

# The Athletic Club of Bend

## Cardio / Strength / Conditioning Classes



Coming Soon! New interactive schedule with up to the minute class and club event info

11  
2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Core Conditioning 5:45 - 6:00 am Yvette	Muscle Balance 8:00 - 9:00 am Mindy	Core Conditioning 5:45 - 6:00 am DeeDee	Muscle Balance 8:00 - 9:00 am Lori	Core Conditioning 5:45 - 6:00 am DeeDee	Strength Fusion 8:00 - 9:00 am Rotating	Step Cardio 9:00 - 10:15 am Britni
Strength Fusion 6:00 - 6:45 am Yvette	Bliss Amped 9:15 - 10:15 am Jeralyn	Strength Fusion 6:00 - 6:45 am DeeDee	Zumba 9:15 - 10:15 am Amy	REPS 6:00 - 6:45 am DeeDee	Zumba 9:15 - 10:15 am Rotating	<b>NEW!</b> Bliss Dance 4:15 - 5:15 pm Rotating
<b>NEW!</b> Step & Strength 8:00 - 9:00 am Britni	Cross Fusion G 9:15 - 10:15 am Erin	Step Interval 8:00 - 9:00 am Suzanne	Cross Fusion G 9:15 - 10:15 am Ryan	Step Cardio 8:00 - 9:00 am Britni	Cardio Fre Barre* 10:30 - 11:30 am Lori	
Total Body Intervals G 9:15 - 10:15 am Rachel	Aqua Zumba IP 10:00 - 11:00 am Beth	Strength Fusion 9:15 - 10:15 am Christina	<b>NEW!</b> Aqua Tabata IP 10:00 - 10:45 am Beth	Total Body Intervals G 9:15 - 10:15 am Rachel		
Aqua Fit IP 10:00 - 11:00 am Sue	REPs 12:15 - 1:15 pm Rachel	Shallow Water Aerobics IP 10:00 - 11:00 am Sue	REPs 12:15 - 1:15 pm Rachel	Hydro Reps IP 10:00 - 11:00 am Liza		
Simply Low 10:30 - 11:30 am Suzanne	Cardio Fre Barre* 5:15 - 6:15 pm Lori	Basic Step & Weights 10:30 - 11:30 am Britni	Fre Barre* 5:15 - 6:15 pm Erin F	<b>NEW!</b> Strength & Movement 10:30 - 11:30 am Lori		
Cardio Fre Barre* 10:45 - 11:45 am Lori	<b>NEW!</b> BOSU® Out of Bounds 5:45 - 6:30 pm Mindy	Fre Barre* 10:45 - 11:45 am Beth	Cross Fusion G 5:30 - 6:30 pm Erin	Fre Barre* 10:45 - 11:45 am Suzanne		
Fluid Moves WP 11:00 am - 12:00 pm Barbara		Gasp! 12:00 - 12:45 pm Erin		Fluid Moves Endurance/ AiChi WP 11:00 am - 12:00 pm Liza		
Gasp! 12:00 - 12:45 pm Erin		Completely Core* 12:15 - 12:45 pm Doug		Completely Core 12:15 - 12:45 pm Ryan		
Completely Core* 12:15 - 12:45 pm Doug		<b>NEW!</b> Ultimate Recess G 4:45 - 5:45 pm Lori		Bliss Dance Workout 1:00 - 2:00 pm Jeralyn		
Athletic Conditioning G 4:45 - 5:45 pm DeeDee		Bliss Hip Hop 6:00 - 7:00 pm Sarah				
R.I.P.P.E.D. 6:00 - 7:00 pm Diana						

### CLASS LOCATIONS

All cardio / strength / conditioning classes are held in the Downstairs Studio unless denoted with an asterik. Denoted classes are held in the Upstairs Studio.  
 ♦X-Press: 45 minutes class. Crunched for time and need a challenging workout? Try one of our new X-Press classes.

G = Gym WO = Women's Only \* = Upstairs Studio

IP = Indoor Pool WP = Warm Pool

OP = Outdoor Pool CY = Courtyard

## Group Training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kettlebell Training \$ 5:30 - 6:30 pm Ryan	BBB for Women wo/\$ 9:15 - 10:15 am Jessie	Kettlebell Training \$ 5:30 - 6:30 pm Ryan	BBB for Women wo/\$ 9:15 - 10:15 am Jessie			
	Better Bones & Balance GX/\$ 1:30 - 2:30 pm Elaine		Better Bones & Balance GX/\$ 1:30 - 2:30 pm Elaine			

★ Please note, scheduled classes or instructors may change without notice.

Group Fitness Manager Christina Johansen

11  
2014

# The Athletic Club of Bend

## Cardio / Strength / Conditioning Classes



Coming Soon! New interactive schedule with up to the minute class and club event info

11  
2014

### DESCRIPTIONS

#### ★ CLASS KEY:

GREEN = LIGHT INTENSITY ORANGE = MODERATE INTENSITY RED = HIGH INTENSITY

#### ★ CLASS COMPLEXITY KEY:

◆ = SIMPLE ◆◆ = MODERATE ◆◆◆ = COMPLEX

### WATER EXERCISE CLASSES

For Water Exercise class descriptions please refer to Water Exercise schedule.

### CARDIO CLASSES

◆ **BASIC STEP & WEIGHTS:** A great way to ease yourself into this great cardio workout. Easy to follow directions, a little slower pace and you'll be hooked. Participants can also choose to do class on the floor. Finishing with strength, balance and core work.

◆◆ **BLISS DANCE/AMPED/HIP-HOP:** A FUN cardio workout that invites you to sweat, have fun and lose yourself on the dance floor! You'll dance to a variety of genres including your favorite hip hop routines, jazz, latin and more. Combo class finishes with 15 minutes of strength.

◆◆ **BOSU® OUT OF BOUNDS!:** The ultimate cross-training! This high-energy 45minute total body circuit uses minimal equipment to take you out of your comfort zone and beyond your limits!

◆ **GASPI:** Shift your workout into overdrive! Gasp! is a high intensity interval training class that pushes you to the max. From tabata to sprint training, this workout features a variety of H.I.I.T techniques. Grueling, all out work efforts are alternated with brief recovery periods to provide a total body workout with maximum results.

◆ **SIMPLY LOW:** An easy to follow, fun, low-impact aerobic workout appropriate for everyone followed by strength, balance and core training. Great way to get into shape and keep fit!

◆◆ **STEP CARDIO:** With a focus on a long and fabulous cardio workout, fun combos keep your body and brain busy!

◆◆ **STEP INTERVAL:** Fun step cardio combos with weight/step intervals for a great full body workout.

◆◆ **STEP AND STRENGTH:** A fun way to add strength training into your step routine! Class consists of basic to intermediate step choreography and strength exercises to challenge your brain and improve cardio endurance.

