

# Downtown Athletic Club

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

May 2011



## Mother's Day Brunch

Sunday, May 8

10 a.m.-2 p.m. - 3rd Floor

Celebrate Mother's Day at the Downtown Athletic Club. Join us for brunch to treat the mom(s) in your life to an unforgettable Mother's Day. Our annual buffet features an assortment of fruit and pastries, omelettes made to order, slow roasted prime rib, honey glazed ham, fresh seafood, desserts, plus a whole lot more! Reservations are required to guarantee a table.

Cost: \$29.95/adults, \$24.95/seniors

\$1 per year through age 12

Ages 5 and under are free.

For additional information or to make your reservation, contact us at ext. 225.

## Live Music at the Top of the DAC

Saturdays, 8-11 p.m.

- 5/7 Mike Denny
- 5/14 John Fiori
- 5/21 Carl Woideck
- 5/28 Kenny Reed & Stone Cold Jazz

With no cover charge, great acoustics and warm comfortable seating- the Ax Billy Grill is the perfect place to get together with friends to enjoy dinner and live jazz.

## Social Events & Community

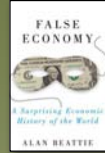
### DAC Book Club

False Economy By Alan Beattie

Monday, May 9

7-8 p.m. - Club Library

Financial Times world trade editor Beattie uses history, psychology and political analysis to discuss the factors that predispose economies to sickness or health. For additional information, visit our website at downtownac.com or contact Sarah Wilson at ext. 256.



### 2011 Book Club Selections

**May** - *False Economy* by Alan Beattie

**Jun** - *The Girl with the Dragon Tattoo* by Stieg Larsson

**Jul** - *Let the Great World Spin* by Colum McCann

### DAC Book Club Dinner

Make an evening of it! DAC book club members meet for fun informal non-Club sponsored dinners in the Ax Billy Grill at 5:30 p.m. before book club meetings begin. No sign up necessary.



### Third Thursday Tasting

Thursday, May 19 5-7 p.m.

Sample great wines on the house at the top of the DAC! The Club is proud to welcome King Estate Winery this month. Enjoy the company of fellow members and wine connoisseurs. Light appetizers provided. Ages 21 and over.



## Here Comes the Sun

Don't miss the hot premier of your new deck; unveiling takes place this month after completion of the current facelift. Also, be on the look out for the Grand Opening Deck Party coming in July!

### CLUB CLOSURE

#### MONDAY, MAY 31

The Downtown Athletic Club, Newberry Child Care, Kidstop and Ax Billy Grill & Sports Bar will be closed in observance of the Memorial Day holiday.

May

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				

- NEW 6** | Friday Family Night
- 7** | Saturday Night Music
- NEW 7** | Salsa Classes Begin
- 9** | Book Club
- 14** | Saturday Night Music
- 19** | Third Thursday Tasting
- 20** | Friday Night Sports and Games
- 21** | Saturday Night Music
- 28** | Saturday Night Music
- 24** | Swim Academy Open House
- NEW 29** | Youth Triathlon
- NEW**

June

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		

- 3** | Friday Family Night
- 4** | Saturday Night Music
- 6** | Book Club
- 11** | Saturday Night Music
- 16** | Third Thursday Tasting
- 18** | Saturday Night Music
- 20** | Summer in the City Camp Begins
- 20** | All-Sports Camp Begins
- 25** | Saturday Night Music

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

Youth

**KIDS EAT FREE  
1ST FRIDAY OF  
EVERY MONTH**



Ax Billy Grill  
at the DAC

  
 AX BILLY GRILL

**Friday Night Sports & Games**

**Ages 6-13**

Friday, May 20

6-8 p.m. - Newberry Gym

A fun Friday where kids receive instruction and play sports such as racquetball, badminton, soccer and floor hockey. Bring a swim suit for swimming at the end of the night.

Nonmember friends welcome!

Sign up at the back desk.

Cost: \$10/child.



Mark your calendar and sign up with all of your friends. Both 2011 camps are open to non DAC members. Register for the whole week and save. Brouchures and registration forms are now available online. Contact Youth Director, Lou Kaczenski at youth@downtownac.com or ext 223 for more information.

**Summer in the City**

**Ages 5 to 12**

Weekdays, June 20 - September 2

8am-4pm

Extended care available until 6pm

Summer in the City Kids' Camp is the perfect all-in-one camp. It is 11 weeks packed full of adventure with field trips throughout Eugene. Kids get to explore all the fun our city has to offer, including great parks, culture and activities. Every day includes gym games, arts and crafts, swimming and outdoor recreation.

**All-Sports Kids' Camp**

**Ages 10 to 14**

Weekdays, June 20 - September 2

8am-4pm

Extended care available until 6pm

With long summer days just around the corner, the All-Sports Camp is just the right way to get your little athlete off the couch and out of the house. Keep them active and entertained with non-stop sports fun each day. Themes focus on skills through a variety of games including handball, basketball and volleyball, as well as speed and agility training.

