



# 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 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.

## 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.

## 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!



## 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.

## MINDBODY SIGN-UP INSTRUCTIONS

### BARRE, CROSSFIT, TRX AND SWIM LESSONS

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 featured class tab on the top of the screen for the class you want.
6. After selecting a class you want, the program will prompt you to create a login.

MindBody is 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 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 <b>SERIOUS SCULPT</b> Brittany		6-7 <b>SERIOUS SCULPT</b> Bev		6-7 <b>SERIOUS SCULPT</b> Bev	
7am			7:10-8:00 <b>GENTLE YOGA</b> Ricardo		7:10-8:00 <b>GENTLE YOGA</b> Ricardo		
8am	8:30-9:25 <b>ZUMBA®</b> Shea	8-9 <b>PILATES</b> Char		8-9 <b>PILATES</b> Char		8-9 <b>PILATES</b> Char	8:30-9:25 <b>ZUMBA®</b> Daniel
9am	9:30-10:25 <b>STEP JAM</b> Brent	9:30-10:25 <b>BOOT CAMP</b> Kyle	9:30-10:25 <b>FULL BODY WORKOUT</b> Kim	9:30-10:25 <b>BOOT CAMP</b> Kyle	9:30-10:25 <b>FULL BODY WORKOUT</b> Jon	9:30-10:25 <b>STEP JAM</b> Allan	9:30-10:25 <b>CARDIO KICKBOXING</b> Jesse
10am	10:30-11:15 <b>AWESOME ABS</b> Brent	10:35-11:20 <b>SERIOUS SCULPT</b> Kim	10:45-12:10 <b>YOGA</b> Laura	10:35-11:20 <b>SERIOUS SCULPT</b> Kim	10:45-12:10 <b>YOGA</b> Judy	10:35-11:20 <b>SERIOUS SCULPT</b> Allan	10:30-11:15 <b>AWESOME ABS</b> Jesse
12	12-3 <b>BASKETBALL PICK-UP GAMES</b>	12:00-1:30 <b>BASKETBALL PICK-UP GAMES</b>	12:30-1:30 <b>ZUMBA®</b> Daniel	12:00-1:30 <b>BASKETBALL PICK-UP GAMES</b>	12:30-1:30 <b>ZUMBA</b> Daniel	12:00-1:30 <b>BASKETBALL PICK-UP GAMES</b>	12-3 <b>BASKETBALL PICK-UP GAMES</b>
1-3pm		1:30-5:00 <b>BASKETBALL</b> Open Hoops	1:45-4:30 <b>BASKETBALL</b> Open Hoops	1:30-3:50 <b>BASKETBALL</b> Open Hoops	1:45-4:30 <b>BASKETBALL</b> Open Hoops	1:30-5:00 <b>BASKETBALL</b> Open Hoops	
4pm	3:00-8:45 <b>BASKETBALL</b> Open Hoops		5:00-5:25 <b>AWESOME ABS</b> Bev	4-5 <b>ZUMBA®</b> Daniel	5:00-5:25 <b>AWESOME ABS</b> Bev		3:00-8:45 <b>BASKETBALL</b> Open Hoops
5pm		5:30-6:25 <b>BOOT CAMP</b> Kyle	5:30-6:25 <b>BODY PUMP</b> Bev	5:30-6:25 <b>BOOT CAMP</b> Kyle	5:30-6:25 <b>BODY PUMP</b> Bev	5:30-6:25 <b>BOOT CAMP</b> Kyle	
6pm		6:35-7:30 <b>BODY PUMP</b> Sofia	6:35-7:30 <b>BODY COMBAT</b> Christine	6:35-7:30 <b>BODY PUMP</b> Aurora	6:35-7:30 <b>BODY COMBAT</b> Christine	6:35-7:30 <b>BODY PUMP</b> Sunit	
7pm		7:35-8:30 <b>CARDIO KICKBOXING</b> Jesse		7:35-8:30 <b>CARDIO KICKBOXING</b> Jesse			
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	8:35-11 <b>BASKETBALL</b> Pick-up Games	8:35-11 <b>BASKETBALL</b> 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 <b>YOGA</b> Laura	6-7 <b>FLOW YOGA</b> Ricardo	6:00-7:10 <b>YOGA</b> Laura	6-7 <b>FLOW YOGA</b> Ricardo	6:00-7:10 <b>YOGA</b> Laura	
7am	7:10-8:20 <b>GENTLE YOGA</b> Ricardo		7:10-8:00 <b>POWER YOGA</b> Denay		7:10-8:00 <b>POWER YOGA</b> Lindsey		7:10-8:20 <b>FLOW YOGA</b> Ricardo
8am	8:30-9:25 <b>GENTLE YOGA</b> Ricardo		8:15-9:15 <b>BARRE</b> Kim Sign-up Required--\$		8:15-9:15 <b>BARRE</b> Kim Sign-up Required--\$		8:30-9:25 <b>PILATES</b> Char
9am	9:45-10:45 <b>TAI CHI</b> Derryl	9:15-10:15 <b>BARRE</b> Kim Sign-up Required--\$	10-11 <b>BARRE</b> Lisa Sign-up Required--\$	9:15-10:15 <b>BARRE</b> Lisa Sign-up Required--\$	10-11 <b>BARRE</b> Kim Sign-up Required--\$	9:15-10:15 <b>GENTLE YOGA</b> Ricardo	9:45-10:45 <b>BARRE</b> Kim/Biancana Sign-up Required--\$
10am	11-12 <b>INTRO TO YOGA</b> Will	10:30-11:45 <b>YOGA</b> Will	10-11 <b>BARRE</b> Lisa Sign-up Required--\$	10:30-11:45 <b>YOGA</b> MaryKay	10-11 <b>BARRE</b> Kim Sign-up Required--\$	10:30-11:45 <b>YOGA</b> Will	11-12 <b>BARRE</b> Biancana Sign-up Required--\$
11am							
12-4pm	12:15-1:15 <b>YOGA SCULPT</b> Lindsey	12:00-1:15 <b>YOGA</b> Will		12:00-1:15 <b>YOGA</b> Mary Kay		12:00-1:15 <b>YOGA</b> Will	12:15-1:45 <b>YOGA</b> Judy
4pm		4-5 <b>YOGA SCULPT</b> Ellen	4-5 <b>POWER YOGA</b> Elizabeth	4-5 <b>YOGA SCULPT</b> Danielle	4-5 <b>POWER YOGA</b> Denay	4-5 <b>YOGA SCULPT</b> Lindsey	
5pm	5-6 <b>POWER YOGA</b> Lindsey	5:15-6:15 <b>BARRE</b> Annie Sign-up Required--\$	5:15-6:15 <b>YOGA</b> Elizabeth	5:15-6:15 <b>BARRE</b> TBA Sign-up Required--\$	5:15-6:15 <b>YOGA</b> Alec	5:15-6:15 <b>YOGA</b> Alec	
6pm	6:15-7:30 <b>YOGA</b> Will	6:30-7:20 <b>FLOW YOGA</b> Ricardo	6:30-7:25 <b>PILATES</b> Char	6:30-7:20 <b>FLOW YOGA</b> Ricardo	6:30-7:25 <b>PILATES</b> Sara	6:30-7:25 <b>GENTLE YOGA</b> Alec	
7pm		7:30-8:20 <b>BELLY DANCING</b> Rebecca		7:30-8:20 <b>BELLY DANCING</b> Rebecca			
8pm							
9pm							

