

SERVICES OFFERED BY CLIFF LEE

Women's Self Defense Learn how to enhance your environmental awareness, protect yourself through words and recognize early warning signs of a potential attacker.

\$65 for 2 sessions

Wednesdays 6:30pm to 7:30pm Saturdays 4:00pm to 5:00pm

Kids Karate Program Martial Arts is good, clean fun for kids and a great way to give kids a head start in life. They'll learn the positive benefits of self-discipline and confidence, develop coordination and increase strength and flexibility. Since the structure of respect is built into Martial Arts, children develop the ability to listen, learn and achieve within a highly related environment. This proves to be an excellent reinforcement of study techniques for school.

Ages & Times	<i>Little Dragons</i>	<i>Ages 5 - 7</i>	<i>Mon & Wed</i>	<i>4:00pm - 4:40pm</i>
	<i>Junior Dragons</i>	<i>Ages 8 - 13</i>	<i>Mon & Wed</i>	<i>4:45pm - 5:45pm</i>
	<i>Advanced Training</i>	<i>Ages 8 - 13</i>	<i>Mon & Wed</i>	<i>5:50pm - 6:20pm</i>

Member	<i>\$100 per student per month</i>	Non-Member	<i>\$125 per student per month</i>
	<i>\$52 per sibling per month</i>		<i>\$65 per sibling per month</i>

Kickbox 101 If you are new to kick boxing or need more instruction on how to punch and kick correctly without hurting yourself while maximizing your workout, this is the class for you. It is also a great refresher for seasoned participants. This is a one-on-one or a small group educational class.

\$65 per session

Gloves can be purchased at the front desk.

Personal Fitness Trainer A personal fitness trainer helps you achieve results by addressing your individual needs and requirements to immediately formulate a plan of action personally suited just for you. Working with a personal fitness trainer, anyone can achieve their health and fitness goals. Please schedule an appointment at the front desk at your convenience.



ADDITIONAL SERVICES FROM THE FITNESS DEPARTMENT

Body Composition Analysis A complete body fat assessment to determine your amount of lean muscle mass compared to fat mass. A 3-site test is performed along with circumference measurements. To ensure an accurate assessment, please refrain from ingesting any food, caffeine or nicotine 3 hours prior to testing. Do not exercise at least 3 hours prior to the test.

Member Cost	\$15 (30 minutes)
Non-Member Cost	\$20 (30 minutes)

FITNESS SERVICES

The trainers at Olympic Athletic Club work one on one to motivate and educate clients regarding physical fitness and self improvement. Our personal trainers are highly educated and certified to work with individuals in need of rehabilitation, athletic enhancement or overall health improvement. Whatever your fitness goals may be, an OAC trainer will give you the assistance you need to have them become a reality.

MAXIMIZE YOUR RESULTS BY TRAINING
WITH A PROFESSIONAL

INCLUDED WITH MEMBERSHIP

New Member Orientation A one on one consultation with a trainer designed to get you started. It includes a basic introduction to our cardiovascular equipment, a health intake assessment, proper stretching techniques and a strength orientation. **This must be utilized within 60 days of join date.**

PERSONAL TRAINING PRICES

New Member Special
3 for \$149
Jump start your workout and get results by taking advantage of this special offer: Three personal training sessions (each 55 minutes) for less than \$50 per session! **This must be purchased within 60 days of join date.**

Members	(1-4) Sessions	\$65	(10-19) Sessions	\$50
	(5-9) Sessions	\$55	(20+) Sessions	\$45
Non-Members	(1-4) Sessions	\$70	(10-19) Sessions	\$55
	(5-9) Sessions	\$60	(20+) Sessions	\$50

Small Group Training Have fun with friends and save by participating in small group training. (Each session is 55 minutes in length.)

Two People	\$37.50 per person
Three People	\$27.50 per person
Four People	\$22.50 per person