## Member Spotlight: Janice Dunn

For those of you who work out in the morning, it is hard to miss Janice Dunn. Her enthusiasm and bright t-shirts has made mornings at the DAC a little more colorful over the past eight years.

“My first impression of the DAC was that I felt at home. It reignited some of the fond memories of visits to the Multnomah Athletic Club with my grandmother. The first person I was greeted by was Frankie. He welcomed me with a genuine smile and asked how I was doing that day. It was something simple, but as a first impression, it was one of those “wow” moments.”

There is no one who loves her DAC more than Janice. Rain or shine, tired or alert, Janice faithfully claims her EFX every morning Monday through Friday. She writes thank you notes to staff, she was the first person to claim a table for the lighting of the historic J.J. Newberry sign, and as formed long lasting relationships with a group of morning members who call themselves the “mirror buddies” (a group of women who get ready together on the upper level of the women’s locker room).

It is because of all this that Janice has become a staff favorite at the DAC. Last year, she emphatically accepted our offer to serve as a founding member on the newly formed Social Board. She relishes the opportunity to provide a service back to a club that gives her so much. “The diversity of a DAC membership is awesome. It is reflected in the creation of the Social Board and all the ideas we have for the future of the club - we’ve only scratched the surface on what will be accomplished”, she says.

Janice’s sunny disposition and overall contributions have made the Club a better place. On behalf of the Downtown Athletic Club, we thank Janice for her support, love and patronage.



Dunn (center) with receptionist Frankie (right) and workout partner and “mirror buddy” Jenny Bennett (left).

## Family Fun



**NEW**

### Friday is Family Night All Ages Welcome!

Friday, May 6

5:30-6:30 p.m. - Newberry Gym

The first Friday of every month is family night at the DAC. Join us for a night of fun and games with activities for kids and parents alike! At the end of the night bring the whole family upstairs to the Ax Billy Grill for dinner, **Kids eat free!**

No sign up necessary, Complimentary.



### DAC Swim Academy OPEN HOUSE

**For Parents and Kids (Ages 2 - 14)**

Tuesday, May 24

4-6 p.m. - Club Pool

Join us as we kick off the DAC Swim Academy with a splash at our Open House and KID’S POOL PARTY. Enter to win one month of waived tuition! Open to the public.

For more information contact Meredith at x237.

## Why Not Tri Challenge

### Youth Triathlon

May 29

Amazon Park

In honor of National Health and Fitness Month, the DAC is supporting



South Eugene’s 1st Annual Triathlon for kids. For more details, please visit Eclectic Edge’s websites at [www.runnerspace.com/EclecticEdgeRacing](http://www.runnerspace.com/EclecticEdgeRacing). Contact trainer Kraig Erickson for training tips and to learn more about our kid’s triathlon clinic.

## Fitness



### Salsa Anyone?

#### Six Week Course

Saturday, May 7 - June 11

7 p.m. - Studio 1

Enjoy Salsa? No, not your favorite chip dip, but rather the Latin dance phenomenon that's about to hit the DAC! Grab a partner as Eugene's Salsa Veteran, Jose Cruz teaches you all you need to be confident on the dance floor. This class covers the fundamentals of the salsa rhythm, social dance, partnering and structure. Cost: \$110/Member Couple & \$125/Non Member Couple  
Sign up at the back desk

### Yoga One-on-One

This personal yoga instruction is designed to meet the unique mental and physical needs of everyone. Whether you are new to yoga and desire an introduction or are an experienced practitioner who desires to deepen your practice, private yoga sessions at the DAC are tailored to you. Sessions are comprehensive, focusing on strength, flexibility and balance, as well as breathing, meditation and mindfulness. Sessions may be conveniently scheduled to fit into your lifestyle.

Contact the back reception desk for more details.



### Weight Loss Challenge

#### Mark Your Calendars

Mondays, 10:30 a.m. - Studio 1

This Fall personal trainer Bryon Cassidy will lead a select group of members wanting to make significant changes to their body composition. With a focus on consistent training and nutrition, participants will lose weight and stay motivated through cash prizes. Look for more details in the months to come.



### Stay Fit All Year Long

The importance of maintaining fitness and core strength so you can continue to participate in all of the activities you enjoy year-round is very important. Our personal training staff is diversified with special interests and backgrounds that can help you maintain flexibility and strength.

Trainers' specialties include; weight training, racquet sports, weight loss and sports nutrition, prenatal and postnatal fitness, cycling, running, senior fitness, sports rehabilitation, aquatics, youth fitness and core conditioning. Visit our website at [www.downtownnac.com](http://www.downtownnac.com) or stop by the back desk to view trainer bios. Remember, a trainer at the Club can provide a wealth of information that support active lifestyles. We believe in helping you to stay active and enjoy your favorite activities all year round!

DISCOVER NEW HEIGHTS

**Classes Start May 2!**



**GROUP STEP™**



body trainingsystems. LET'S MOVE!

### Coaching and Counseling for the Worried Well

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