

## Fitness

### Circuit Classes

9 A.M. Circuit M/W/F 9:30 a.m.  
Time Crunch M/W/F 12:30-1 p.m.

Add a circuit class to your workout repertoire once or twice a week. the 9:00 circuit combines high repetition strength training with interval aerobic work. The Time Crunch circuit is a high intensity full body circuit.

### Ab Lab

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

### Winter Fitness Challenge- Partners

Jan. 9<sup>th</sup> to March 4<sup>th</sup>

Stay in shape this winter by signing up for this free program!

Enter this year's Winter Fitness Challenge as an individual or with a partner. There will be separate prize drawings for both groups. This is a fun way to stay on track with your fitness goals during the winter months.

Sign up at the back desk.

### New Year- New You Challenge

Mon., Wed., Fri. 8:00-8:50 am or 6:00-6:50 pm

January 16<sup>th</sup> to March 9<sup>th</sup> \$240 for 24 sessions

It's 2012! Whether you want to lose 5 pounds or 50, or get into the best shape of your life...this challenge is for you! Personal Trainers Nicole Cook and Colin Astete will motivate you in group workouts for all levels, with emphasis on weight loss. This is a challenge, so there will be prizes for male and female body fat/weight loss, most inspirational, attendance, and of course a t-shirt for all participants.

## 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

### 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 Soccer

Thursdays 6:30-8 p.m.  
Join us on Thursday nights for drop-in indoor soccer! 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.

## Box Leagues

### racquetball, squash, handball, table tennis, badminton

Box leagues are a great way to meet other players and challenge your self. Players will be divided into groups (boxes) of similar abilities. Players schedule matches with each other at times that are convenient for both players. Points are awarded for each game within a match. All levels and abilities welcome. Complimentary. Sign up at the back desk.

## Badminton (e<sup>3</sup>)

Join other DAC badminton "bird hunters" every Monday through 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 (e<sup>3</sup>)

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@downtownnac.com](mailto:athletics@downtownnac.com) to get your name on an email distribution list.*