



SCHEDULES

www.olympicathleticclub.com

POOL HOURS

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 maintenance.

ADULT LAP POOL CLOSURE

The 2nd floor adult lap pool and hot tub will be closed for annual maintenance on Sunday, August 18, 2019 at 9:00 p.m.

They will reopen on

Saturday, August 31, 2019 at 5:00 am.

During this time, the pool and hot tub are drained and acid washed and the internal sand filters are replaced.

We apologize for the inconvenience.

ADULT LAP POOL RULES

Please read all pool reservation instructions and make sure you are signing in properly for the lane you are entering by listing your name and the time that you entered. If you plan to circle swim while you are waiting for an Individual Lane, please make sure you properly sign into the Circle Swim Lane by listing your name and the time you enter the Circle Swim Lane. Also, don't forget to erase your name at the end of your swim.

BARRE CLASS PROMOTION

Barre classes are now offered at a discounted rate of \$5 per class!

These classes will provide a fun energetic workout that fuses techniques from Pilates, yoga, and dance that will tone, define, and strength the entire body. This high energy low impact class is a very effective way to transform your body. All of our instructors are certified and trained through highly accredited programs. Classes are held in Studio B.

Reserve your classes now and get ready for summer!

CLUB HOURS

Olympic Athletic Club is open 24 hours a day, 5 days a week.

The Club closes every Saturday and Sunday at 9pm and re-opens Sunday and Monday at 5am.

TWENTY-TWO NEW COMPLIMENTARY CLASSES

1. Six additional cycling classes
2. Six additional yoga classes
3. Five Les Mills Body Pump classes
4. Three additional Bootcamp classes
5. Two Les Mills Body Combat classes

OAC now offers a total of 140 complimentary group exercise classes. We offer more free classes than any other Health Club in Puget Sound. You asked for them and we listened. Thank you for your feedback!

CROSSFIT BEGINNER SPECIAL

Kraken Crossfit, which is located inside Olympic Athletic Club, is a licensed CrossFit affiliate offering a friendly and supportive environment for all fitness levels. Training under the CrossFit methodology of Constantly Varied and Functional Movements, includes Weightlifting (barbells, dumbbells and kettlebells), Gymnastics (pull-ups, push-ups, plyometrics and gymnastics rings), and Cardio (running, rowing and jump-rope) to create a balanced and effective training program for all fitness goals.

The Jump Start Series consists of three one hour, one-on-one sessions with a certified CrossFit Coach. They will train you on the proper technique of the exercises in each element and prepare you to join our weekly "WOD" (Workout Of the Day) classes. For the month of August, Kraken CrossFit is offering a free month of CrossFit classes (\$95.00 value) upon completion of the Jump Start Series.

Cost is \$149.00. Online registration on our MINDBODY site is required. For more information, please contact our Fitness Director, Kyle Hyde, at kyleh@olympicathleticclub.com



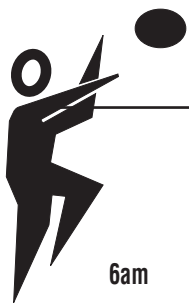
CELL PHONE USE IN THE LOCKER ROOMS

Cell phone use inside OAC locker rooms is strictly prohibited. If you need to use your phone, please step outside the locker room.

Failure to comply with this policy may result in membership termination.



