



Downtown Athletic Club

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

January 2012

Dear Members,

A new year is upon us. As I revisit all the happenings in the Club over the past year, I realize how the DAC and its members only get better over time. With time comes transformation and in that regard, we saw our share in 2011.

Each year brings more and more opportunity. The second floor fitness area now offers additional functional training space for members, classes and personal training. In addition, a new lineup of state of the art Cybex equipment offers improved strength training. New TVs adorn the fitness floor and Ax Billy Grill Sports Bar, kids are jumping for joy in the new bounce house and the aquatic area enjoys a new HVAC system. In the Junior Girls Locker Room, a complete transformation now offers our junior girl members an upbeat and motivational space to call their own.

In addition to Club improvements, 2011 brought many new and exciting group exercise classes. The lunchtime hit Time Crunch provides for a high intensity interval workout (look for the early morning version coming this month), Group Step combines cardio and strength training, while Zumba offers a full body workout dancing to the rhythm of Latin-American music.

Finally, we would like to recognize the commitment of our members. Day in and day out, you represent the continuous vitality that makes the Club prosper. Whether you drop in once a week to supplement your fitness lifestyle or frequent enough to be a part of the DAC's annual 300 Club, I would personally like to congratulate every one of you on your efforts to maintain a healthy lifestyle. It is my wish for the future that you will reap the rewards of that commitment in 2012.

Thank you again for your support, your patience during Club projects and for your continued participation in making the DAC the best it can be. Happy New Year!

Paula Ellison
Director of Operations

NEW at the Club

Nutrition: Education & Myths

Mondays, Starting January 16

5:30-6 p.m. - 2nd Floor Social Area

Personal Trainer Daniel Gross will help you develop healthy eating habits and a basic understanding of nutritional science. Learn how to make sensible choices based on how foods affect your body. Topics will include: types of energy systems, carbohydrates, fats, proteins and dieting myths. For more details, or to sign up visit the back desk.

Cost: \$20 per person for 4 sessions.

Winter Fitness Challenge- Partners

January 9 - March 4

As the rain begins to fall outside, use the Winter Fitness Challenge to motivate you toward your fitness goals. Better yet, two is company! Grab a partner, motivate each other and compete as a team. With separate prize drawings for both individuals and partners this is a sure fire way to stay on track during the winter and have fun doing it too. For more details, or to sign up visit the back desk. Complimentary.

New Programs Continued on Pg. 3



Recipe of the Month



Garlic Rosemary Infused Olive Oil

- 2 cups high quality olive oil
- 4 garlic cloves
- 3 sprigs fresh rosemary
- 2 tsp. whole black peppercorns

Directions: Heat the oil very gently over low heat with the flavoring ingredients listed above just until the aroma is apparent. Let the oil steep off the heat with the flavoring ingredients until cool, then pour into storage bottles or containers. You may opt to strain the oil for a clearer final product, or leave the flavoring ingredients in for a more intense flavor.

Chef's Note: Good quality oils and vinegars can be infused with spices, aromatics, herbs, and fruits or vegetables to produce products with many applications. They work well as condiments, added in a drizzle or as droplets to lend a bit of intense flavor and color to a plated dish. They also are excellent to use as a dressing for vegetables, pastas, grains or fruits. And, of course, they are well suited to use in vinaigrettes and other dressings for a special effect.

Enjoy,
Mike Wares
Executive Chef

Enjoy this infused oil with our freshly baked housemade Tuscan bread at the Ax Billy Grill.

January

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				

- 4 | DAC Adult P.E. Begins
- 4 | Parent/Tot Swim Classes Begin
- 6 | First Friday Family Night
- 7 | Saturday Night Live Music
- 8 | Marathon Training Group Begins
- 9 | Winter Fitness Challenge Begins
- 9 | Book Club
- 12 | Youth Court Sports Begins
- 14 | Bitty Basketball Begins
- 14 | Saturday Night Live Music
- 16 | New Year-New You Begins
- 16 | Nutrition Classes Begin
- 19 | Third Thursday Tasting
- 20 | Parents' Night Out
- 21 | Saturday Night Live Music
- 28 | Saturday Night Live Music

February

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			

- 3 | First Friday Family Night
- 4 | Saturday Night Live Music
- 11 | Ax Billy Grill Valentine's Dinner
- 11 | Valentine's Kids Night Out
- 13 | Book Club
- 14 | Valentine's Day
- 16 | Third Thursday Wine Tasting
- 18 | Saturday Night Live Music
- 25 | 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

Youth Court Sports

Ages 8-14

Thursdays, January 12 - February 9
4-5 p.m. - Newberry Gym

Most kids know the basics of basketball, football and even kickball, but has your kid ever played wallyball? Youth Court Sports will teach them the basics of racquetball, handball, badminton, table tennis, and wallyball. Give your kids a taste of something different, they're sure to have a ball! *Space is limited to 10 participants, so sign up early. For more details, or to sign up visit the back desk.*

Cost: \$25/Child.

