



# 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 cleaning.

## NEWS FROM THE POOL

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

## FAMILY POOL CLOSURE

For annual maintenance and cleaning we will be closing the family pool and hot tub on Sunday, September 9th at 7:30pm and will reopen on Monday, September 17th at 5:00am.

## FREE INTRO TO TRX

Strengthen your core and work on your balance with TRX! Try our Free Intro to TRX Class, offered every Saturday at 3:00pm. Sign-up through Mindbody Online!

## SAUNA NEWS

The Saunas in the 3rd Floor Locker Rooms are now activated by timers. To heat up, simply set the timer (located next to entrance of sauna) by turning the dial clock-wise before you enter. Please note that it may take a few minutes to warm up.

## 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.

## DEADLIFT WORKSHOP



The Dead-Lift is one of the most functional movements and is a critical exercise for the human body. When done correctly, the Dead-Lift trains the entire posterior-chain of the body including upper-back, lower-back, glutes and hamstrings, all beneficial for any fitness goal.

Perfect your Dead-Lift technique during this 90 minute workshop led by OAC Certified Personal Trainer, Patrick Gilroy. The Dead-Lift workshop will be held on Saturday, August 25th from 11:00am – 12:30pm in the CrossFit Studio.

The cost is \$49.00 and is limited to 8 participants. Register today at the front desk or, for more information contact our Fitness Director, Kyle Hyde, at [kyleh@olympicathleticclub.com](mailto:kyleh@olympicathleticclub.com).

## FREE REASSESSMENT WITH A CERTIFIED PERSONAL TRAINER

As a member of OAC, you are eligible for a complimentary Reassessment each month with one of our certified Personal Trainers. Make the most of your use of the club by meeting with a fitness professional that can answer all your questions.

Sign-up by contacting [training@olympicathleticclub.com](mailto:training@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](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 Beginning		2 Intermediate		3 Advanced		All Skill Levels
	\$\$ Class Fee						
5am	5-7:30 <b>OPEN HOOPS</b>	6-7 <b>SERIOUS SCULPT</b> Brittany	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> Bev	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> Jesse	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/Jeanna	10:30-11 <b>CORE CONDITIONING</b> Jesse	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> Jesse
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>HIGH FITNESS</b> Michelle
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> Stan	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	6:30-7:30 <b>TABATA HIIT</b> Mike	6:30-7:25 <b>YOGA</b> Ricardo	6:30-7:30 <b>TABATA HIIT</b> Mike		
7pm		7:35-8:30 <b>KICKBOXING</b> Jack	7:45-11 <b>BASKETBALL</b> Open Hoops/ Pickup Games	7:35-8:30 <b>KICKBOXING</b> Jack	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

## 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. \$8 per class; sign up through Mindbody.

**BARRE SCULPT:** A natural progression from Barre for advanced students. It consists of movements that are found in Barre with intermixed cardio bursts designed to elevate the heart rate. No weights are used in this class, instead you will use TheraBands to focus on strength and flexibility. \$8 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. \$5 per class; sign up through Mindbody.

**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.

**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.

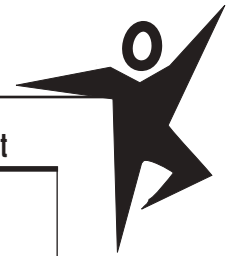
**FULL BODY WORKOUT:** High energy step combinations combined with interval and body sculpting.

## \$\$ 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	8-8:25 <b>SILVER POWER</b> Tim	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> Kelly Sign-up Required--\$
11am		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
12-4pm	12-1:00 <b>YOGA SCULPT</b> Lindsey						
4pm			4-5 <b>POWER YOGA</b> Elizabeth		4-5 <b>POWER YOGA</b> Nicole	4-5 <b>YOGA SCULPT</b> Lindsey	
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> Elizabeth	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> Elizabeth	7-8 <b>YOGA</b> Alec	
7pm							
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)

**GENTLE YOGA:** Release tightness and enhance your range of motion with gentle, gravity based Yoga poses. No previous experience necessary; open to all levels.

**HIGH FITNESS:** Transforms old school aerobics into a new fitness experience! This class will focus on elevating your heart rate and strengthening your body by alternating cardio and toning; these simple but effective techniques results in a high energy and intense workout!

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

**KICKBOXING LEVEL 1:** Intro level class practicing kickboxing fundamentals and basics in a timed round-based set.

**KICKBOXING LEVEL 2:** Faster paced, more technical kickboxing class where rounds are harder, faster, and require higher proficiency. Previous experience or Kickboxing level 1 recommended.

**KICKBOXING ALL LEVELS:** More straightforward cardio higher paced class where the emphasis is on fitness rather than technical improvement. All levels welcome."

**NIA:** Nia is a 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 <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> Maria	6:05-9 <b>OPEN SWIM</b>	6:05-7 <b>AQUAFIT</b> Paloma	6:05-9 <b>OPEN SWIM</b>	6:05-7 <b>AQUAFIT</b> Paloma	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.

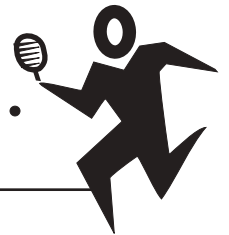
**LESSONS:** During this time, the pool is divided down the middle with a lane marker. One side is reserved for private lessons and the other is available for family swim. No lap swim during this time.

**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

## 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 Nancy	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 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.*