◆◆ **STRENGTH AND MOVEMENT:** The low impact class alternates cardio respiratory intervals with strength based functional movement patterns to regain balance, agility and increase reaction time. Class ends with 15 minutes of core and hip strengthening floor exercises.

◆ **TOTAL BODY INTERVALS:** Using a variety of equipment and combining strength and cardio intervals, this class is a sure way to improve your overall fitness and get lean and strong.

◆◆ **ULTIMATE RECESS:** Make cardio fun again without taking yourself too seriously! This high energy class uses your favorite sports games, functional training & a variety of equipment to improve agility and overall fitness. You'll leave dripping with sweat and feeling like a kid again.

◆◆ **URBAN VIBE:** Give your workout an urban vibe! This high-energy cardio dance class uses the infectious beats of urban Latin & Caribbean club music to burn calories, tone your body and shake up your workout.

◆◆ **ZUMBA:** Its Global! Awesome low impact cardio workout using Latin inspired movements and music.

### CORE CLASSES

◆ **COMPLETELY CORE:** Challenging 30 minute core focused class led by a Personal Trainer. Circuit or traditional guided exercises targeting the abdominals, muscles of the lower back, mid back, glutes, hamstrings, hip flexors and more.

◆ **CORE CONDITIONING:** 15 minutes of abdominal and back work. Designed to improve your stability and core strength.

### STRENGTH AND CONDITIONING

◆◆ **ATHLETIC CONDITIONING:** Designed for the athlete in all of us, this class will give you an equal balance of cardio intervals & athletic strength training for a calorie burning, total body workout. A variety of equipment and training techniques will be used each week to challenge your body with multi-dimensional exercises that will increase your power, agility and balance. All levels welcome.

◆◆◆ **CARDIO FRE|BARRE:** moves at a quicker tempo and we recommend that you attend one of our regular FRE|BARRE classes first.

◆◆ **CROSS FUSION:** A strength and conditioning program that combines movements that require skill, balance, agility, strength and power for a challenging and intense workout.

◆◆ **FRE|BARRE:** Found only at ACB, this workout utilizes a suspended barre as a base this amazing, non-stop blend of powerful movements and graceful strength will challenge your balance and core as well as strengthen and tone the entire body.

◆◆ **KICKBOXING:** Increase your strength and endurance in this martial arts based workout while learning proper punching and kicking techniques. A great athletic workout that will make you feel muscles you didn't know existed!

◆ **REPs:** An intense workout of back-to-back traditional strength moves for overall body conditioning and high caloric expenditure.

◆◆ **R.I.P.P.E.D.:** Resistance, Intervals, Power, Plyometrics and Endurance. The One Stop Body Shock for men and women. Great music, cardio and strength workout with NO dancing. An awesome full body workout with all the components to make you lean and strong. The

best part of this workout is that it is accessible for everyone regardless of fitness level.

◆◆ **STRENGTH FUSION:** Work every muscle, from every angle, in every way. Using all types of equipment this class is a fusion of traditional exercises with functional strength, balance, yoga, body weight and core exercises.

◆ **MUSCLE BALANCE:** A strength and toning based workout focusing on strengthening and lengthening the body, dynamic core strength and improving your sense of balance and stability. Will also work to improve body alignment and correct muscular imbalances.

### GROUP TRAINING

**BBB (BETTER BODY BOOTCAMP):** A women's only small group training circuit that challenges you with a full-body workout. Each class provides a different workout and utilizes a variety of equipment found in the women's only room. Class size allows for consistent feedback and feeling confident in all your movements. \$64/month (8 classes). \$12/class drop-in option is available when space allows. First time class is free.

**BETTER BONES & BALANCE:** A gently paced workout in a small group training setting aimed at improving body alignment, balance, and connection to your core. Helps you improve bone health, balance, core strength and flexibility. 8 week program is 14 classes (no class Oct. 21 & Nov. 11). \$8 per class for full program in advance; \$12 class drop-in. Sign up at Front desk.

**KETTLEBELL TRAINING:** Kettlebells are a popular training tool in the fitness industry. This instructor led training program will give you the tools needed to burn fat, build lean muscle and increase stamina. Next sessions available Nov. 3- 19th & Dec. 1st - 17th. Cost: \$60 members / \$90 non-members. Drop-ins \$14 members/ \$18 non-members. Contact the front desk to sign up.

### MONDAY

- NEW!** Vin/Yin Level 1/2  
5:45 - 6:45 am Amy D
- Good Morning Pilates  
8:00 - 9:00 am Ashleigh
- NEW!** Vinyasa Flow Level 1/2  
9:15 - 10:30 am Tara
- Cardio Fre|Barre  
10:45 - 11:45 am Lori
- Completely Core  
12:15 - 12:45 pm Doug
- Restorative Flow  
4:00 - 5:15 pm Catherina
- NEW!** Vinyasa Flow Level 1/2  
5:45 - 6:45 pm Catherina

### TUESDAY

- Power Yoga  
5:45 - 6:45 am Yvette
- Good Morning Yoga  
8:00 - 9:00 am Rachelle
- Restorative Yoga  
9:15 - 10:15 am Rachelle
- Mat Pilates  
10:30 - 11:45 am Mary Louise
- NEW!** Level 1: Beginning Tai Chi\*  
10:30 - 11:30 am Dan
- Vinyasa Yoga Level 2/3  
12:15 - 1:15 pm Rebecca
- NEW!** Rhythmic Power Flow  
4:15 - 5:00 pm Corrie
- Cardio Fre|Barre  
5:15 - 6:15 pm Lori
- Vinyasa Yoga Level 1/2  
6:30 - 7:30 pm Cypressse

### WEDNESDAY

- NEW!** Get up & Flow  
6:00 - 6:45 am Amy D
- Good Morning Pilates  
8:00 - 9:00 am Ashleigh
- NEW!** Vinyasa Flow Level 1/2  
9:15 - 10:30 am Rachelle
- Fre|Barre  
10:45 - 11:45 am Beth
- Completely Core  
12:15 - 12:45 pm Doug
- Restorative Flow  
4:00 - 5:15 pm Tara

### THURSDAY

- Power Yoga  
5:45 - 6:45 am Shana
- Good Morning Yoga  
8:00 - 9:00 am Cynthia
- Restorative Yoga  
9:15 - 10:15 am Cynthia
- Mat Pilates  
10:30 - 11:45 am Mary Louise
- Vinyasa Yoga Level 1/2  
12:15 - 1:15 pm Tara
- Fre|Barre  
5:15 - 6:15 pm Erin F
- Vinyasa Yoga Level 1/2  
6:30 - 7:30 pm Cypressse

