

Downtown Athletic Club

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

December 2011

Social Events

MUSICAL GUEST
Coupe de Ville

NYE 2012



12.31.11
8 P.M.

BUY YOUR TICKETS IN ADVANCE & SAVE

Top of the DAC Music

Saturdays, All Month - No Cover Charge
8-11 p.m. - Ax Billy Grill

Ear buds and headphones are great for working out but there's nothing like hearing music straight from the source! Join us in the Ax Billy for Saturday Night Live Music featuring that smooth, soulful jazz sound without the wire.

- 12/3 Mike Denny - Jazz
- 12/10 Gus Russell - Jazz
- 12/17 Rob Tobias - Contemporary

Third Thursday Tasting

Thursday, December 15 5:30 - 7:30 p.m.

Third Thursday Tasting is a great opportunity to brush up on releases from local vintners. This month's Third Thursday Tasting will be hosted by Pyrenee's Vineyard & Cellars. Nestled in the mild climate of the Umpqua Valley, this vineyard pulls many of its influences from northern Spain. Ages 21 and over. Complimentary.

DAC Book Club

The Help by Kathryn Stockett
Monday, December 12

7-8 p.m. - Club Library

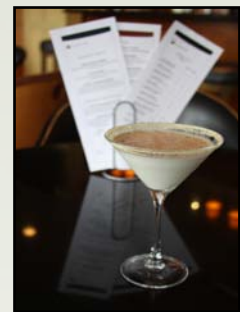
Join the DAC Book Club as they explore their last novel of the year, The Help by Kathryn Stockett. Make an evening of it with the informal non-Club sponsored DAC Book Club dinner in the Ax Billy Grill at 5:30 p.m. before the meeting. For details, visit our website or contact Sarah Wilson at ext. 256.

2012 Book Club Selections

- Jan. - A Troubled Man by Henning Mankell
- Feb. - Country Driving by Peter Hessler
- Mar. - Fahrenheit 451 by Ray Bradbury
- Apr. - A Grave Talent by Laurie R. King
- May - Immortal Life of H.L. by Rebecca Skloot
- Jun. - My Father's Paradise by Ariel Sabar
- July - The Legal Limit by Martin Clark
- Aug. - Last Call by Daniel Okrent
- Sept. - My Antonia by Willa Cather
- Oct. - Zookeeper's Wife by Diane Ackerman
- Nov. - The Surgeon by Tess Gerritsen
- Dec. - Just Kids by Patti Smith



Cocktail of the Month



Turtle Dove

A festive martini with a smooth blend of espresso vodka, amaretto and hazelnut liquor. This delicious drink is perfect for the holiday season.

- 2oz espresso vodka
- 1.5oz hazelnut liquor
- 1oz amaretto
- 1oz cream
- Dash gram cracker crust
- Dash nutmeg
- 1oz whipped cream

Directions: Fill a pint glass with ice. Add espresso vodka, hazelnut liquor, amaretto and cream. Rim martini glass with gram cracker crust. Shake and serve up in a chilled martini glass, garnish with nutmeg.

Editor's Note: Quarterly, we will be featuring member submitted cocktails in the Ax Billy Grill. Submit your favorite cocktail recipe to kbozada@downtownac.com for a chance to have your recipe featured.

Enjoy,
Kevin Bozada
Food & Beverage Director

Try it at the Ax Billy Grill throughout the month of December.

December

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| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

- 1 | NYE Party Ticket Sales Begin
- 3 | Saturday Night Live Music
- 10 | Saturday Night Live Music
- 12 | Book Club
- 15 | Third Thursday Tasting
- 17 | Saturday Night Live Music
- 19 | Youth Speed Training Session I Begins
- 19 | Winter Kids' Camp Begins
- 25 | **Holiday Club Closed**
- 26 | Winter Kids' Camp II Begins
- 26 | Youth Speed Training Session II Begins
- 31 | New Years Eve Party at the DAC