Bitty Basketball

Ages 4-6

Saturdays, January 14 - February 11
9-10 a.m. - Newberry Gym

Bitty Basketball brings the net a little closer and is a great way to start your little one in team sports. Kids will be taught the foundational skills of passing, dribbling, shooting and teamwork.

All skill levels are welcome. For more details, or to sign up visit the back desk.

Cost: \$35/Child.

NEW

Parent/Tot Swim Class

Ages 6 months - 3 years

Thursdays & Saturdays - Starting in 2012
10-10:30 a.m. - Fitness Pool

It is never too early to acquaint your child to the water. This group lesson allows parents, with guidance from an instructor, to introduce their child to floating, kicking and becoming familiar with the water in a fun and comfortable environment. *Try it for free during the month of January. For more details visit the back desk*

NEW

Lifeguard Swim

Saturdays & Sundays - Starting in 2012
12-5 p.m. - Pool

Come on in, the water's fine! Lifeguard

swim is open to all ages. Children 7 years and older who pass the swim test may swim without a parent present, though parents must remain in the Club. *Children under 7 years and non-swimmers must be accompanied by an adult.*

Family Fun

Parent's Night Out

Friday, January 20

6-8 p.m. - Newberry Gym

Do you still feel frazzled even though the holidays have come and gone? With the kids back at school and the routine rolling. It is your time to recharge. Take a couple hours off while your kids, ages 5-12, engage in fun age appropriate activities in the gym. Children under 5 can be dropped off in Kidstop with a reservation. Give yourself a little something. Your kids will thank you for it. *To make reservations today, visit the back reception desk. Cost: \$10/Child*

First Friday Family Night

Friday, January 6

5:30-6:30 p.m.

Put the 'F' in Fun with First Friday Family Night! The whole family can enjoy group games and activities for all ages in the Newberry Gym. When the kids wind down, head upstairs for dinner at the Ax Billy Grill, where kids eat free from the kids buffet*. *No additional fees or sign up necessary.*

*Offer valid with purchase of adult entrée.

NEW

Family Swim

Monday - Thursday 6:30-8:30 p.m.

Friday 5:30-8 p.m.

Saturdays & Sundays 5-7 p.m.

New Additional Hours Starting in 2012

Take the family for a dip. Enjoy some quality time with your family in the warmer water of the fitness pool. All children under 14 must be accompanied by an adult. *No lifeguard is on duty.*

Member Spotlight: The Lash Family



Amy and Craig with daughters Brooklyn and Savannah Thanksgiving 2011
(photo courtesy of the Lash Family)

From the suburbs of Detroit, through the rosy desert of New Mexico, the Lash family has found home in the mild, yet sometimes rainy climate of Eugene. Joining the Club within the first 6 weeks of moving to the Emerald City, Craig, Amy, Brooklyn, and Savannah found the DAC to provide just the right combination for their active way of life. Needless to say they blend in to our membership family like they've been here for years.

This busy lawyer/doctor led family of four "consider themselves an athletic family with outdoor lifestyles" which would explain why Eugene and the DAC were so attractive. "Right now I have the best job," says Amy. Although not currently practicing law, Amy does claim to be "CEO of the household. I still use my lawyer skills everyday with the kids and husband."

When Amy gets home from an early 5 a.m. workout, the parent duo "high five" and then it's Craig's turn to squeeze in a weight and cardio routine before heading off to his 9 to 5 as an Oregon Medical Group Pediatrician.

"They participate in a lot of

different programs - for adults and kids" says Lou Kaczinski, DAC Athletic Director. As a family they all partake in the sport of the season, yet Amy leans on swimming, biking and running in her fitness routine. Amy "trains like a triathlete but I haven't convinced her to do a triathlon," says Lou. There's always 2012!

The pool, the extensive hours and the convenient location were some of the reasons Amy and Craig chose the DAC but it was the wide-range of kid's programming that sealed the deal for the whole family. Brooklyn (4th grade) and Savannah (2nd grade) have attended several DAC Kid's programs during their 1st year in Eugene including Summer Camp, DAC Ducks, DAC Pac and Parent's Night Out.

The Lash Family is "always on the go." "We are a team, we have relocated twice, and as long as we are together with our family, home is where the heart is. We are happy and we are definitely staying put." We're all glad to hear that. Welcome to the Club, Lash Family! Happy New Year!

