

february 2010



HealthQuest

Downtown Athletic Club • 999 Willamette St., Eugene, OR 97401 • (541) 484-4011 • www.downtownac.com

Club Hours: Monday - Friday 5 a.m. to 9 p.m., Saturday - Sunday 7 a.m. to 8 p.m.



Are you the Next Biggest Loser?

The Club's first Biggest Loser Challenge is off to a great start! Personal Trainer and Biggest Loser

Challenge Coach Randy Davis invites you to follow the progress of the program's participants on the Club's Facebook page. Updates, pictures and progress reports will be posted weekly. Track the progress of your favorite team and find out what they are doing to reach their goals. Not a Facebook user? Simply create a login, enter Downtown Athletic Club in the search field and click on the fan button to follow our Biggest Loser Challenge and other programs. For information on the next Biggest Loser Program, contact Randy at extension 436.

Join us for a Run

Come join the Downtown Running Club on Saturday mornings at 9 a.m. in the Club's front lobby for a group run. Most of the group is running between eight and fifteen miles in training for the Eugene Full or Half Marathon, but all levels, speeds and distances are welcome. The group is lead by DAC trainer and triathlete coach, Kraig Erickson who is available for questions at extension 433.



Half Off Initiation Fees Through February 15

There's no better time to refer a friend, family member or coworker to the Club. Now through February 15, new members enjoy half off of their initiation fee. Referring members receive a \$50.00 gift certificate to the Ax Billy Grill & Sports Bar. This is the perfect way to gain new workout partners and have dinner on us!

Racquetball Guest Challenge Tournament

Saturday, February 6
Bring a friend to the Club's first Racquetball Guest Challenge Tournament. We'll welcome your guest by waiving their entrance fee in this fun informal tournament. If your guest wins in their division, both you and your guest receive a prize! Sign up for singles, doubles or both. Members without guests can play as well. Cost: \$25. \$10 for second event. Your non-member guest plays for free. To sign up and put your guest on the VIP list, visit the back desk. For more information, contact Athletic Programs Director, Lou Kaczinski at ext. 223.

SPA CLOSURE

THE WEEK OF MARCH 22

The spa will be closed for leak detection and repair. Detection and repair devices may cause loud noises and some congestion in pool area.

POOLS WILL REMAIN OPEN

Thank you in advance for your patience.

Valentine's Dinner

Sunday, February 14
5-10 p.m.

In the mood for romance and delicious cuisine? Whether celebrating with your loved one or family, make your Valentine's dinner reservations now at the Ax Billy Grill at the top of the DAC. Each year the Ax Billy Grill creates a special menu featuring seafood, pasta and steak dishes for this popular event! Dinner is by reservation only and space fills up fast. Make yours today by calling 484-4011 extension 225.



New AMTs & Treadmills

Have you tried out our new treadmills and AMT machines yet? Thirteen new Precor treadmills offer twenty six easy to use programs that allow you to vary your workout, as well as provide a smooth natural feel that is hard not to love. The Club has a total of sixteen treadmills, thirteen on the second floor adjacent to the weight room and three in the Newberry Gym cardio area.



We now have four AMTs. Precor's Adaptive Motion Trainer is unlike any other machine. Members can move freely between exercises similar to stair climbing, walking and running - all with zero impact. Try them out!

February

at a glance

SU	M	T	W	TH	F	SA
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

- 5 | Kids' Night Out
- 6 | Saturday Night Jazz
- NEW 6** | Racquetball Challenge
- 8 | Book Club
- 14 | Valentine's Dinner
- 18 | Third Thursday Tasting
- 20 | Saturday Night Jazz
- NEW 21** | Indoor Triathlon



DAC Indoor Triathlon

Sunday, February 21 - 9:00 a.m.-Noon

If you're interested in participating in one of the DAC's triathlons, sign up for February's big event! DAC triathlons are a great way to get a taste of what these competitions are all about. All levels are welcome to compete in this 800 yard swim, 12 mile bike ride, and 3 mile run. There will be prizes for women, men and age groups. Bring a support person for encouragement and to help with race transition.