**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
6am		6-7 SERIOUS SCULPT Brittany		6-7 SERIOUS SCULPT Bev		6-7 SERIOUS SCULPT Bev	
7am			7:10-8:00 GENTLE YOGA Ricardo		7:10-8:00 GENTLE YOGA Ricardo		
8am	8:30-9:25 ZUMBA® Shea	8-9 PILATES Char		8-9 PILATES Char		8-9 PILATES Char	8:30-9:25 ZUMBA® Daniel
9am	9:30-10:25 STEP JAM Brent	9:30-10:25 BOOT CAMP Kyle	9:30-10:25 FULL BODY WORKOUT Kim	9:30-10:25 BOOT CAMP Kyle	9:30-10:25 FULL BODY WORKOUT Jon	9:30-10:25 STEP JAM Allan	9:30-10:25 CARDIO KICKBOXING Jesse
10am	10:30-11:15 AWESOME ABS Brent	10:30-11:15 SERIOUS SCULPT Kim	10:45-12:10 YOGA Laura	10:30-11:15 SERIOUS SCULPT Kim	10:45-12:10 YOGA Judy	10:30-11:15 SERIOUS SCULPT Allan	10:30-11:15 AWESOME ABS Jesse
12	12-3 BASKETBALL PICK-UP GAMES	12:00-1:30 BASKETBALL PICK-UP GAMES	12:30-1:30 ZUMBA® Daniel	12:00-1:30 BASKETBALL PICK-UP GAMES	12:30-1:30 ZUMBA Daniel	12:00-1:30 BASKETBALL PICK-UP GAMES	12-3 BASKETBALL PICK-UP GAMES
1-3pm	3:00-8:45 BASKETBALL Open Hoops	1:30-5:00 BASKETBALL Open Hoops	1:45-4:30 BASKETBALL Open Hoops	1:30-3:50 BASKETBALL Open Hoops	1:45-4:30 BASKETBALL Open Hoops	1:30-5:00 BASKETBALL Open Hoops	3:00-8:45 BASKETBALL Open Hoops
4pm			5:00-5:25 AWESOME ABS Bev	4-5 ZUMBA® Daniel	5:00-5:25 AWESOME ABS Bev		
5pm		5:30-6:25 BOOT CAMP Kyle	5:30-6:25 BODY PUMP Bev	5:30-6:25 BOOT CAMP Kyle	5:30-6:25 BODY PUMP Bev	5:30-6:25 BOOT CAMP Kyle	
6pm		6:35-7:30 BODY PUMP Sofia	6:35-7:30 BODY COMBAT Christine	6:35-7:30 BODY PUMP Aurora	6:35-7:30 BODY COMBAT Christine	6:35-7:30 BODY PUMP Sunit	
7pm		7:35-8:30 CARDIO KICKBOXING Jesse		7:35-8:30 CARDIO KICKBOXING Jesse			
8pm		8:35-11 BASKETBALL Pick-up Games	8:35-11 BASKETBALL Pick-up Games	8:35-11 BASKETBALL Pick-up Games	8:35-11 BASKETBALL Pick-up Games	8:35-11 BASKETBALL Pick-up Games	
9pm							

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

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.

AWESOME ABS: 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.

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. \$5 per class; sign up through Mindbody.

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. All levels are encouraged.

BODY COMBAT: Les Mills Bodycombat® is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu

BODY PUMP: Les Mills Bodypump® is a barbell class that shapes, tones and strengthens your entire body. This program focuses on high reps which help you achieve strength and lean body muscle conditioning. Each class is designed to follow a designated routine which will consist of squats, lunges, presses and curls. An abdominal and relaxation segment is included in each class. Bodypump gives you a total body workout and is appropriate for all levels.