Please direct any questions or comments regarding classes to Kim Medica, [medica@comcast.net](mailto: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 <b>LAP SWIM</b>	6-8 <b>LAP SWIM</b>	6-8 <b>LAP SWIM</b>	6-8 <b>LAP SWIM</b>	6-8 <b>LAP SWIM</b>	6-8 <b>LAP SWIM</b>	6-8 <b>LAP SWIM</b>
9am		8:15-9:15 <b>SPLASHDOWN</b> Joanie	8:15-9:15 <b>SPLASHDOWN</b> Mac	8:15-9:15 <b>SPLASHDOWN</b> Joanie	8:15-9:15 <b>SPLASHDOWN</b> Mac	8:15-9:15 <b>SPLASHDOWN</b> Joanie	8:30-9:30 <b>AQUAFIT</b> Peter
10am	9:30-5:00 <b>LESSONS/FAMILY</b> No lap swim	9:30-10:30 <b>SPLASHDOWN</b> Joanie	9:30-10:30 <b>SPLASHDOWN</b> Mac	9:30-10:30 <b>SPLASHDOWN</b> Joanie	9:30-10:30 <b>SPLASHDOWN</b> Mac	9:30-10:30 <b>SPLASHDOWN</b> Joanie	9:30-5:00 <b>LESSONS/FAMILY</b> No lap swim
12pm		10:30-3:30 <b>OPEN SWIM</b>	10:30-3:30 <b>OPEN SWIM</b>	10:30-3:00 <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		3:30-6:00 <b>LESSONS/FAMILY</b> <i>No - Lap Swim</i>	3:30-6:00 <b>LESSONS/FAMILY</b> <i>No - Lap Swim</i>	4-6 <b>LESSONS/FAMILY</b> <i>No - Lap Swim</i>	3:30-6:00 <b>LESSONS/FAMILY</b> <i>No - Lap Swim</i>	3:30-6:00 <b>LESSONS/FAMILY</b> <i>No - Lap Swim</i>	
6pm	5:00-7:45 <b>OPEN SWIM</b>	6:05-7:00 <b>AQUAFIT</b> Maria	6:05-9:00 <b>OPEN SWIM</b>	6:05-7:00 <b>AQUAFIT</b> Peter	6:05-9:00 <b>OPEN SWIM</b>	6:05-7:00 <b>AQUAFIT</b> Zoe	5:00-7:45 <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-6am* <b>ADULT LAP SWIM</b>	9pm-6am* <b>ADULT LAP SWIM</b>	9pm-6am* <b>ADULT LAP SWIM</b>	9pm-6am* <b>ADULT LAP SWIM</b>	9pm-6am* <b>ADULT LAP SWIM</b>	7:45pm <b>POOL CLOSED</b>

