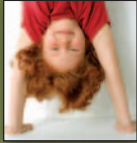


# Downtown Athletic Club

999 Willamette St., Eugene, OR 97401 • (541) 484-4011 • [www.downtownac.com](http://www.downtownac.com)

[Click Here to Visit the DAC Website](#)

March 2010



## Are Your Kids Upside Down with Excitement Over Spring Break?

Mon.-Fri., March 22-26 & Mon. March 29  
8 a.m.-4 p.m. - Ages 6-12

Keep the excitement going with activities, games and entertainment at the Spring Break Kids' Camp. Camp at the DAC is wildly fun with gym games, crafts, field trips and swimming. Field trips include Brush Fire Pottery, The Science Factory Planetarium, Chuck E. Cheese, the park (weather permitting) and the Eugene Library. Kids should wear play clothes, non-marking shoes and bring a jacket, swim suit, lunch and two snacks. *Member Cost: \$175/full week or \$40/day. Extended care until 6 p.m. is available at \$7 per hour. For more information, contact Lou Kaczenski at ext. 223. Sign up at the back desk.*

## Game On!

Games start March 31

Join the Men's Open Basketball League and play competitive ball complete with referees and a scorekeeper. Members are welcome to sponsor a non-member player for participation in this fast and fun league. Games will be held on Wednesday nights in the Newberry Gym. Teams will play a regular schedule followed by single elimination playoffs. Pick up your registration form at the back reception desk. Cost: \$50/member, \$100/guest. For more information, contact Athletic Programs Director, Lou Kaczenski at x223 or click below to contact him by email at [athletics@downtownac.com](mailto:athletics@downtownac.com). Sign up at the back desk.

## All New DAC-to-Go Menu

Not sure what you'll do for your family's dinner tonight? Make it easy and delicious with the Ax Billy Grill's new DAC-to-Go Menu! The new take-home dinner menu features a selection of entrees, including take-and-bake pizza as well as fresh Northwest whole roasted chicken, and side dishes to choose from to build your own dinner.



Simply make your selections and place your order at the front reception desk and pick up your boxed dinner ready to take home at the Ax Billy Grill. We're here to make your life simpler and more delicious! DAC-to-Go menus are available at several locations around the Club.

## Planning Your Spring Wedding?

Let our trained conference staff help you plan your perfect event this spring. Whether looking for a location for a rehearsal dinner, wedding or reception, the Club's elegant, naturally lit and spacious rooms are perfect for both small and large gatherings. We offer planning assistance, personalized menus and a host of services to make each event worry-free and enjoyable. [Click on this link](#) for more information about the Club Conference Center.

## AQUATICS UPDATES

### THE WEEK OF MARCH 22

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

### POOLS WILL REMAIN OPEN

The fitness pool will be occupied by Camp swimmers from 2 - 3 p.m. on the following dates: Mar. 22-26 & 29  
Thank you in advance for your patience.

## Pregnancy and Postpartum Training at the DAC

Turn to the Club for all your fitness needs during the different phases of your life, including one of the most special times, becoming a new parent. DAC Trainer and new mom, Erin Piibor knows first hand all the body goes through during and beyond pregnancy, and the importance of staying fit for yourself and your family. Her unique training approach includes:

- First, second and third trimester exercise tips and techniques
- Cardiovascular, strength and stress relief for physical and mental health
- How to beat postpartum baby body and blues
- Opportunities to meet other pregnant and new moms at the Club
- Fitness for easier birth
- How to safely get your body back
- Exercise for a quick recovery
- The importance of personal time

Contact DAC Trainer, Erin Piibor at x434 for more information about pregnancy and postpartum training and to schedule your personal consultation.

## See Us in Full Color!

Ready for a colorful Club newsletter? Your member newsletter, formerly HealthQuest is now available online in full color complete with convenient links to informative locations on our website. If you have questions about the newsletter or are interested in advertising opportunities, click below to contact Director of Marketing and newsletter editor, Claudia Schouten at [marketing@downtownac.com](mailto:marketing@downtownac.com).