STUDIO B

AEROBICS schedule



	Sun	M	T	W	T	F	Sat
6am		6:00-7:10 YOGA Laura	6-7 FLOW YOGA Ricardo	6:00-7:10 YOGA Laura	6-7 FLOW YOGA Ricardo	6:00-7:10 YOGA Laura	
7am	7:10-8:20 GENTLE YOGA Ricardo		7:10-8:00 POWER YOGA Denay		7:10-8:00 POWER YOGA Lindsey		7:10-8:20 FLOW YOGA Ricardo
8am	8:30-9:25 GENTLE YOGA Ricardo		8:15-9:15 BARRE Kim Sign-up Required--\$		8:15-9:15 BARRE Kim Sign-up Required--\$		8:30-9:25 PILATES Char
9am	9:45-10:45 TAI CHI Derryl	9:15-10:15 BARRE Kim Sign-up Required--\$	10-11 BARRE Lisa Sign-up Required--\$	9:15-10:15 BARRE Lisa Sign-up Required--\$	10-11 BARRE Kim Sign-up Required--\$	9:15-10:15 GENTLE YOGA Ricardo	9:45-10:45 BARRE Kim/Biancana Sign-up Required--\$
10am	11-12 INTRO TO YOGA Will	10:30-11:45 YOGA Will	10-11 BARRE Lisa Sign-up Required--\$	10:30-11:45 YOGA MaryKay	10-11 BARRE Kim Sign-up Required--\$	10:30-11:45 YOGA Will	11-12 BARRE Biancana Sign-up Required--\$
11am							
12-4pm	12:15-1:15 YOGA SCULPT Lindsey	12:00-1:15 YOGA Will		12:00-1:15 YOGA Mary Kay		12:00-1:15 YOGA Will	12:15-1:45 YOGA Judy
4pm		4-5 YOGA SCULPT Ellen	4-5 POWER YOGA Elizabeth	4-5 YOGA SCULPT Danielle	4-5 POWER YOGA Denay	4-5 YOGA SCULPT Lindsey	
5pm	5-6 POWER YOGA Lindsey	5:15-6:15 BARRE Annie Sign-up Required--\$	5:15-6:15 YOGA Elizabeth	5:15-6:15 BARRE Lisa Sign-up Required--\$	5:15-6:15 YOGA Alec	5:15-6:15 YOGA Alec	
6pm	6:15-7:30 YOGA Will	6:30-7:20 FLOW YOGA Ricardo	6:30-7:25 PILATES Char	6:30-7:20 FLOW YOGA Ricardo	6:30-7:25 PILATES Sara	6:30-7:25 GENTLE YOGA Alec	
7pm		7:30-8:20 BELLY DANCING Rebecca		7:30-8:20 BELLY DANCING Rebecca			
8pm							
9pm							

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

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.

CARDIO KICKBOXING: Cardio kickboxing is a group fitness class that combines martial arts techniques with fastpaced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

FLOW YOGA: A dynamic class flowing from one yoga pose to another to warm up the body, enhance breathing, dissolve muscle knots and raise heartbeat, resulting in a relaxed yet energized effect. Previous yoga experience recommended but not required.

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.

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.

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 SCULPT: Yoga Sculpt takes your traditional yoga class to the next level. This music driven yoga anculpting 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	5:00-9:30 LAP SWIM	6-8 LAP SWIM	6-8 LAP SWIM	6-8 LAP SWIM	6-8 LAP SWIM	6-8 LAP SWIM	6-8 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	9:30-5:00 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	9:30-5:00 LESSONS/FAMILY No lap swim
12pm		10:30-3:30 OPEN SWIM	10:30-3:30 OPEN SWIM	10:30-3:00 OPEN SWIM	10:30-3:30 OPEN SWIM	10:30-3:30 OPEN SWIM	
2pm				3-4 POOL CLOSED			
4pm		3:30-6:00 LESSONS/FAMILY <i>No - Lap Swim</i>	3:30-6:00 LESSONS/FAMILY <i>No - Lap Swim</i>	4-6 LESSONS/FAMILY <i>No - Lap Swim</i>	3:30-6:00 LESSONS/FAMILY <i>No - Lap Swim</i>	3:30-6:00 LESSONS/FAMILY <i>No - Lap Swim</i>	
6pm	5:00-7:45 OPEN SWIM	6:05-7:00 AQUAFIT Maria	6:05-9:00 OPEN SWIM	6:05-7:00 AQUAFIT Maria	6:05-9:00 OPEN SWIM	6:05-7:00 AQUAFIT Zoe	5:00-7:45 OPEN SWIM
7pm		7-9 OPEN SWIM		7-9 OPEN SWIM		7-9 OPEN SWIM	
9pm	7:45pm POOL CLOSED	9pm-6am* ADULT LAP SWIM	9pm-6am* ADULT LAP SWIM	9pm-6am* ADULT LAP SWIM	9pm-6am* ADULT LAP SWIM	9pm-6am* ADULT LAP SWIM	7:45pm POOL CLOSED

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

DESCRIPTIONS

ADULT 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.

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.

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

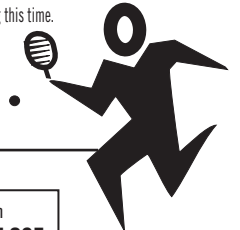
LAP SWIM: This time is reserved for lap swimming only. Lane markers will divide the pool. Adults and children 13 years and older (with adult supervision at all times). Lap lanes are designated on a first come, first serve basis. If you wish to share a lane, please ask the swimmer occupying the lane before entering.