### FRIDAY

- NEW!** Vin/Yin All Levels  
8:00 - 9:00 am Corrie
- Vinyasa Yoga Level 2/3  
9:15 - 10:30 am Rebecca
- Fre|Barre  
10:45 - 11:45 am Suzanne
- NEW!** Rhythmic Power Flow  
12:15 - 1:00 pm Adrian
- Completely Core\*  
12:15 - 12:45 pm Ryan
- Restorative Flow  
4:00 - 5:15 pm Tara

### SATURDAY

- Power Yoga  
8:00 - 9:00 am Yvette
- Pilates  
9:15 - 10:15 am Mary Louise
- Cardio Fre Barre\*  
10:30 - 11:30 am Lori

### SUNDAY

- Beginning Yoga  
10:00 - 11:15 am Nancy
- Vinyasa Yoga Level 1/2  
4:15 - 5:15 pm Corrie
- Yin Yoga  
5:30 - 6:30 pm Corrie

#### CLASS LOCATIONS

All yoga and pilates classes are held in the Upstairs Studio unless denoted with an asterisk. Classes that are denoted with a single \* are held in the Downstairs Studio. Classes denoted with a "CY" are held in the Courtyard.

## Youth Classes: ACB's Yoga Tree "Establishing solid roots for a lifetime of yoga."

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

### SUNDAY

- Saplings (5-7yr)  
2:30-3:15pm Adrian
- Poplars (8-10yr)\*  
2:30-3:15pm Tara

- Junipers (11-16yr)  
3:15-4:15 pm Tara

Registration Required to attend. New session starts November 5th.

## Workshops/Intensives & Training

**Taking Flight - Hand Balance Workshop:** Saturday, Nov. 15th 10:30am - 12:30pm Learn how to perform hand balances through proper sequencing and alignment. This workshop will teach you safe effective techniques for understanding and practicing these fun playful and challenging poses. Recommended for beginning and experienced students looking to strengthen their foundation and grow their practice. Cost \$20 members, \$30 non-members. Space is limited. Sign-up at the front desk.

**Pilates Reformer Training:** Pilates Personal Training has the added emphasis on the individuality of each client. Using specialized Pilates equipment; the reformer, tower, chair, ladder barrel, and arc, allows you to experience a unique Pilates experience. Our experienced and knowledgeable instructors will educate you on proper technique and form, create personalized programming that brings awareness to your body and alignment to successfully achieve your individual goals. For more information contact Ashleigh Mitchell at (541) 678-2715.

### DESCRIPTIONS

**ACB'S YOGA TREE - SAPLINGS & POPLARS:** New and improved! Designed to help children establish solid roots for a lifetime of yoga, this fun, structured practice teaches children a variety of poses based on Sun Salutations A, B and C while exploring breath work, deep relaxation and visualization techniques to calm their bodies. Each class offers a structured, supportive environment for young yogi's to begin or advance their yoga practice. Free for children on family membership. Non-members \$50 for five week session. Registration forms located at front desk.

**ACB'S YOGA TREE -JUNIPERS:** New and improved! Based on our Yoga tree class structure, students will explore the traditional Ashtanga Vinyasa Yoga sequences to strengthen the body and mind; while increasing flexibility, coordination and grace. This practice will help the body become strong and "bounce back" or recover from injuries better. Free for children on family membership. Non-members \$50 for five week session. Registration forms located at front desk.

**BEGINNING YOGA:** For students interested in exploring the fundamentals of practice - developing self awareness through basic postures, modifications and use of props as well as breathing and concentration exercises. Some gentle flow focuses on building stamina and creating a balance of strength and flexibility.

**CARDIO FRE|BARRE:** moves at a quicker tempo and we recommend that you attend one of our regular FRE|BARRE classes first.

**COMPLETELY CORE:** Challenging 30 minute core focused class led by a Personal Trainer. Circuit or traditional guided exercises targeting the abdominals, muscles of the lower back, mid back, glutes, hamstrings, hip flexors and more.

**FRE|BARRE:** Found only at ACB, this fabulous workout is designed around a suspended barre and is blend of graceful toning, core and balance work. With its unique design and class atmosphere, this class is appropriate for all levels of fitness - no coordination required.

**GET UP AND FLOW:** The weather is cooling down but we're turning up the heat! This 45-minute All Levels Flow class set to upbeat music will energize you for the rest of your day while increasing flexibility and strength. Leave your expectations at the door!

**GOOD MORNING PILATES:** Make your body feel strong, flexible, aligned, and energized all day long with Good Morning Pilates. Learn to engage the deeper muscles of your core, tone your hips and thighs, flatten your abs, and strengthen your arms and shoulders. Get the most out of each movement and you will improve your balance and posture as you strengthen and lengthen gently from head to toe.

**GOOD MORNING YOGA:** Combining elements of hatha and vinyasa yoga this healing and strengthening practice will focus on

alignment, balance and core strength. Suitable for all levels.

**LEVEL 1: BEGINNING TAI CHI:** Learn the Yang Style 24 form while incorporating movement and breathe with 8 Piece Brocade Qigong exercises to open and stimulate your Chi. Form is taught and performed at a slower speed adding a new movement each week. Commitment, patience, and discipline are qualities that will insure success.

**MAT PILATES:** Abdominal based exercise to improve core strength and flexibility, focused on breathing and posture.

**POWER YOGA:** Get your morning started off right with this fun and powerful yoga class. Get your body and muscles warmed up in a safe and healthy fashion, and then be ready to put them to work through an equally intensive upper body, core & lower body work out.

**RESTORATIVE FLOW:** Similar in most aspects to our Restorative Yoga classes with the addition of a few standing postures sequenced with breath for engagement and opening of the muscles.

**RESTORATIVE YOGA:** With focus on relaxation, renewal, effortless-ness and ease. This is a rejuvenating and relaxing class building on sequences to soothe your nervous system, quiet your mind and release deeply held tension. We utilize props to aid the body to rest into deep stretches for longer periods to receive full benefit and encourage the body's innate healing capacity.

**RHYTHMIC POWER FLOW:** Turn up the heat and the tunes! This 45 minute powerful Vinyasa flow set to upbeat music will energize you for the rest of your day, while increasing flexibility, physical power and strength. Come sweat, move and smile. Be sure to leave your expectations at the door!

**VIN/YIN ALL LEVELS:** Power up, power down and warm up your morning with a little heat. Experience 30 minutes of an active, yet gentle Vinyasa flow to warm up and strengthen your muscles, followed by 30 minutes of restful, restorative Yin poses to cool down and balance the body. Leaving you rejuvenated and ready for the weekend ahead!

**VIN/YIN LEVEL 1-2:** Power up, power down and warm up your morning with a little heat. Experience 30 minutes of an active Vinyasa flow followed by 30 minutes of deep, restorative Yin poses to open the body and awaken your mind. Leaving you empowered, focused and ready for the day ahead!