January

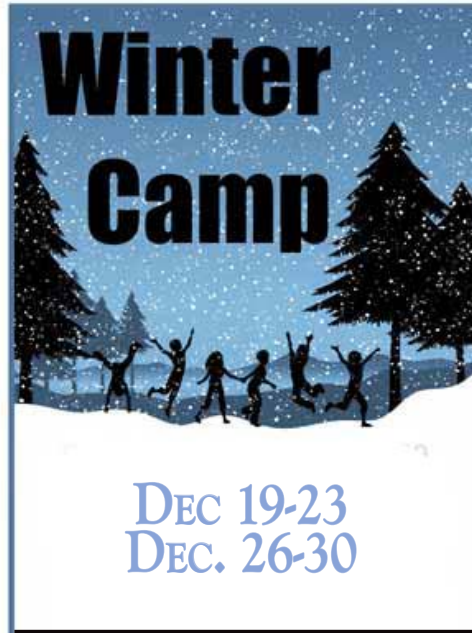
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- 6 | First Friday Family Night
- 7 | Saturday Night Live Music
- 9 | Book Club
- 14 | Saturday Night Live Music
- 19 | Third Thursday Tasting
- 21 | Saturday Night Live Music
- 28 | Saturday Night Live Music

Club Hours:

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

Youth



Do you dread watching your school age children laze around the house over winter break? Need safe and interactive care while your children are out of school and you're at work? Enroll your Kids in DAC Camp! Children ages 5-12 will love the field trips to The History Museum, The Glass Fuser, bowling, Putters, Skate World, The Science Factory and Chuck E Cheese. While at the DAC, they'll enjoy games, crafts, swimming and more. Sign them up full time or pick and choose your dates. Camp runs from 8 a.m. to 4 p.m. with extended care available. Kids should wear play clothes, non-marking sneakers and bring a coat, swimsuit, lunch and snacks.

Camp prices are as follows:

Members- \$40/day, or \$175 per week

Nonmembers- \$45/day, or \$200 per week

Extended care until 6 p.m. is available at \$7/hour

Please Note: Camp Kids will be using the Fitness Pool from 2-3 PM December 19-23 and December 26-30.

Contact Youth Director, Lou Kaczynski at youth@downtownac.com or ext 223 to reserve your child's spot today.

Family Fun

Parent's Night Out

Friday, December 16

6-8 p.m. - Newberry Gym

Are you pulling your hair out trying to keep up with the family schedule? Soccer practice, piano lessons, swim team... Can you even remember the last time you and your spouse went on a date? With the holidays coming who knows when you'll get a break! The DAC is here to help and excited to offer Parent's Night Out this month. Drop your kids off with our experienced youth staff while you grab a bite to eat or take in the latest blockbuster hit. There are gym games, the bounce house, scooters, arts, crafts and swimming. Your kids will thank you, and you'll thank yourself! Children younger than five years old may be dropped off in Kidstop.

To make reservations today, visit the back reception desk.

Cost: \$10/ Kidstop rates are by the hour.

Youth Speed Training Camp

Ages 10-17

Session 1: December 19-22

Session 2: December 26-29

9-10 a.m. - Newberry Gym

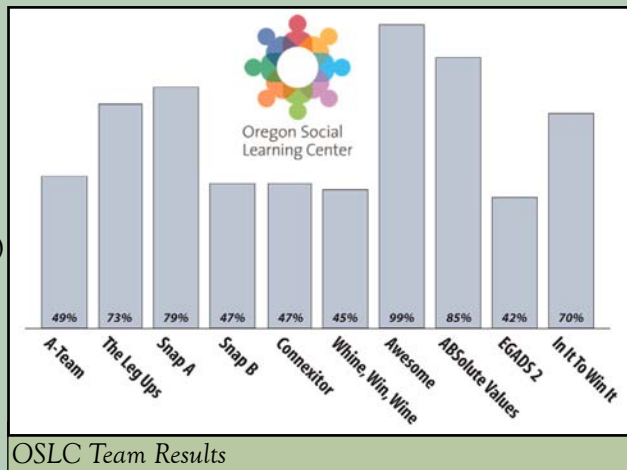
Give your young athlete a boost this winter. Led by DAC Personal Trainer Eikeem Barron, this Camp will provide instruction on speed mechanics, speed conditioning, plyometrics, and core strength. Eikeem's expertise comes first hand through his experience both as a conference safety for Ursinus College and also through his work training high school and college athletes preparing for professional sport careers. *All levels and abilities are welcome. Sign up at the back reception desk.*

Cost: \$40 per session, \$60 for both sessions for members.