The physical benefits of triathlon training are tremendous, which is why triathlons have become so popular in recent years. Once you start training, you'll look and feel years younger. This type of training complements the body in many ways - running helps develop long lean muscles; swimming helps sculpt the upper body; cycling helps tone the lower body.

If you'd like to learn more about triathlon training at the DAC, contact Athletic Programs Director Lou Kaczinski at extension 223. *Triathlon Cost: \$15/member. For more information or to sign up for a start time, visit the back desk.*

Strength & Conditioning

All new in our Group Exercise class line up. Strength & Conditioning on Wednesday mornings at 6:45 a.m. is a resistance training class, designed to provide a full-body workout. The class uses barbells, dumbbells and functional style training. Get fit and stay fit with this early morning workout!

We Want to Hear From You!

While HealthQuest serves to inform you of upcoming events, Club news, classes and programming, we would like to expand its purpose to include more member news. This means we want to hear from you! If you or a member you know has had a recent accomplishment - athletic, academic or otherwise, we'd like to hear about it. Member news can be submitted online through the member comment link on our website, or by visiting our member services office. Photos are welcome and as much information provided as possible is appreciated. Don't forget to include your name, member number and contact information in the case we have additional questions for you. We look forward to hearing from you soon!



WE WANT TO BE YOUR CAR DEALER!

◀ John Sheppard & Phil Speers

Come down to Sheppard Motors and check out the new C30 starting at \$22,700 MSRP. Seeing the C30 is like seeing the future of car design - a dynamic car packed with creativity.

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STILL ENROLLING!

GET OUT AND MOVE WITH THE SPIRITED WALKERS OF EUGENE



11
Years!

WALK THE EUGENE & PORTLAND MARATHONS in 2010!

First training group meeting January 18, 2010 at the Downtown Athletic Club, 7-8 p.m.

*Spirited Walkers name used with permission from Carolyn Kortge

For info, call Dr. Kay Porter at 541-342-6875

kayporter1@comcast.net ~ www.thementalathlete.com

STORE YOUR ITEMS AT THE CLUB WITH A PERSONAL LOCKER RENTAL

Lockers are Available in the Men's and Women's Locker Rooms

\$8 PER MONTH

Includes Laundry Service

Rent a locker today by talking to your locker room attendant.

Beginning Cardio Sculpt

Mondays & Wednesdays 4:30-5:30 p.m.
Build strength, endurance and balance with this new group class designed to train both the upper and lower body with cardio and sculpt components. This class accommodates all fitness levels and is a great primer to our Cardio Sculpt class!

Multiply Exercise by the Power of 2. or 3. or 4.

Is your solo workout stuck in a rut? Kick it in gear with Group Training. The benefits of group training are many, including accountability, affordability and you'll have someone to lean on ... literally! Group Personal Training can make your fitness goals more motivating and enjoyable through group camaraderie and trainer directed exercise! Group training provides all the benefits of one-on-one personal training with the added benefit of social support. If you are interested in stimulating your workout, call Rob Bennett at extension 272 for more information.



Paint the Town Red with KNO

Friday, February 5 - 6-9 p.m.
Kids' Night Out is tons of fun with games, a pizza dinner, craft activities, movie watching, swimming (ages 6-12) and more. Kids enjoy all this while parents enjoy an evening out! Enroll your kids and receive a certificate to dine at the Ax Billy Grill that evening at a discount. This month's theme is **Everything Red**. Cost: \$22/1st child & \$18/2nd. For more information or to sign up, visit the back desk. Mark your calendars for next month's KNO on Friday, March 5.

NIA Schedule Expands

(Neuromuscular Integrative Action)
Mondays - 6 a.m., Tuesdays - 6:45 p.m., Fridays - 4:30 p.m. & Sundays - 10:45 a.m.
Taught by instructor, Michie Kawada, NIA fuses elements of Tai Chi, yoga and dance into an invigorating cardiovascular fitness program. The movements are low impact and the choreography is simple enough for participants of all fitness levels. Drop in and visit a class to see what it's all about.

DAC Squash

Squash provides an excellent workout and can be played for life! If you're interested in playing or learning to play, visit the back desk to place your name on the interest list. For more information, call member Monique Sonnenfeld at 342-4988.