**VINYASA FLOW LEVEL 1/2:** An energetic yoga class that uses a flowing series of postures to create heat within the body, increase strength, flexibility, endurance and balance. Good for physically active students interested in the fitness benefits of yoga and anyone who wants to dive in to a strong, multi-faceted practice.

This practice is typically accompanied by a warmer room and upbeat music.

**VINYASA YOGA LEVEL 1-2:** A dynamic system of practicing physical postures, linking breath to movement. Builds heat, endurance, flexibility, strength and concentration. Sequencing is often built around sun salutations. All levels welcome. Perfect class to master before moving onto Level 2-3.

**VINYASA YOGA LEVEL 2-3:** This class is designed to take you to the intermediate level where you will expand your strength, stamina and flexibility as you master more advanced postures (inversion, backbends) and more demanding sequences. This class will help you take your practice to a whole new level.

**YIN YOGA:** A relaxed practice of floor postures that are held for an extended period of time to increase flexibility. Yin is an all levels class and is a great compliment to other more vigorous yoga classes.

# The Athletic Club of Bend

## Cycling Classes



Coming Soon! New interactive schedule with up to the minute class and club event info

11  
2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycling 5:45- 6:30 am    DeeDee	Cycling 5:45 - 6:30 am    Shana	Cycling 9:15 - 10:15 am    Ryan	Cycling 5:45- 6:30 am    Yvette	Cycling 8:00 - 9:00 am    Anne	Cycling 8:00 - 9:00 am    Rotating	
Cycling 9:15 - 10:15 am    Fred	Cycling 8:00 - 9:00 am    Fred	Cycling 4:45 - 5:45 pm    Tina	Cycling 8:00 - 9:00 am    Fred	<b>NEW!</b> Cycling: Endurance! 9:15 - 10:30 am    Ryan		
Cycling 12:00 - 1:00 pm    Christina	Cycling 9:15 - 10:15 am    Fred		Cycling 9:15 - 10:15 am    Fred			
Cycling 4:45 - 5:45 pm    Tina	<b>NEW!</b> Cycling: Endurance! 5:15 - 6:45 pm    Anne		<b>NEW!</b> Cycling: Endurance! 5:15 - 6:45 pm    Anne			

### DESCRIPTIONS, RULES, and POLICIES

- Classes are held in the cycling studio. WATER IS REQUIRED DURING CLASS
- It is recommended that all participants receive proper instruction and set up on the bike before riding.
- Do not move bikes or exchange parts without checking with your instructor.
- Weekend Instructor Rotation will be posted in the studio and at the front desk.

**Cycling:** 55 minute classes. Great cardio training designed for a fitness participant who wants to improve general fitness and body composition.

**Cycling: Endurance!** Build your aerobic base, burn fat and strengthen your heart while challenging yourself mentally and physically to maintain an uncomfortable but sustainable work effort for the duration of the ride. Get ready to sweat and have fun! All levels welcome.

# The Athletic Club of Bend

## Senior Fitness



Coming Soon! New interactive schedule with up to the minute class and club event info

11  
2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Good Morning Pilates 8:00 - 9:00 am US	Good Morning Yoga 8:00 - 9:00 am US	Good Morning Pilates 8:00 - 9:00 am US	Good Morning Yoga 8:00 - 9:00 am US	<b>NEW!</b> Yin/Yin All Levels 8:00 - 9:00 am US	Pilates 9:15 - 10:15 am US	Beginning Yoga 10:00 - 11:15 am US
Aqua Fit 10:00 - 11:00 am LP/WP	Restorative Yoga 9:15 - 10:15 am US	Shallow Water Exercise 10:00 - 11:00 am LP/WP	Restorative Yoga 9:15 - 10:15 am US	Shallow Water Aerobics 10:00 - 11:00 am IP		Yin Yoga 5:30 - 6:30 pm US
Simply Low 10:30 - 11:30 am DS	Aqua Zumba 10:00 - 11:00 am LP/WP	Basic Step and Weights 10:30 - 11:30 am DS	Mat Pilates 10:30 - 11:45 am US	<b>NEW!</b> Strength & Movement 10:30 - 11:30 am DS		
Fluid Moves 11:00 - 12:00 pm WP	Mat Pilates 10:30 - 11:45 am US	Restorative Flow 4:00 - 5:15 pm US	<b>NEW!</b> Level 1: Beginning Tai Chi 10:30 - 11:30 am DS	Hydro Reps 10:00 - 11:00 am LP/WP		
Restorative Flow 4:00 - 5:15 pm US	<b>NEW!</b> Level 1: Beginning Tai Chi 10:30 - 11:30 am DS		Better Bones & Balance GX/\$ 1:30 - 2:30 pm Elaine	Fluid Moves Endurance/AiChi 11:00 - 12:00 pm WP		
	Better Bones & Balance GX/\$ 1:30 - 2:30 pm Elaine			Restorative Flow 4:00 - 5:15 pm US		

### LOCATION KEY

- CS = Cycling Studio
- \*\* = Courtyard
- DS = Downstairs Studio
- LP = Lap Pool
- WP = Warm Pool
- OP = Outdoor Pool
- US = Upstairs Studio
- \$ = Fee Based Class

★ Please note, scheduled classes or instructors may change without notice.

Group Fitness Manager Christina Johansen

### DESCRIPTIONS

**AQUA FIT:** A high energy cardio and strength workout using a variety of equipment to improve strength training, cardiovascular endurance, core and balance. A variety of equipment and training techniques will be used each week to challenge your body with multi-dimensional exercises that will increase your power, agility and balance.

**AQUA ZUMBA:** Known as the Zumba "pool party", this class gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting - even shouting, laughing, hooting and hollering! If you are looking for a water-based workout that is safe, challenging, cardio-conditioning, body-toning and, most of all, exhilarating beyond belief - this is the class for you!

**BASIC STEP & WEIGHTS:** A great way to ease yourself into this great cardio workout. Easy to follow directions, a little slower pace and you'll be hooked. Participants can also choose to do class on the floor. Finishing with strength, balance and core work.

**BEGINNING YOGA:** For students interested in exploring the fundamentals of practice - developing self awareness through basic postures, modifications and use of props as well as breathing and concentration exercises. Some gentle flow focuses on building stamina and creating a balance of strength and flexibility.

**BETTER BONES & BALANCE:** A gently paced workout in a small group training setting aimed at improving body alignment, balance, and connection to your core. Helps you improve bone health, balance, core strength and flexibility. 8 week program is 14 classes (no class Oct. 21 & Nov. 11). \$8 per class for full program in advance; \$12 class drop-in. Sign up at Front desk.