Non Members \$50 per session, \$80 for both sessions

Member Spotlight: OSLC Corporate Challenge

There's nothing quite like a little competition to jump-start ones' fitness goals into action. Recently the DAC was the playing field for just such a competition during the Oregon Social Learning Center's (OSLC) participation in the DAC Corporate Challenge. Whether they were "In It to Win It" or just wanted a "Leg Up" on their fitness routine, the participants from OSLC



gained insight on the benefits of regular exercise and what it takes to achieve preset goals. Much as the name reveals, the DAC Corporate Challenge is aimed to promote health and fitness in the workplace and to introduce local businesses to the Club. During the four-week challenge, OSLC participants were divided up into ten teams that faced off head to head in a variety of fitness and social challenges. Points were awarded for general participation through Club usage and team bonus points were assigned on a weekly basis. Participants kept track of their workouts via a "gold star" system, placing stars next to their name on the lobby chart after each workout. A total of 72 OSLC employees participated and throughout the 4 weeks they completed over 700 workouts. That's probably 600 more than they would have accomplished without the DAC Challenge! The winning team won a \$100 gift certificate to the Ax Billy Grill to use on celebratory food or drinks. The final tally showed that Team Awesome took the prize with an awesome 99% participation with ABSolute Values and Snap A taking second and third place.

At the beginning of the challenge, each participant filled out a survey stating their current workout routine and future goals. These surveys showed the usual suspects for desired fitness achievement: "lose 10 lbs", workout more, tone muscles. As the teams concluded their 4 week mission, they not only came away with the pride of hitting some of those targets, they also came away with an appreciation for the strong camaraderie and teamwork that ensued. Zane Wheeler of champion Team Awesome stated that he was impressed by his "teammates participation and drive to show up each day." "Having a friend to meet up with at the gym makes it more likely you will go," said Courtney Huck of Team In It to Win it.

While most of the OSLC participants in the DAC Corporate Challenge knew they wanted to "up the anti" so to speak on their fitness levels, some felt they just never had the time or motivation to get started. It took the push of a tangible reward and the company of others for them to realize that it really is possible to fit in a healthy lifestyle amongst a busy one. Participants filled out a Post-Challenge Survey for a bonus point on week four. Those surveys aided in summarizing how they felt about the event and what they were able to take away from it. Team Awesome member Ryan Bleam found it's best "just to get started exercising and the motivation will self-sustain." Debbie Pierson of ABSolute Values said the best part of the Challenge was "not being able to make any excuses about why I wasn't able to come workout." She said she feels "motivated to make more of an effort to come in on a regular basis" and that she "can see changes in (her) fitness even after just four weeks!"

With the threat of New Year's resolutions rising over the horizon, we all can learn from the OSLC group and glean a bit from what they've learned. Nike said it best, "Just do it!" Just be sure to bring a friend. Happy New Year!

If you or a business you know are interested in participating in your own DAC Corporate Challenge please contact the Membership Office at 484-4011, ext. 215.

Membership Anniversaries

25 Years!

Barbara McDonald, Harry Edwards, Raymond Albano, Elizabeth Glover, Virginia Farkas, Paul Farkas, Gay Jones, Ann Glang, Robert Kurlychek, Ehrman Giustina, Ron Schmaedick, Diane Hill, Dave Hill, Gary Martin, Lee Michels

20 Years!

Nathaniel Teich, Don Cloutier, Wanda Risley, Jacob Risley, Joanne Carlson, John Boettcher, James O'Fallon, Ellen Thomas, Dean Maxwell, Vicki Jefferson

15 Years!

Bruce Mulligan, Claudia Horner, Stephanie Connor, Judy Andrews

10 Years!

Bob Denouden, Maria Denouden, Jody Kirtner, Paul Rohde, Erin Cling, Eileen White, Chester Brown, Melanie Mackinnon, Malcom Mackinnon, Kipp Hammon, Wendy Huhn, Tom Huhn, Jarrett Jester, Agnes Schlichting, Joyce Schlichting, Thomas Hermens, Kathleen Jordan Hermens, Peter Kosek, Peter Sprengelmeyer, Kate Davidson, Richard Lehigh