NEW at the Club

New Year- New You Challenge

Mon., Wed. & Fri., January 16 - March 9
8:8:50 a.m. or 5:30-6:20 p.m.

After welcoming in the New Year, it's time to start thinking about the New You! This 8-Week program challenges those who want to slim, trim and tone their physique. Whether you need to lose those last 10 pounds or are just starting your weight loss goals, the New Year - New You Challenge is the program you've been looking for. Join DAC trainers Nicole Cook and Colin Astete for an intensive, hands-on program designed to mentor you through every step of your transformation, both mentally and physically. You will experience result oriented workouts focused on strength, flexibility and nutritional guidance - the essential tools needed to achieve weight loss. So, kick off the New Year with a brand New You!

For more details, or to sign up visit the back desk.

Cost: \$240 for 24 sessions

Membership Anniversaries

20 Years!

Kenny Barr, Kay Porter

15 Years!

Linda Kessel, Ross Bondurant, Carole Kirkpatrick, Jeffrey Hanes, Barbara Jaye, Sara Hodges

10 Years!

Jason Wells, Beckie Ard, Anne Erwin, Randi Jacobs

5 Years!

Susan Boettcher, Dee Ann Raile, Jill Schweizer, Maryam Peigahi, Julian Atanassov, Edward Monks, Cynthia Pappas, James Koons, Sandy Caughron, Gregory Hoard, Marlene Hoard, Kimberly Dauw, Martin Dauw

Social Events

Top of the DAC Music

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

The winter season brings new music and new menu items to the Ax Billy Grill. Satisfy your cravings with Chicken Marsala, Bolognese, Beef Tenderloin Medallions or any of our new savory options. On Saturdays, pair your dinner with live local music. Don't miss our newest artist: Mark Slaymaker.

- 1/7 Gerry Rempel - Jazz
- 1/14 Mike Denny - Jazz
- 1/21 Carl Woideck - Contemporary
- 1/28 Mark Slaymaker - Blues

Third Thursday Tasting

Thursday, January 19
5:30-7:30 p.m. - Sports Bar

Third Thursday is a great time to make the Ax Billy Grill your social destination. Join us on the Third Thursday of every month at the Top of the DAC for wine tasting. For the month of January, we are featuring J. Scott Cellars, a Eugene boutique wine producer, featuring Pacific Northwest Wines. Ages 21 and over. Complimentary.

DAC Book Club

The Troubled Man by Henning Mankell
Monday, January 9

7-8 p.m. - Club Library

Join the DAC Book Club as we explore what may be the final appearance of author Henning Mankell's perilous detective Kurt Wallander in The Troubled Man. Trade your tennis shoes for street clothes with the 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. - *The 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

Fitness

Winter Court Leagues



Calling all Racquetball, Squash, Handball, Table Tennis and Badminton players! If court sports are your game, join the DAC Winter Box League. This is a fantastic way to get connected with others within your sport. Teams are divided into groups of similar abilities. Players schedule games in a "round robin" fashion with the other members of their group. All levels and abilities welcome. Sign up at the back desk. Complimentary.

DAC PE

Wednesdays, Starting January 4, 2012
5:30-6:30 p.m.

What do dodgeball, kickball and floor hockey all have in common? Yes, they may have been your favorite subjects in school, but they also make up one of the most popular classes this winter at the DAC. Team up every Wednesday evening in the Newberry Gym for DAC P.E. Bring your 'A' game- and your favorite gym attire- for some old fashion fun
Instructor: Eikeem Barron

Downtown Running Club Eugene Marathon Training

January 8 - April 27, 16 week

Start the New Year off with a resolution: Run the Eugene Marathon or Half Marathon on April 29, 2012. Coaches Kraig Erickson and Annie Loe (Boston Marathon qualifier) will host group runs and provide weekly training plans to get you ready for this challenging event. Track speed workouts will be held Wednesday evenings, 6 p.m. at Hayward Field. For weekly long runs, meet in

the lobby at 9 a.m. Saturdays. For more information contact Kraig Erickson at ext. 433

All ages welcome, marathoners should be able to run 8 miles and Half Marathoners 5 miles before committing to the program. Cost with DRC tech tee, \$100 for the Half, \$125 for the Full (or \$80, and \$105 without the shirt).



Our Community



KVAL Chief Meteorologist Seth Wayne is more than 8 weeks into his inspiring weight loss challenge. His goal of losing 50 pounds is quickly approaching. Drum roll please... Seth has lost 23 pounds to date! 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!