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.

*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	8:30pm COURTS CLOSE		3pm - 6pm CHALLENGE PLAY		3pm - 6pm CHALLENGE PLAY		8:30pm COURTS CLOSE
Court #2	8:30pm COURTS CLOSE		3:30pm - 6:30pm CHALLENGE PLAY		3:30pm - 6:30pm CHALLENGE PLAY		8:30pm 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 8:30pm on Saturdays and Sundays

CYCLING STUDIO *schedule*



	S	M	T	W	T	F	S
		6:15-7:00am Harry	6:15-7:00am Nancy	6:15-7:00am Sean	6:15-7:00am Nancy	6:15-7:00am Sean	8:15-9:15am Kim/Chris
10-11am Andrew	9:30-10:15am Jason	7:30-8:15am Tommy	9:30-10:15am Kim	7:30-8:15am Tommy	9:30-10:15am Tommy	9:30-10:15am Nancy	9:30-10:30am Jason
12-1pm Andrew	12:00-12:45pm Lindsey	9:30-10:15am Tommy		9:30-10:15am Tommy		12:00-12:45pm Lindsey	
	5:30-6:25pm Andrew	5:45-6:45pm Tommy	5:30-6:25pm Chris	5:30-6:25pm Chris	5:45-6:45pm Manny		
	6:35-7:30pm Tommy	7:00-7:45pm Tommy	6:35-7:30pm Chris	7:00-7:45pm Tommy			

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.*

CYCLE-STRENGTH CLASS: Join acclaimed Personal Trainer and Cycle Instructor Andrew O'Connor for this hybrid-class of cycling and strength training in one workout. The class will begin in the Cycling Studio for 25 minutes for cardio conditioning and transition to the TRX Studio for 25 minutes of total-body strength training. Cost is \$5 per class and sign-up is available on-line using MINDBODY.

TRX STUDIO *schedule*



	Sun	M	T	W	T	F	Sat
	SKILL LEVEL RATINGS		1 Beginning	2 Intermediate	3 Advanced	A All Skill Levels	\$\$ Class Fee
5am		5:30-6:30 R.I.S.E. Alexis \$\$ Sign-up Required		5:30-6:30 R.I.S.E. Alexis \$\$ Sign-up Required		5:30-6:30 R.I.S.E. Alexis \$\$ Sign-up Required	
6-7am							
8am		8:30-9:15 FOREVER FIT Kim L		8:30-9:15 FOREVER FIT Kim L		8:30-9:15 FOREVER FIT Kim L	
9am		9:25-9:55 LIFETONES Terry		9:25-9:55 LIFETONES Vonne		9:25-9:55 LIFETONES Terry	9:15-10:00 CORE CONDITIONING Lindsey
10am		10:00-10:55 TRX - Rob \$\$ Sign-up Required		10:00-10:55 TRX Rob \$\$ Sign-up Required		10:00-10:55 TRX Rob \$\$ Sign-up Required	
11am		11:00-11:45 FUNCTIONAL FITNESS Audrey	11:00-11:45 FOREVER FIT Kim	11:00-11:45 FUNCTIONAL FITNESS Audrey	11:00-11:45 FOREVER FIT Kim L	11:00-11:45 FUNCTIONAL FITNESS Bev	
12-2pm			12:00-1:00 CYCLE STRENGTH Andrew \$\$ Sign-up Required		12:00-1:00 CYCLE STRENGTH Andrew \$\$ Sign-up Required	12:00-12:55 TRX Rob \$\$ Sign-up Required	
3pm							
4pm							
5pm							
6pm							5:00-6:00 PARENTS NIGHT OUT \$\$ Sign-up Required
7pm							

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

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.

CYCLE STRENGTH TRAINING: Join acclaimed Personal Trainer and Cycle Instructor Andrew O'Connor for this hybrid-class of cycling and strength training in one workout. The class will begin in the Cycling Studio for 25 minutes for cardio conditioning and then transition to the TRX Studio for an additional 25 minutes of total-body strength training. The cost is \$10.00 per class and sign-ups is available on-line using MINDBODY.

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.

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 Certified Personal Trainer, Alexis Sanderlin. 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 Alexis at AlexisS@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

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.