**FLUID MOVES:** This is a reduced impact exercise class developed by the Arthritis Foundation that encourages soothing movement and exercises that improve compromised range of motion, flexibility and balance while offering a wonderful support group. This all age's class is appropriate for anyone looking for a low impact exercise regime while rehabilitating from an injury or illness. Taught in the warm pool.

**FLUID MOVES ENDURANCE/AICHI:** Each class provides a full 45 min endurance based workout followed by 15 minutes of AiChi, a slow, focused, moving meditation health exercise that when done in the water will help improve your mastery of balance.

**HYDRO REPS:** Intervals, running, jumping and drills add an extra challenge in the water! You will be working at your peak performance level to enhance and improve core strength, muscle tone and flexibility. Just add water and some fun music to this 50 minute class.

**GOOD MORNING PILATES:** Make your body feel strong, flexible, aligned, and energized all day long with Good Morning Pilates. Learn to engage the deeper muscles of your core, tone your hips and thighs, flatten your abs, and strengthen your arms and shoulders. Get the most out of each movement and you will improve your balance and posture as you strengthen and lengthen gently from head to toe.

**GOOD MORNING YOGA:** Combining elements of hatha and vinyasa yoga this healing and strengthening practice will focus on alignment, balance and core strength. Suitable for all levels.

**LEVEL 1: BEGINNING TAI CHI:** Learn the Yang Style 24 form while incorporating movement and breathe with 8 Piece Brocade Qigong exercises to open and stimulate your Chi. Form is taught and performed at a slower speed adding a new movement each week. Commitment, patience, and discipline are qualities that will insure success.

**MAT PILATES:** Abdominal based exercise to improve core strength and flexibility, focused on breathing and posture.

**RESTORATIVE FLOW:** Similar in most aspects to our Restorative Yoga classes with the addition of a few standing postures sequenced with breath for engagement and opening of the muscles.

**RESTORATIVE YOGA:** With focus on relaxation, renewal, effortlessness and ease. This is a rejuvenating and relaxing class building on sequences to soothe your nervous system, quiet your mind and release deeply held tension. We utilize props to aid the body to rest into deep stretches for longer periods to receive full benefit and encourage the body's innate healing capacity.

**SIMPLY LOW:** An easy to follow, fun, low-impact aerobic workout appropriate for everyone followed by strength, balance and core training. Great way to get into shape and keep fit!

**SHALLOW WATER AEROBICS:** Enjoy this high-energy, fun water exercise class. It's a perfect way to enhance your flexibility and range of motion. Use the water's natural buoyancy for support while utilizing special equipment for added resistance, better muscle tone and improved aerobic conditioning. Taught in the warm pool and in the lap pool (2 lanes).

**STRENGTH AND MOVEMENT:** The low impact class alternates cardio respiratory intervals with strength based functional movement patterns to regain balance, agility and increase reaction time. Class ends with 15 minutes of core and hip strengthening floor exercises.

**VIN/YIN ALL LEVELS:** Power up, power down and warm up your morning with a little heat. Experience 30 minutes of an active, yet gentle Vinyasa flow to warm up and strengthen your muscles, followed by 30 minutes of restful, restorative Yin poses to cool down and balance the body. Leaving you rejuvenated and ready for the weekend ahead!

**YIN YOGA:** A relaxed practice of floor postures that are held for an extended period of time to increase flexibility. Yin is an all levels class and is a great compliment to other more vigorous yoga classes.

# The Athletic Club of Bend

## Personal Training Workshops

DEC  
1

Coming Soon! New interactive schedule with up to the minute class and club event info

11  
2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Kettlebell Training</b> \$ 5:30 - 6:30 pm Ryan	<b>BBB for Women</b> wo/\$ 9:15 - 10:15 am Jessie	<b>RCRT</b> \$ 8:30 - 9:15 am Jessie	<b>BBB for Women</b> wo/\$ 9:15 - 10:15 am Jessie	<b>RCOC</b> \$ 8:30 - 9:15 am Ryan		
	<b>Better Bones &amp; Balance</b> GX/\$ 1:30 - 2:30 pm Elaine	<b>Kettlebell Training</b> \$ 5:30 - 6:30 pm Ryan	<b>Better Bones &amp; Balance</b> GX/\$ 1:30 - 2:30 pm Elaine			

**LOCATION KEY**

CY = Courtyard	SR = Stretch Room
DR = Dance Room	WO = Women's Only
G = Gym	Workout Room
GX = Group Exercise Studio	\$ = Fee Based Class
LV = Locations Vary	
OP = Outdoor Pool	

### DESCRIPTIONS

**BBB (BETTER BODY BOOTCAMP) FOR WOMEN:** A ladies-only workout and a wonderful way to reach your body composition and strength goals quickly and efficiently. Class size is kept small to keep the group focused and personal. This workshop is designed to increase core strength, muscle tone, balance, and alignment. The best part is that every workout is specifically designed for a woman's body! The member drop-in rate is just \$12 but there is a promotional rate for those that sign up for a full session with a once or twice per week commitment. Feel free to contact certified personal trainer Jessie Singleton at [trainerjessiemail@gmail.com](mailto:trainerjessiemail@gmail.com) or 541-771-4034 if you have any questions or concerns about Bootcamp.

**BETTER BONES & BALANCE:** A gently paced workout in a small group training setting aimed at improving body alignment, balance, and connection to your core. Helps you improve bone health, balance, core strength and flexibility. 8 week program is 14 classes (no class Oct. 21 & Nov. 11). \$8 per class for full program in advance; \$12 class drop-in. Sign up at Front desk.

**KETTLEBELL TRAINING:** Kettlebells are a popular training tool in the fitness industry. This instructor led training program will give you the tools needed to burn fat, build lean muscle and increase stamina. Next sessions available Nov. 3- 19th & Dec. 1st - 17th. Cost: \$60 members / \$90 non-members. Drop-ins \$14 members/ \$18 non-members. Contact the front desk to sign up.

**LACTATE PROFILE TESTING FOR RUNNERS:** A way to efficiently measure your cardiovascular endurance and set heart rate training ranges that will help you reach goals and improve performance. Heart rate monitor is required. Data interpretation included. We suggest measuring training improvement with a second lactate profile test within 3-6 months of your first test depending on you personal training program. Check with your trainer for their recommendation. Single Test - \$75. Advance purchase of second test (to be used within 6 months) - \$130 total, a \$20 discount.

**RUNNING CLUB RESISTANCE TRAINING (RCRT):** body weight and equipment based exercises specific to the needs of an outdoor runner to help improve performance on the roads and trails. These small-group, trainer-led workouts are different each week and great for athletes of all levels. We suggest you come early for a cardio warm-up, bring a water bottle, and check at the front desk for the meeting place (based on current weather). Workouts begin week of June 23rd.