5 Years!

Anne Niemiec, Scott Simpson, Andrea Simpson, Dan Fuehring, Colleen Carter-Cox, Gregory Moyce, Catherine Nelson, Steven Goins, Henriett Bons, Kevin Bons, Layla Yarr, Richard Helmstetter, Neill Plant, Sue Anderson, Saul Wold, Liane Richardson, Harryette Joan Lindley

JOIN YOUR CLUB
ON FACEBOOK



Fitness

New Year's Day Jam

Sunday, January 1

9 - 11:15 a.m.

There's no better way to start the New Year than movin' and groovin' with your friends at the DAC! Join us as we Dance, Step, Cycle and Power our way into 2012. Participants are welcome to come for all or part of this combo class that will replace all other group exercise classes this day. Visit the back desk for details.

All levels welcome.

Upcoming 2012 Programs

Winter Fitness Challenge
Buddy & Individual Competition

Losing it with Nicole
Weight Loss Training

Marathon Training
Full or Half Marathon with Kraig

Nutrition Seminar
With Personal Trainer, Daniel Gross

DAC HOLIDAY HOURS

SATURDAY, DECEMBER 3

The Ax Billy Sports Bar will be closed for a private holiday party. The Ax Billy Grill is open during regular hour with dining room seating.

SUNDAY, DECEMBER 18

The Club, Juice Bar and Kidstop will close at 2 p.m. for an employee appreciation event.

SATURDAY, DECEMBER 24

The Club and Juice Bar - 7 a.m.-2 p.m.
Kidstop - 9 a.m.-12 p.m.
Ax Billy Grill - Closed

SUNDAY, DECEMBER 25

The Club, Ax Billy Grill, Juice Bar & Kidstop - Closed

SATURDAY, DECEMBER 31

The Club and Juice Bar - 7 a.m.-2 p.m.
Kidstop - 9 a.m.-12 p.m.
Ax Billy Grill - 5:30 p.m.-8 p.m.

SUNDAY, JANUARY 1

The Club and Juice Bar - 8 a.m.-2 p.m.
Kidstop - 8:30 a.m.-12 p.m.
Ax Billy Grill - Closed

Your Resolution Solution

Need ideas for a good New Year's Resolution? Have a fitness resolution but just need a hand executing it in the New Year? Call on the DAC personal training staff to help you pinpoint and follow through on those health and fitness goals that will make an even better you in 2012. Perhaps you want to increase your competitive speed and stamina. Is 2012 the year you "tri" that triathlon? Maybe you're looking to tighten up those soft spots around the middle that the holidays often bring or need a gentle approach to rehabilitate after an injury. With the broad variety of interests and backgrounds our personal training staff possess, we've got you covered. Visit our website at www.downtownac.com or stop by the back desk to learn about our trainers. Let your Club help you achieve your resolution goals!

Our Community



Four weeks and running, both literally and figuratively, KVAL Chief Meteorologist Seth Wayne is storming his way towards his fitness goal of losing 50 pounds. Having lost 14 ½ pounds thus far, Seth has taken to his new lifestyle at the DAC, working out 6 times per week and eating healthy. To support Seth as he runs, swims and jumps his way towards his weight loss goals, visit the DAC's Facebook page and post some words of encouragement!

Relief Nursery Holiday Giving Tree



The gift tags on the giving tree are for children of the Relief

Nursery. The Relief Nursery is a child abuse prevention agency, providing services to low income Lane County families. You can help brighten the season for a child by providing a toy or clothing item. Here's how:

- Select a gift tag from the tree located at the back desk. It will have the name of a child, his or her age, and what he or she wants or needs for the holidays.
- Purchase the requested gift and return it to the tree with the gift tag stapled to it.
- For safety reasons do not wrap your gift. New gifts only, please.
- Return your gift to the tree by Monday, December 12 at 1 p.m.

Thank you for providing a gift for this child! For more information on Holiday Gift trees or Sponsoring a Family, please call the Relief Nursery at 343-9706.

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