Third Thursday Tasting

Thursday, February 18 5:30-7 p.m.

There's no better excuse to get together with friends and taste some wine at the top of the DAC! We are proud to welcome Sweet Cheeks Winery for this month's tasting. Enjoy the company of other members and connoisseurs, as well as light appetizers in the Ax Billy Sports Bar. Ages 21 and over.



Saturday Night Jazz

Saturday, Feb. 6 - 8-11 p.m.
Featuring the Mike Denny Quartet

Saturday, Feb. 20 - 8-11 p.m.
Featuring Carl Woideck



The top of the DAC is the place downtown for live local jazz! Join us for dinner, dessert or a glass of wine and great jazz music in the Ax Billy Grill on the first and third Saturday of each month. With no cover charge, it's the perfect place to get together with friends and watch live performances of great jazz tunes.

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4 mile run, 2 mile run or walk
& kids fun run

**SUNDAY, FEB. 7TH
EVENTS BEGIN 12:45
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NEW CLIENT SPECIAL
15% OFF
All Sessions In February
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Member Discounts

What better way to show your sweetheart you care this Valentine's Day than to purchase a gift at one of the Club's partner businesses. Partner businesses offer discounts to members simply for being DAC members! We are continually adding businesses to our list. Stop by the member services office or visit us online for a full business listing.



Freudian Slip Lingerie & Gifts

Members receive 20% off of select undergarments at Freudian Slip Lingerie & Gifts. Show your DAC member card at the time of purchase. Conveniently located at 870 Pearl Street.

Harlequin Beads & Jewelry



Harlequin
Beads & Jewelry

Members receive 10% off of all locally handmade beads and jewelry and 20% off of all beads and beading supplies. (Discounts exclude website orders, classes, labor and already discounted items.)

Harlequin Beads is located at 1027 Willamette Street. Members must show their card at the time of purchase.



PASSION
FLOWER
DESIGN

Passion Flower Design

DAC members who place orders for floral arrangements at Passion Flower Design will receive free delivery! (Some restrictions may apply to large orders.) DAC members simply show their membership card at the time of purchase or order placement. 128 East Broadway.

Swahili

DAC members save 10% on all non-sale items at Swahili Imports, located in Fifth Street Public Market at 296 East Fifth Avenue, Suite 222. Members show their DAC membership card at the time of purchase.



B R I A
BODYCARE

Bria Bodycare

Bria Bodycare, located at 37 West 13th Ave. #206, offers members a 5% service discount on body and skin care treatments as well as on body care products. Members must show their card at the time of purchase.

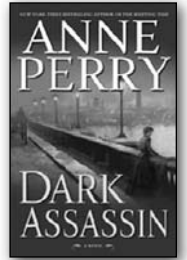
DAC Book Club & Dinner

Make a whole evening of it! Join DAC book club members for fun informal dinners in the Ax Billy Grill at 5:30 p.m. before book club meetings begin. No sign up necessary. This is a non-Club sponsored event. Attendees are responsible for their meals.

Book Club: Dark Assassin

Monday, February 8
7-8 p.m.

Join us and find out what the DAC book club is all about! Meet other members in the Library to discuss the February selection, *Dark Assassin* by Anne Perry. All members are welcome to attend book club meetings, which are held on the second Monday of each month in the Club's cozy library. Reading the book selection is optional. For additional information, visit our website at downtownac.com or contact Claudia Schouten at ext. 256.



2010 Book Club Selections

- Mar - *The Good Earth* by Pearl Buck
- Apr - *Dancing at the Rascal Fair* by Ivan Doig
- May - *West with the Night* by Beryl Markham

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Brent Cole

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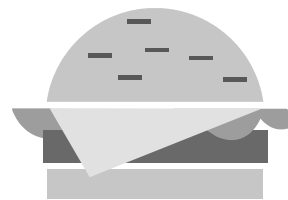
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4710 Village Plaza Loop
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DAILY LUNCH SANDWICH SPECIALS



Ax Billy Grill Sandwich Specials

Served with Beer, Wine or Soda and Fruit or Fries

Starting at \$10

Monday - Friday 11:30 a.m. - 2 p.m.