

Fitness

Keiser Circuit Classes

Keiser I:	M/W/F	9-9:30 a.m.
	M/W/F	12:30-1 p.m.

Add a circuit class to your workout repertoire once or twice a week. Keiser circuit combines high repetition strength training with interval aerobic work. Keiser I is a 30 minute lower-intensity class. Keiser II is more vigorous and the class lasts 45 minutes.

Ab Lab

	M/W/F	9:35-9:50 a.m.
	M/W/F	1:05-1:20 p.m.
	MW	6:30-6:45 p.m.

Join us in the stretching area everyday for 15 minutes of concentrated abdominal and lower back work. It's a perfect way to begin or end your workout.

Summer Fitness Challenge

July 5- August 29

Stay fit this summer by participating in the DAC's summer fitness challenge! Members will keep track of their workouts and will have the opportunity to win fun prizes for their efforts. This is a great way to stay on track with your fitness goals during the summer months. All fitness levels are welcome to participate. *For details, pick up an information sheet at the back desk.*

Golf Series

Wednesday, July 14 6-7 p.m.

Hosted by Jim Dodd, local golf pro at RiverRidge Golf Course. This month's focus is **Basic Swing: Sequence of Motion**. \$10 per member. Bring your own golf clubs. 12 person limit. *For more information, directions to RiverRidge Golf Course or to sign up, visit the back desk.*

Basketball

Noon Hoops

Monday - Friday 11:30 a.m.-1 p.m.

Looking for a good game during your lunch hour? Monday through Friday you can join other DAC members for a competitive game in Newberry gym. Games are played to 16 and teams are formed on a first come basis.

Drop-In Basketball

Wednesdays 6-8 p.m.

Join us for competitive evening basketball games in Newberry gym. Games are played to 16 and teams are formed on a first come basis. Rules are posted on the basketball information board on the west wall of the gym.

Volleyball (e³)

Early Birds

Monday, Wednesday, Friday 6:15-8:30 a.m.

Volleyball in the morning is a great way to start your day. Come join other DAC members in the Newberry Gym for an exciting and vigorous work out. Players of all abilities are welcome.

Drop-In Volleyball (e³)

Thursdays 6:30-8 p.m.

Join us on Thursday nights for drop-in volleyball! Whether an experienced player or new to the game, all members interested in playing are welcome to attend. Preformed teams are not necessary as individuals will randomly rotate after each game. For more information please contact Athletic Programs Director, Lou Kaczinski at extension 223.

Squash

Squash Court Activity

Reservations for the DAC Squash court may be made at the front desk. If you have never played the game and are interested in learning, or if you're looking to get connected with other squash players, contact DAC member Monique Sonnenfeld at 342-4988, or check the squash player's directory at the back desk.

Handball

Handball Challenge

5-7 p.m.

M/W/F Lower Courts

Stop by the lower courts on Monday, Wednesday or Friday and you are sure to find the best handball in Eugene. Challenge courts offer a chance for players of all levels to meet and compete with one another. Simply show up downstairs between 5-7 p.m. and put your name on the board.

Racquetball Challenge Courts

Challenge courts occur every Tuesday and Thursday from 5:30 - 7:30 p.m. at the lower courts. Challenge courts are the perfect time to get some free pointers, get reintroduced to the game and meet other DAC members at your skill level.

Badminton (e³)

Join other DAC badminton "bird hunters" every Monday, Tuesday, Thursday, and Friday on court two at 10:30 a.m. All levels are welcome! Rackets and shuttlecocks may be checked out at the front desk.

Ping Pong/ Table Tennis (e³)

Have you played Ping Pong lately? In court four there is a scheduled time Monday, Tuesday, Thursday and Friday from 10 a.m. - Noon for drop-in table tennis players. Paddles and balls are provided at the front desk.

Reservations

Court reservations are made at the front desk and may be made up to two days in advance. Members must check in at the front desk before entering the court. A 15-minute grace period is given before the court is opened for general use in the case of a no-show. Some courts may be reserved by the Club for leagues or other special arrangements.

Want to find a group of members to participate in a sport with? Contact the Athletic Programs Director at athletics@downtownac.com to get your name on an email distribution list.