**RUNNING CLUB OUTDOOR CARDIO (RCOC):** challenging, yet fun workouts that bring together like-minded people who want to add to their run training by greatly varying their cardiovascular options. When coming to these sessions, we suggest you wear clothing based on the weather and carry a water bottle or hydro pack if you so desire. Sessions will begin week of June 23rd.

**RUNNING CLUB INTERVAL RUNS (RCIT):** designed around understanding individual heart rate and lactate levels. Research has shown pace at lactate threshold to be the best predictor of endurance performance and the most accurate method for assessing progress, so RCIT is only offered to Running Club members who have completed a lactate profile test within the previous three month period. Although group sessions, these intervals will be set for your specific athletic level based on LPT results. Lactate level spot testing will often be utilized and a heart rate monitor is required. Check the front desk for upcoming RCIT workshops dates.

**TENNIS SPECIFIC TRAINING:** Improve your tennis game! Contact trainers Jessie Singleton to set up a time for a tennis specific fitness workout for you and/or up to 9 friends.

**WMP (Weight Management Program):** We offer a program with a proven track-record that has allowed many members to shed their unwanted pounds. Program includes individual nutrition and personal training appointments and can be started anytime. Contact Jenny Anderson for more information at [jenny@athleticclubofbend.com](mailto:jenny@athleticclubofbend.com)

### ACB TRAINERS: 385-3062

- Doug Christman
- Elaine Spector
- Jenny Anderson
- Jessie Singleton
- Julia Sandvall
- Lori Courtney
- Ryan Brown

# The Athletic Club of Bend

## Water Exercise Classes



Coming Soon! New interactive schedule with up to the minute class and club event info

11  
2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Aqua Fit LP/WP</b> 10:00 - 11:00 am Sue	<b>Aqua Zumba LP/WP</b> 10:00 - 11:00 am Beth	Shallow Water Exercise LP/WP 10:00 - 11:00 am Sue	<b>NEW! Aqua Tabata</b> 10:00 - 11:00 am Beth	<b>Hydro Reps LP/WP</b> 10:00 - 11:00 am Liza		
<b>Fluid Moves WP</b> 11:00 am - 12:00 pm Barbara				<b>Fluid Moves Endurance/AiChi WP</b> 11:00 am - 12:00 pm Liza		

**Legend**

- Lap pool temp 81-82 degrees.
- Warm pool temp 90-91 degrees.
- LP = Lap Pool ■ WP = Warm Pool
- OP = Outdoor Pool

### DESCRIPTIONS

Aqua classes should not be mistaken as "easy." Water is very suitable for all fitness levels, young and old. Whether you are coming back from an injury or are looking for an environment that surrounds you, literally, with resistance. Make the class as hard or easy as you need it to be. All classes are 55 minutes.

**AQUA FIT:** A high energy cardio and strength workout using a variety of equipment to improve strength training, cardiovascular endurance, core and balance. A variety of equipment and training techniques will be used each week to challenge your body with multi-dimensional exercises that will increase your power, agility and balance.

**AQUA TABATA:** We're bringing our Deep Water Tabata indoors! A total body workout using short bursts of high intensity exercises followed by active recovery periods designed to deliver maximum benefits and push you to the next level. Recommended for physically active students interested in the fitness benefits of water exercise. Aquatic shoes recommended.

**AQUA ZUMBA:** Known as the Zumba "pool party", this class gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting - even shouting, laughing, hooting and hollering! If you are looking for a water-based workout that is safe, challenging, cardio-conditioning, body-toning and, most of all, exhilarating beyond belief - this is the class for you!

**FLUID MOVES ENDURANCE/AICHI:** Each class provides a full 45 min endurance based workout followed by 15 minutes of AiChi, a slow, focused, moving meditation health exercise that when done in the water will help improve your mastery of balance.

**HYDRO REPS:** Intervals, running, jumping and drills add an extra challenge in the water! You will be working at your peak performance level to enhance and improve core strength, muscle tone and flexibility. Just add water and some fun music to this 50 minute class.

**SHALLOW WATER AEROBICS:** Enjoy this high-energy, fun water exercise class. It's a perfect way to enhance your flexibility and range of motion. Use the water's natural buoyancy for support while utilizing special equipment for added resistance, better muscle tone and improved aerobic conditioning. Taught in the warm pool and in the lap pool (2 lanes).

# The Athletic Club of Bend

## Indoor Pools



Coming Soon! New interactive schedule with up to the minute class and club event info

11  
2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lap Swim LP</b> 5:30 - 10:00 am 11:00 am - 3:30 pm 6:00 - 8:45 pm	<b>Lap Swim LP</b> 7:00 - 10:00 am 11:00 am - 3:30 pm 6:00 - 8:45 pm	<b>Lap Swim LP</b> 5:30 - 10:00 am 11:00 am - 3:30 pm 6:00 - 8:45 pm	<b>Lap Swim LP</b> 7:00 - 10:00 am 11:00 am - 3:30 pm 6:00 - 8:45 pm	<b>Lap Swim LP</b> 5:30 - 10:00 am 11:00 am - 12:00 pm 1:00 - 3:30 pm 4:30 - 8:45 pm	<b>Lap Swim LP</b> 7:00 am - 7:45 pm	<b>Lap Swim LP</b> 8:00 am - 7:45 pm
<b>Swim Team</b> 4 lanes 3:30 - 6:00 pm	<b>Masters Swim</b> 4 lanes 6:00 - 7:00 am  <b>Swim Team</b> 4 lanes 3:30 - 6:00 pm	<b>Swim Team</b> 4 lanes 3:30 - 6:00 pm	<b>Masters Swim</b> 4 lanes 6:00 - 7:00 am  <b>Swim Team</b> 4 lanes 3:30 - 6:00 pm	<b>Masters Swim</b> 4 lanes 12:00 - 1:00 pm  <b>S.O. Swim Team</b> 3 lanes 3:30 - 4:30 pm		

# Lap Pool

<b>Open Swim WP</b> 5:30 - 10:00 am 2:00 - 4:30 pm 5:30 - 8:45pm	<b>Open Swim WP</b> 5:30 - 10:00 am 12:45 - 8:45 pm	<b>Open Swim WP</b> 5:30 - 10:00 am 11:00 am - 12:00 pm 2:00 - 4:30 pm 5:30 - 8:45pm	<b>Open Swim WP</b> 5:30 - 10:00 am 11:00 - 8:45 pm	<b>Open Swim WP</b> 5:30 - 10:00 am 2:00 - 8:45 pm	<b>Open Swim WP</b> 7:00 am - 7:45 pm	<b>Open Swim WP</b> 8:00 am - 7:45 pm
<b>Physical Therapy WP</b> 12:00 - 2:00 pm	<b>M.S. Class WP</b> 11:45 am - 12:45 pm	<b>Physical Therapy WP</b> 12:00 - 2:00 pm		<b>Physical Therapy WP</b> 12:00 - 2:00 pm		
<b>Group Swim Lessons WP</b> 4:30 - 5:30 pm		<b>Group Swim Lessons WP</b> 4:30 - 5:30 pm				

# Warm Pool

### PLEASE NOTE

Water Exercise group classes now have their own schedule. Please refer to our new Water Exercise class schedule for current class offerings, times and descriptions. We are working hard to make things better for you.

