Sign-up Required		5:30-6:30am <b>R.I.S.E. - DEBRA</b> \$\$ Sign-up Required	
	8:35-9:20am <b>FOREVER FIT</b> KIM L	8:30-9:25am <b>TRX - JON</b> \$\$ Sign-up Required	8:35-9:20am <b>FOREVER FIT</b> KIM L	8:30-9:25am <b>TRX - JON</b> \$\$ Sign-up Required	8:35-9:20am <b>FOREVER FIT</b> TIM	8:00-8:55am <b>TRX - TOMMY</b> \$\$ Sign-up Required
	9:25-9:55am <b>LIFETONES</b> TERRY		9:25-9:55am <b>LIFETONES</b> VONNE		9:25-9:55am <b>LIFETONES</b> TERRY	
	10:00-10:55am <b>TRX - TOMMY</b> \$\$ Sign-up Required	10:00-10:55am <b>TRX - CLAIRE</b> \$\$ Sign-up Required	10:00-10:55am <b>TRX - TOMMY</b> \$\$ Sign-up Required	10:00-10:55am <b>TRX - CLAIRE</b> \$\$ Sign-up Required	10:00-10:55am <b>TRX - TOMMY</b> \$\$ Sign-up Required	
10:45-11:40am <b>TRX - JON</b> \$\$ Sign-up Required		11:00-11:45am <b>FOREVER FIT</b> KIM	11:00-11:45am <b>FUNCTIONAL FITNESS - AUDREY</b>	11:00-11:45am <b>FOREVER FIT</b> KIM L	11:00-11:45am <b>FUNCTIONAL FITNESS - BEV</b>	10:40-11:10am <b>CORE CONDITIONING</b> DENISE
			12:00-1:00pm <b>TRX - CALLIE</b> \$\$ Sign-up Required		12:00-1:00pm <b>TRX - TOMMY</b> \$\$ Sign-up Required	3:00-4:00pm <b>FREE INTRO TRX</b> Registration Required
4:00-5:00pm <b>TRX JON</b> \$\$ Sign-up Required						4:00-5:00pm <b>TRX JON</b> \$\$ Sign-up Required
						5:00-6:00pm <b>PARENTS NIGHT OUT</b> \$\$ Once per Month*
	8:35-9:05pm <b>CORE CONDITIONING</b> DENISE		8:35-9:05pm <b>CORE CONDITIONING</b> DENISE			

## CLASS DESCRIPTIONS

- ◆ **AWESOME ABS:** Abdominal exercises and lower back conditioning
- ◆ **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.
- ◆ **FREE INTRO TRX CLASS:** In this complimentary class, you will learn the foundational movements to prepare you for the TRX class. Six participants per class. Sign-up at the Front Desk is required.
- ◆ **FOREVER FIT:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support. You will release tension and stress while improving overall balance and agility.
- ◆ **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.
- ◆ **LIFETONES:** Strength training, cardio, and conditioning for people over 55. A thirty minute workout.

- ◆ **PARENTS NIGHT OUT:** Time for kids to play games and exercise during Parents Night Out movie night in Kids Korner. Sign-up Required. For available dates, please inquire with Kids Korner.
- ◆ **R.I.S.E.:** This class incorporates exercise variety and functional movement while focusing on Reaching Intensity Strength & Endurance. It is perfect for an early morning fitness fanatic looking to lose weight and increase lean body mass while under the guidance of P90X Instructor and Trainer, Debra Bailly. Packages are 20-classes for \$200.00, 10-classes for \$120.00, 5-classes for \$75.00 and Drop-In for \$20.00. Class Packages are valid for 3 months from purchase date. For more information or to sign-up please contact Debra at Debrab@olympicathleticclub.com.
- ◆ **TRX:** Total Body Resistance Exercise Suspension Training builds core strength with every exercise by creating an element of instability that calls on your core to provide balance and coordination. Classes are \$5 per class and sign up is required through the MindBody website. New participants must take the "intro to trx class" or work one on one with a trainer on the trx equipment. New member orientations are available free of charge to new members, and reassessments are available free of charge for existing members. For more information about training or to schedule an appointment, contact our Fitness Director, Kyle Hyde, at KyleH@olympicathleticclub.com.

**The TRX room is available for member use when there is not a class scheduled. However, members must exit the room 10 minutes prior to scheduled classes and can re-enter once the class participants exit.**