# March

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	29	30	31			

- 6 | Saturday Night Jazz
- 8 | Book Club
- 13 | Kids' Night Out
- 18 | Third Thursday Tasting
- 20 | Saturday Night Jazz
- NEW** 22-26 & 29 | Spring Break Kids' Camp
- NEW** 31 | Men's Open Basketball League

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

## Third Thursday Tasting

Thursday, March 18  
5-7 p.m.

Get together with friends and enjoy some great beer samples at the top of the DAC! We are proud to welcome Oakshire Brewing 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, Mar. 6 - 8-11 p.m.

Featuring the Mike Denny Quartet

Saturday, Mar. 20 - 8-11 p.m.

Featuring Carl Woideck



Wondering what to do on a Saturday night? 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, great acoustics and warm comfortable seating, it's the perfect place to get together with friends and watch live performances of great jazz tunes.

## Kids' Night Out

Saturday, March 13 - 6-9 p.m.

KNO is crazy 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 on the town! Enroll your kids and receive a certificate to dine at the Ax Billy Grill that evening at a discount. This month's theme is **Green Spring**. Cost: \$22/1st child & \$18/2nd. For more information contact Lou Kaczenski at x223 or click below to contact him by email at [athletics@downtownac.com](mailto:athletics@downtownac.com). Sign up at the back desk.



## Congrats to the 2010 Racquetball Guest Challenge Winners!

1st Place Doubles:

Chester Brown and Tim Brown

2nd Place Doubles:

Doug Herman and Jon Holmquist

1st Place A Singles: Chester Brown

2nd Place A Singles: Scott Noble

3rd Place A Singles: Dave Owens

1st Place B Singles: Doug Herman

2nd Place B Singles: Al Sieradski

3rd Place B Singles: Gary Elliott

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## Strength Training Aids Mental Acuity in Women, Study Finds

A new study recently published in the NY Times shows that women who did an hour or two of strength training exercises each week had improved cognitive function a year later, scoring higher on tests of the brain processes responsible for planning and executing tasks.

We've posted the full NY Times article and other health related articles on the Club's Facebook page. Visit us and check them out! Not a Facebook user, [click here](#) to establish a Facebook account. Once a user, search "Downtown Athletic Club" and click on the "Become a Fan" button to receive updates and articles.

## Strength & Conditioning at Noon

In addition to the Wednesday morning 6 a.m. class, Strength & Conditioning is now offered on Tuesdays and Thursdays at noon. The class format is designed to combine all aspects of fitness with elements of cardio training, strength and endurance training, agility, balance and flexibility. It is a high impact class with low impact options, including plyometrics.

## Member Spotlight: Carol Sunde



The best and most important part of my job is helping my clients identify and reach attainable health and wellness goals. As an exercise physiologist, I can vouch for the overwhelming evidence that proper diet and exercise wards off various diseases as well as promotes both mental and physical health.

DAC member, Carol Sunde is also a believer of the importance of weight training and cardiovascular exercise, after a year of personal training two to three times a week with me. I have noticed considerable changes in Carol's physique. Besides looking younger, she has shrunk two dress sizes, toning every muscle in her body. Her posture, flexibility and body movements have also improved. She is stronger and more aware of her body, allowing her to perform everyday activities with ease and balance.

Carol expressed her view of exercise and training as initially difficult and intimidating, however after spending some time with a trainer, she is much more confident inside and outside of the gym. Her self image has improved to the point that she even enjoys shopping again. Not only is Carol more energetic, but her chronic knee, back and shoulder pains are absolutely gone. In addition, she reached her long-time goal of climbing Mount Pisgah this past summer.

I believe everyone deserves to feel good and live a healthy and happy life. I asked Carol what advice would she give to individuals who don't work out. She stated that although intimidating at first, weight training and other forms of exercise have improved her life. She, like many others, is a female over fifty with a budget to maintain. She prioritizes and cuts out other expenses to be able to afford a gym membership and personal training. In the end, what wards off major health issues and medical bills also becomes a hobby and a positive piece of daily life.