The warm pool is closed to members during this time as well as during any class scheduled in that pool.

### LOCATION KEY

- LP = Lap Pool
- WP = Warm Pool

### KEY INFORMATION

- Lap Pool may be closed during scheduled classes.
- Lap Pool Temp: 81-82 degrees

# The Athletic Club of Bend Gymnasium



Coming Soon! New interactive schedule with up to the minute class and club event info

11  
2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30 - 9:00 am *	Open Gym 5:30 - 9:00 am *	Open Gym 5:30 - 10:30 am *	Open Gym 5:30 - 9:00 am *	Open Gym 5:30 - 9:00 am *	Open Gym 7:00 - 11:00 am *	Open Gym 8:00 am - 11:00 pm *
Total Body Intervals 9:15 - 10:15 am	Cross Fusion 9:15 - 10:15 am	Kids Gym (1/2 court) 10:30 - 11:00 am	Cross Fusion 9:15 - 10:15 am	Total Body Intervals 9:15 - 10:15 am	High School Hoops 11:00 am - 1:00 pm *****	High School Hoops 11:00 am - 1:00 pm *****
Kids Gym (1/2 court) 10:15 - 11:00 am	Kids Gym (1/2 court) 10:15 - 11:00 am	Open Gym 11:00 am - 1:15 pm *	Open Gym 10:15 am - 3:00 pm *	Open Gym 10:15 am - 3:30 pm *	Open Gym 1:00 - 7:45 pm *	Family Open Gym 1:00 - 4:00 pm
Open Gym 11:00 am - 3:15 pm *	Open Gym 11:00 am - 3:00 pm *	Youth Pick Up Bball 1:15 - 3:15 pm ****	Family Open Gym 3:00 - 4:00 pm	Family Open Gym 3:30 - 5:45 pm		Badminton 4:00 - 6:00 pm *
Family Open Gym 3:15 - 4:45 pm	Family Open Gym 3:00 - 4:00 pm	Family Open Gym 3:15 - 4:45 pm	Open Gym 4:00 - 5:00 pm *	Open Gym 6:00 - 8:45 pm *		Open Gym 6:00 - 7:45 pm *
Athletic Conditioning 4:45 - 5:45 pm	Open Gym 4:00 - 8:45 pm *	Ultimate Recess 4:45 - 5:45 pm	Gym Reserved 5:00 - 5:30 pm			
Open Gym 6:00 - 8:45 pm *		Open Gym 6:00 - 8:45 pm *	Cross Fusion 5:30 - 6:45 pm			
			Open Gym 6:45 - 8:45 pm			

## KEY INFORMATION

Due to court reservations or program changes, the Open Gym schedule may change at will.

- \* Must be 14 years old OR if younger, accompanied by an adult.
- \*\* 18 years or older
- \*\*\* Families welcome
- \*\*\*\* Ages 11-14 years old
- \*\*\*\*\* Ages 15-18 years old

Subject to occasional closures for special events. If there is nothing scheduled, the gym is open for shooting or half court games (14 years and older). Monday - Friday "Open Gym" times may be utilized by ACB's children and youth programs. Kids in Action reserves a half court for use. Children may use 1/2 court on public school recess days.

# The Athletic Club of Bend Courts Building - Pickleball



Coming Soon! New interactive schedule with up to the minute class and club event info

11  
2014

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

Contact Front Desk For Available Court Times.

# Courts Building - Basketball

11  
2014

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

Adult Pick Up Bball  
3:30 - 5:45 pm \*\*

Basketball League  
6:00 - 8:00 pm \*\*

Recreational Adult  
Pick Up Basketball  
12:00 - 1:45 pm \*\*

Adult Pick Up Bball  
3:30 - 5:45 pm \*\*

Masters Basketball League  
6:00 - 8:00 pm \*\*

Recreational Adult  
Pick Up Basketball  
12:00 - 1:45 pm \*\*

Adult Pick Up Bball  
3:30 - 5:45 pm \*\*

**KEY INFORMATION**

\*\* 18 years or older

# The Athletic Club of Bend

## Youth and Family Activities



Coming Soon! New interactive schedule with up to the minute class and club event info

11  
2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kids Club 7:45 am - 9:00 pm	Kids Club 7:45 am - 9:00 pm	Kids Club 8:00 am - 2:00 pm	Kids in Action 9:00 am - 2:00 pm			
Jr. Tiny Stars Ages 5-6 10:00 - 11:00 am	Jr. Tiny Stars Ages 5-6 10:00 - 11:00 am	Jr. Tiny Stars Ages 5-6 10:00 - 11:00 am	Jr. Tiny Stars Ages 5-6 10:00 - 11:00 am	Kids Gym (1/2 court) 9:00 - 11:00 am	Kids in Action 9:00 am - 2:00 pm	Kids Club 9:00 am - 2:00 pm
Jr. Beginner Ages 7-10 10:00 - 11:00 am	Middle School Program 3:00 - 5:00 pm	High School Hoops 11:00 am - 1:00 pm *****	Open Swim 11:00 am - 7:45 pm			
Jr. Beginner Ages 11-15 11:00 am - 12:30 pm	Kids Gym (1/2 court) 10:15 - 11:00 am	Jr. Beginner Ages 11-15 11:00 am - 12:30 pm	Jr. Beginner Ages 11-15 11:00 am - 12:30 pm	Kids in Action 3:45 - 9:00 pm	Open Swim 11:00 am - 7:45 pm	High School Hoops 11:00 am - 1:00 pm *****
Jr. Intermediate (Pro Approval) 11:00 am - 12:30 pm	Jr. Beginner Ages 11-15 11:00 am - 12:30 pm	Jr. Intermediate (Pro Approval) 11:00 am - 12:30 pm	Jr. Intermediate (Pro Approval) 11:00 am - 12:30 pm	Rock Wall 3:30 - 7:00 pm	Rock Wall 3:30 - 7:00 pm	Family Open Gym 1:00 - 4:00 pm
Jr. Advanced (Pro Approval) 11:00 am - 12:30 pm	Jr. Intermediate (Pro Approval) 11:00 am - 12:30 pm	Jr. Advanced (Pro Approval) 11:00 am - 12:30 pm	Jr. Advanced (Pro Approval) 11:00 am - 12:30 pm	Family Swim (Indoor Pool) 4:30 - 8:45 pm		
Middle School Program 3:00 - 5:00 pm	Jr. Advanced (Pro Approval) 11:00 am - 12:30 pm	Youth Pick Up Bball 1:15 - 3:15 pm ****	Family Open Gym 3:00 - 4:00 pm			
Kids in Action 3:45 - 9:00 pm	Family Open Gym 3:00 - 4:00 pm	Kids in Action 2:00 - 9:00 pm	Middle School Program 3:00 - 5:00 pm			
Rock Wall 3:30 - 7:00 pm	Middle School Program 3:00 - 5:00 pm	Middle School Program 1:00 - 5:00 pm	Kids in Action 3:45 - 9:00 pm			
Family Swim (Indoor Pool) 5:30 - 8:45 pm	Kids in Action 3:45 - 9:00 pm	Rock Wall 3:30 - 7:00 pm	Rock Wall 3:30 - 7:00 pm			
	Rock Wall 3:30 - 7:00 pm	Family Swim (Indoor Pool) 5:30 - 8:45 pm	Family Swim (Indoor Pool) 4:30 - 8:45 pm			
	Family Swim (Indoor Pool) 4:30 - 8:45 pm					

