



SCHEDULES

www.olympicathleticclub.com

THE FOLLOWING CLASSES WILL BE CANCELLED FOR MAY 2019:

Sundays:

9am-Step Jam • 10am-NIA

Mondays:

6am-Serious Sculpt • 8am-Silver Power
9:30am-Kickboxing • 9:30am-NIA
10:30am-Core Conditioning
5:30pm-Boot Camp • 6:30pm-Yoga
7:35pm-Kickboxing

Tuesdays:

7:10am-Gentle Yoga
9:30am Full-Body Workout
12:30-Zumba • 4pm Zumba Gold
5:30pm-NRG Bar • 5pm-Awesome Abs
6:30pm-Tabata HIIT

Wednesdays:

6am-Serious Sculpt • 9:30am-NIA
10:45am-Serious Sculpt
4pm-Zumba • 5:30pm-Bootcamp
6:30pm-Yoga
7:35pm-Kickboxing

Thursdays:

7:10am-Gentle Yoga
9:30am-Step and Sculpt
12:30pm-Zumba • 4pm Zumba Strong
5pm-Awesome Abs • 5:30pm-NRG Bar
6:30pm-Tabata HIIT

Fridays:

6am-Serious Sculpt • 8am-Silver Power
8:30am-Gentle Yoga • 9:30am-Step Jam
10:30am-Serious Sculpt
5:30pm-Boot camp

Saturdays:

7:10am-Yoga weights optional
8:30am-Zumba
9:35am-Kickboxing

We apologize for the inconvenience.

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.

STUDIO A WILL BE CLOSED FOR REMODELING DURING THE MONTH OF MAY 2019

During this time, we plan to make the following improvements:

- Remove the netting and drop ceiling to expose the wood ceiling and beams. This will improve functionality and aesthetics by increasing floor to ceiling height and exposing the wood ceiling.
- Install new lighting. New lighting fixtures will be installed directly overhead with dimmer switch control.
- Improve the HVAC. This will help us cool and heat the room better throughout the year.
- Refinish the hardwood floor. This will improve safety for members that take classes and play basketball in Studio A.
- Paint the walls. All of the walls and baseboards in Studio A will be primed and painted.

STUDIO A CLASS CHANGES FOR MAY 2019.

Classes currently held in Studio A that will be moved to the TRX Studio:

Monday, 11:05-11:50am Brain and Body Fitness with Audrey (Level A).
Saturdays 10:35-11:05am Awesome Abs with Jesse (Level A).

Classes currently held in Studio A that will be moved to Studio B:

Sunday, 7:45-8:45am Gentle Yoga with Ricardo (Level A)
Sunday, 11-12 Intro to Yoga with Will (Level 1)*time change
Mondays, 8am Yoga Core Fusion with Laura (Level A)
Tuesday, 10:45-12:10 Yoga with Laura (Level 2)
Wednesdays, 8-9am Pilates with Char (Level A)
Thursdays, 10:45-12:10 Yoga with Judy (Level 2)

Classes that will have time changes:

Sunday, 11-12, Intro to Yoga with Will
Sunday, 12:15-1:15, Power Yoga with Lindsey



OLYMPIC
ATHLETIC CLUB



STUDIO B

AEROBICS schedule

	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	7:45-8:45 GENTLE YOGA Ricardo		7:10-8 POWER YOGA Lindsey		7:10-8 POWER YOGA Lindsey		7:15-8:15 PILATES Char
8am		8-9 YOGA CORE FUSION Laura	8:15-9:20 BARRE Kim Sign-up Required-\$\$	8-9 PILATES Char	8:15-9:20 BARRE Kim Sign-up Required-\$\$	8-9 PILATES Char	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-\$\$	10:45-12:10 YOGA Laura		10:45-12:10 YOGA Judy	10:45-11:45 BARRE Jackie Sign-up Required-\$\$	11-12 BARRE Biancana Sign-up Required-\$\$
11am	11-12 INTRO TO YOGA Will						
12-4pm	12:15-1:15 YOGA SCULPT Lindsey	12-1:15 YOGA Will		12-1:15 YOGA Mary Kay		12-1:15 YOGA Will	12:15-1:45 YOGA Judy
4pm			4-5 POWER YOGA Jessica		4-5 POWER YOGA Ellie	4-5 YOGA SCULPT Lindsey	
5pm	5-6:05 POWER YOGA Lindsey	5:30-6:30 BARRE Elana Sign-up Required-\$\$	5:15-6:20 YOGA Jessica	5:30-6:30 BARRE Elana Sign-up Required-\$\$	5:15-6:20 YOGA Alec		
6pm	6:15-7:30 YOGA Will						
7pm		6:35-7:35 PILATES Char		6:35-7:35 PILATES Char	6:35-7:35 POWER YOGA TBA	7-8 YOGA Alec	
8pm		7:40-8:40 BELLY DANCING Rebecca Sign-up Required-\$\$					
9pm							

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

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

BELLY DANCING: A fun, low impact workout that increases flexibility and mobility through dance. \$5 per class; sign up through Mindbody.