~ Erin Piibor, DAC Personal Trainer

# THE POWER OF GROUP TRAINING

## Biggest Loser Challenge

*Beginner*

- Eight Week Program
- Weight Loss
- Increased Fitness
- Nutrition Support
- Group Camaraderie

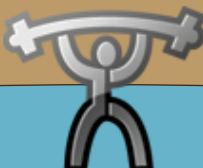
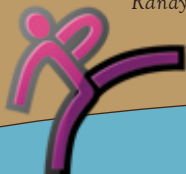
*Begins April 2010  
Randy Davis x236*

## Survival of the Fittest Challenge

*Advanced (no one is eliminated)*

- Eight Week Program
- Body Sculpting
- Increased Strength & Endurance
- Weight Loss & Nutrition Support
- Friendly Elements of Competition

*Begins April 2010  
Erin Piibor x434*



## Member Discounts

DAC 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 at [downtownac.com](http://downtownac.com) for a full list of participating businesses.



## Welcome New Partner Business: Complete Nutrition

All new partner business, Complete Nutrition offers members 22% off of all Complete Nutrition and exclusive products. Show your DAC member card at the time of purchase. Complete Nutrition is located in the Coburg Station at 440 Coburg Road, Suite 106. 541-653-9443. Click below to visit them online at [www.completenutrition.com](http://www.completenutrition.com).

## Modern Elegance Spa & Salon



Members receive 10% off of hair and nail services at Modern Elegance Spa & Salon. Members must show their member card at the time services are rendered. 160 Oakway Rd., Ste. 100. 343-6460. Click below to visit them online at [www.mespaandsalon.com](http://www.mespaandsalon.com).

## Why Kids Should Learn to Swim

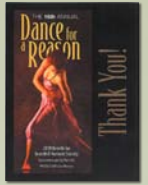
Learning to swim is almost a necessity with so many lakes and rivers in the Northwest. While it is best at a young age, it's never too late to learn to swim. Here are some compelling reasons your children should learn to swim:

- **Safety** – This is the most important reason. While learning to swim does not completely rule out the possibility of drowning, it does make it much less likely. One of the first skills we teach kids is how to return to the pool edge and how to climb out.
- **Confidence** – The more your child improves, the more confident they will be in and around the water.
- **Physical Activity** – Swim lessons will get your kids away from the computer, TV, and/or video games and get them moving. It's also an opportunity for a child to find a sport that they enjoy.

The Club is a great place for children to learn to swim. We offer private, semi-private and group lessons. If you have any questions, or would like to sign-up, please call Aquatics Director, Trevor Hoke, at x237 or click below to reach him by email at [aquatics@downtownac.com](mailto:aquatics@downtownac.com).

## Rave Reviews for DAC Nooners

Dac Nooners recently performed in the 16th Annual *Dance for a Reason*, a benefit for Greenhill Humane Society. Their generous support and contribution to the event helped to make it a huge success. Great performance Nooners! DAC Nooners program is open to all members and is held in Studio I on M-W-F at noon.



## Book Club: The Good Earth

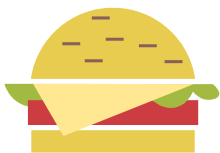
Monday, March 8 - 7-8 p.m.  
Drop in to one of our book club meetings and find out what it's all about! Meet other members in the Library to discuss the March selection, *The Good Earth* by Pearl Buck. All members are welcome to attend book club meetings, which are held on the second Monday of each month in the Club's cozy library. Reading the book selection is optional. For additional information, visit our website at [downtownac.com](http://downtownac.com) or contact Claudia Schouten at ext. 256.



## 2010 Book Club Selections

- Apr** - *Dancing at the Rascal Fair* by Ivan Doig  
**May** - *West with the Night* by Beryl Markham  
**Jun** - *The Camel Club* by David Baldacci

## DAILY 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.



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