### KEY INFORMATION

Detailed information about any of the listed programs may be found on each departmental master schedule (Pool, Gymnasium, Tennis, Cardio Exercise, Youth Center).

\* Programs that are identified with an asterik require kids to be a minimum age of 10 years and have adult supervision (ALL kids MUST be accompanied by their legal guardian).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Climb 3:30 - 7:00 pm						

## Childcare

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kids in Action 3:45 - 9:00 pm	Kids in Action 3:45 - 9:00 pm	Kids in Action 2:00 - 9:00 pm	Kids in Action 3:45 - 9:00 pm	Kids in Action 3:45 - 9:00 pm	Kids Club 8:00 am - 2:00 pm	Kids Club 9:00 am - 2:00 pm
Kids Club 7:45 am - 9:00 pm	Kids in Action 9:00 am - 2:00 pm	Kids in Action 9:00 - 2:00 pm				

## POLICIES & DESCRIPTIONS

### ROCK WALL

**OPEN CLIMB:** Under 16 years must be accompanied by an adult or ACB certified belayer.

**CERTIFICATION CLASS:** Certification class is by appointment only. Call Jennifer High at 385-3062 to schedule a time. There is a cost of \$20.00 per person (must be at least 16 years of age).

**CLIMBING WALL:** The climbing wall is operational only when staff is present. An ACB certified belayer must belay all climbers. Minimum age to climb is 5 years old.

### KIDS IN ACTION

- 3 Hour Maximum per child per day.
- Reservations are required for all programs and can be made up to 1 week in advance; please contact the Front Desk.
- Kids in ACTION is a supervised program for children ages 5-13 listed on a family membership.
- A \$7.50 fee applies to all children not listed on a family membership and to all other guests (to be paid at Front Desk).
- No shows will be charged \$7.50 Please cancel 12 hours in advance.
- Kids in ACTION posted closing hours subject to change without notice based on lack of reservations.

### KIDS CLUB

Kids Club is our childcare for kids ages 6 weeks to 6 years. Reserve by calling 541-322-5806 one week in advance.



Coming Soon! New interactive schedule with up to the minute class and club event info

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ladies Drop-in (3.0+) 9:00 - 10:30 am	Jr. Beginner Ages 11-15 3:30 - 5:00 pm	Men's Drop-in (2.5-3.5) 12:00 - 1:30 pm	Ladies Drop-in (3.0+) 9:00 - 10:30 am	Men's Drop-in (3.5+) 11:30 - 1:00 pm	Mens Drop-in (3.5+) 8:00 - 9:30 am	Open Play Court Reservations Required. Call Front Desk for info.
Men's Drop-in (3.5+) 11:30 - 1:00 pm	Jr. Intermediate (Pro Approval) 3:30 - 5:00 pm	Jr. Beginner Ages 11-15 3:30 - 5:00 pm	Jr. Beginner Ages 11-15 3:30 - 5:00 pm	Open Play Court Reservations Required. Call Front Desk for info.	Ladies Drop-in (3.0+) 9:30 - 11:00 am	
Jr. Beginner Ages 11-15 3:30 - 5:00 pm	Jr. Advanced (Pro Approval) 3:30 - 5:00 pm	Jr. Intermediate (Pro Approval) 3:30 - 5:00 pm	Jr. Intermediate (Pro Approval) 3:30 - 5:00 pm			
Jr. Intermediate (Pro Approval) 3:30 - 5:00 pm	Jr. Tiny Stars Ages 5-6 5:00 - 6:00 pm	Jr. Advanced (Pro Approval) 3:30 - 5:00 pm	Jr. Advanced (Pro Approval) 3:30 - 5:00 pm			
Jr. Advanced (Pro Approval) 3:30 - 5:00 pm	Jr. Beginner Ages 7-10 5:00 - 6:00 pm	Jr. Tiny Stars Ages 5-6 5:00 - 6:00 pm	Jr. Tiny Stars Ages 5-6 5:00 - 6:00 pm			
Jr. Tiny Stars Ages 5-6 5:00 - 6:00 pm	Men's Drop-in (3.5+) 6:00 - 7:30 pm	Jr. Beginner Ages 7-10 5:00 - 6:00 pm	Jr. Beginner Ages 7-10 5:00 - 6:00 pm			
Jr. Beginner Ages 7-10 5:00 - 6:00 pm		Men's Drop-in (3.5+) 6:00 - 7:30 pm				

**KEY INFORMATION**

All 1 ½ hour clinics are \$17.00 and all 1 hour clinics are \$12.00  
 All Adult Drop-in clinics have a maximum of 8 players per court and a minimum 3 Players. It is recommended to reserve a spot, as some clinics fill up and some clinics don't always happen.  
 To reserve a spot sign-up in the tennis office, call Tim Mullane at 541-385-3062, Or Send an e-mail to [tennis@athleticclubofbend.com](mailto:tennis@athleticclubofbend.com).  
 There is no sign-up required for the junior program.

## Racquetball

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Round Robin 12:00 - 2:00 pm Court 2 & 3	Handball 4:00 - 8:00 pm Court 2	Round Robin 12:00 - 2:00 pm Court 2 & 3	Handball 4:00 - 8:00 pm Court 2	Round Robin 12:00 - 2:00 pm Court 2 & 3	Open Play Court Reservations Required. Call Front Desk for info.	Open Play Court Reservations Required. Call Front Desk for info.
Pick Up Racquetball 5:00 - 8:30 pm Court 3	Handball 4:30 - 8:30 pm Court 3	Pick Up Racquetball 5:00 - 8:30 pm Court 3	Handball 4:30 - 8:30 pm Court 3	Open Play Court Reservations Required. Call Front Desk for info.		