BRAIN AND BODY FITNESS: This class offers a fun, low impact format that will improve your memory and increase your mental stamina. Exercises taught are also great for heart and muscle conditioning as well as balance and coordination.

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.

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.

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

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.

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.

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.

\$\$ SPECIALTY CLASSES

- Fee and pre-registration required

TRX STUDIO

AEROBICS schedule



	Sun	M	T	W	T	F	Sat
	SKILL LEVEL RATINGS						Class Fee
		1	2	3	A		
		Beginning	Intermediate	Advanced	All Skill Levels		
5am		5:30-6:30 R.I.S.E. Cheyanne \$\$ Sign-up Required		5:30-6:30 R.I.S.E. Cheyanne \$\$ Sign-up Required		5:30-6:30 R.I.S.E. Cheyanne \$\$ Sign-up Required	
6-7am							8-9 KETTLEBELL Mike \$\$ Sign-up Required
8am		8:35-9:20 FOREVER FIT Kim L	8:35-9:25 TRX - Jon \$\$ Sign-up Required	8:35-9:20 FOREVER FIT Kim L	8:35-9:25 TRX - Jon \$\$ Sign-up Required	8:35-9:20 FOREVER FIT Tim	9:15-10 CORE CONDITIONING Lindsey
9am		9:25-9:55 LIFETONES Terry		9:25-9:55 LIFETONES Terry		9:25-9:55 LIFETONES Terry	
10am	10:45-11:40 TRX - Jon \$\$ Sign-up Required	10-10:55 TRX - Rob \$\$ Sign-up Required	11-11:45 FOREVER FIT Kim	10-10:55 TRX - Rob \$\$ Sign-up Required	11-11:45 FOREVER FIT Kim	10-10:55 TRX - Rob \$\$ Sign-up Required	10:35-11:05 AWESOME ABS Jesse
11am		11:05-11:50 BRAIN & BODY FITNESS Audrey		11-11:45 FUNCTIONAL FITNESS Audrey		11-11:45 FUNCTIONAL FITNESS Bev	
12-2pm			12-1 CYCLE STRENGTH Andrew \$\$ Sign-up Required		12-1 CYCLE STRENGTH Andrew \$\$ Sign-up Required	12-1 TRX - Rob \$\$ Sign-up Required	3-4 FREE INTRO TRX Registration Required
3pm							
4pm	4-5 TRX - Jon \$\$ Sign-up Required						4-5 TRX - Jon \$\$ Sign-up Required
5pm							5-6 PARENTS NIGHT OUT \$\$ Once per month
6pm							
7pm							
8pm							

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

POWER YOGA: Come alive during this 60 minute power vinyasa class by moving through intermediate/advanced yoga flows.

PILATES: Excellent strength and conditioning class based on Pilates method. Please come to class warmed up. 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 Cheyanne at CheyanneB@olympicathleticclub.com.

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, Cheyanne Bowers. Packages are 20-classes

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.

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!

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.



POOL *schedule*

	S	M	T	W	T	F	S
5am	5-9:30 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 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 Maria	6:05-9 OPEN SWIM	6:05-7 AQUAFIT Paloma	6:05-9 OPEN SWIM	6:05-7 AQUAFIT Paloma	5-7:45 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.

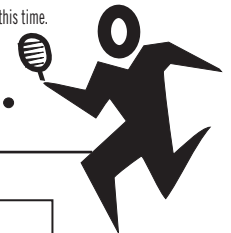
FAMILY SWIM: Pool reserved for kids and leisure use. There is no lap swimming at this time.

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	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 Harry	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 INTRO TO CYCLING Jon		9:30-10:20am Jason	7:30-8:20am Tommy	9:30-10:20am Kim	7:30-8:20am Tommy	9:30-10:20am Nancy	9:30am Jason
		12:00-12:45pm Lindsey	9:30-10:20am Tommy		9:30-10:20am Tommy	12:00-12:45pm Lindsey	
		5:30-6:25pm Andrew	12:00-1pm Cycle-Strength Andrew \$\$	5:30-6:25pm Chris	12:00-1pm Cycle-Strength Andrew \$\$		
		6:35pm Shannon	Mindbody Sign-up	6:35pm Chris	Mindbody Sign-up		
			7:00-7:50pm Tommy		5:45-6:40pm Manny		

DESCRIPTIONS

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.