**\*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.

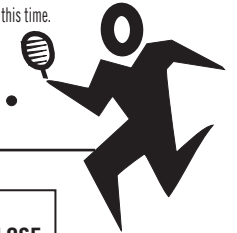
**LAP SWIM:** This time is reserved for lap swimming only. Lane markers will divide the pool. Adults and children 13 years and older (with adult supervision at all times). Lap lanes are designated on a first come, first serve basis. If you wish to share a lane, please ask the swimmer occupying the lane 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 <b>COURTS CLOSE</b>		3pm - 6pm <b>CHALLENGE PLAY</b>		3pm - 6pm <b>CHALLENGE PLAY</b>		8:30pm <b>COURTS CLOSE</b>
Court #2	8:30pm <b>COURTS CLOSE</b>		3:30pm - 6:30pm <b>CHALLENGE PLAY</b>		3:30pm - 6:30pm <b>CHALLENGE PLAY</b>		8:30pm <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 8:30pm on Saturdays and Sundays

# CYCLING STUDIO *schedule*



	S	M	T	W	T	F	S
10-11am Andrew		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
12-1pm 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 Nancy	9:30-10:30am Jason
		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	5:45-6:45pm 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
5am		5:30-6:30 <b>R.I.S.E.</b> Alexis \$\$ Sign-up Required		5:30-6:30 <b>R.I.S.E.</b> Alexis \$\$ Sign-up Required		5:30-6:30 <b>R.I.S.E.</b> Alexis \$\$ Sign-up Required	
6-7am							
8am		8:30-9:15 <b>FOREVER FIT</b> Kim L		8:30-9:15 <b>FOREVER FIT</b> Kim L		8:30-9:15 <b>FOREVER FIT</b> Kim L	8:00-9:00 <b>TRX</b> Rachel
9am		9:25-9:55 <b>LIFETONES</b> Terry		9:25-9:55 <b>LIFETONES</b> Vonne		9:25-9:55 <b>LIFETONES</b> Terry	9:15-10:00 <b>CORE CONDITIONING</b> Lindsey
10am		10:00-10:55 <b>TRX</b> - Rob \$\$ Sign-up Required		10-10:55 <b>TRX</b> Rob \$\$ Sign-up Required		10-10:55 <b>TRX</b> Rob \$\$ Sign-up Required	
11am		11:00-11:45 <b>FUNCTIONAL FITNESS</b> Bev	11:00-11:45 <b>FOREVER FIT</b> Kim	11:00-11:45 <b>FUNCTIONAL FITNESS</b> Bev	11-11:45 <b>FOREVER FIT</b> Kim L	11:00-11:45 <b>FUNCTIONAL FITNESS</b> Bev	
12-2pm			12:00-1:00 <b>CYCLE STRENGTH</b> Andrew \$\$ Sign-up Required		12:00-1:00 <b>CYCLE STRENGTH</b> Andrew \$\$ Sign-up Required	12:00-12:55 <b>TRX</b> Rob \$\$ Sign-up Required	
3pm							
4pm							
5pm							5:00-6:00 <b>PARENTS NIGHT OUT</b> \$\$ Sign-up Required
6pm							
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.**