The Athletic Club of Bend

Cardio / Strength / Conditioning Classes

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2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Core Conditioning 5:45 - 6:00 am Yvette	Muscle Balance 8:00 - 9:00 am Courtney	Core Conditioning 5:45 - 6:00 am DeeDee	Muscle Balance 8:00 - 9:00 am Jenny	Core Conditioning 5:45 - 6:00 am Heather	Strength Fusion 8:00 - 9:00 am Rotating	Step Cardio II 9:00 - 10:15 am Rotating
Strength Fusion 6:00 - 6:45 am Yvette	Cross Fusion 9:15 - 10:15 am Erin	Strength Fusion 6:00 - 6:45 am DeeDee	Cross Fusion G 9:15 - 10:15 am Ryan	REPS 6:00 - 6:45 am Heather	Zumba 9:15 - 10:15 am Rotating	
NEW! Intro to Step Choreography 7:30 - 8:00 am Britni	Zumba 9:15 - 10:15 am Jeralyn	Step Interval 8:00 - 9:00 am Suzanne	Zumba 9:15 - 10:15 am Amy	Step Cardio 8:00 - 9:00 am Britni	H.I.I.T. 10:30 - 11:30 am Emily	
Step Cardio 8:00 - 9:00 am Britni	REPs 12:15 - 1:15 pm Rachel	Strength Fusion 9:15 - 10:15 am Heather	REPs 12:15 - 1:15 pm Rachel	Total Body Intervals 9:15 - 10:15 am Rachel		
Total Body Intervals 9:15 - 10:15 am Rachel	Zumba ◆X-Press 4:15 - 5:00 pm Abra	Fre|Barre* 10:45 - 11:45 am Emily	Zumba ◆X-Press 4:15 - 5:00 pm Abra	Senior Fit 10:30 - 11:30 am Sarah P		
Cardio Fre|Barre* 10:45 - 11:45 am Lori	Absolutely Abs 5:00 - 5:30 pm Julia	Basic Step & Weights 10:30 - 11:30 am Jenny	Cross Fusion G 5:30 - 6:30 pm Erin	Fre|Barre* 10:45 - 11:45 am Suzanne		
Simply Low 10:30 - 11:30 am Suzanne	Cardio Fre|Barre* 5:20 - 6:20 pm Emily	Absolutely Abs* 12:15 - 12:45 pm Doug	Cardio Fre|Barre* 5:20 - 6:20 pm Lori	H.I.I.T. ◆X-Press 12:00 - 12:45 pm Lori		
Absolutely Abs* 12:15 - 12:45 pm Lori	Cross Fusion G 5:30 - 6:30 pm Pam	Bliss Dance Workout 12:00 - 12:45 pm Jeralyn	Total Body Intervals 5:30 - 6:30 pm Debra	Absolutely Abs* 12:15 - 12:45 pm Doug		
H.I.I.T. ◆X-Press 12:00 - 12:45 pm Erin	Total Body Intervals 5:30 - 6:30 pm Stacey	Ski/Sports Conditioning 4:30 - 5:25 pm Lori	Bliss Hip Hop 6:35 - 7:30 pm Sarah/Jeralyn	R.I.P.P.E.D. 5:30 - 6:30 pm Iryna		
Ski/Sports Conditioning 4:30 - 5:25 pm DeeDee	Bliss Hip Hop 6:35 - 7:30 pm Sarah K.	H.I.I.T. 5:30 - 6:25 pm Stacey				
R.I.P.P.E.D. 5:30 - 6:30 pm Jeralyn						

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

Group Training

12
2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kettlebell $ 5:30 - 6:30 pm Ryan	BBB for Women WO/$ 9:15 - 10:15 am Jessie	Kettlebell $ 5:30 - 6:30 pm Ryan	BBB for Women WO/$ 9:15 - 10:15 am Jessie			

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

Group Fitness Manager Christina Johansen

Cardio / Strength / Conditioning Classes

DESCRIPTIONS

★ CLASS KEY: GREEN = LIGHT INTENSITY ORANGE = MODERATE INTENSITY RED = HIGH INTENSITY

★ CLASS COMPLEXITY KEY: ✦ = SIMPLE ✦ ✦ = MODERATE ✦ ✦ ✦ = COMPLEX

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 WORKOUT/BLISS HIP HOP:** A super FUN dance cardio workout! Bliss Dance Workout fuses all dance genres in one class including hip hop, jazz, latin, modern, lyrical, middle eastern and much more. **Bliss Hip Hop** brings you our favorite hip hop routines. You're invited to sweat, have fun and lose yourself on the dance floor!

✦ **HIGH-INTENSITY INTERVAL TRAINING (HIIT):** s an enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods utilizing both body weight and traditional weighted exercises. If you are looking to change your body to be leaner & stronger – this is the workout for you! These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning.

✦ **INTRO TO STEP CHOREOGRAPHY** A fun 30 minute class for anyone looking to learn how to master more advanced step aerobics choreography with easy to follow instruction and combinations. All levels welcome.

✦ **SENIOR FIT:** A wonderfully balanced & fun workout for the seniors (and others). Cardio, strength, balance, core and flexibility all in one class!

✦ **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 CARDIO II:** Put Step Cardio on steroids and you've got Step Cardio II! A full hour of cardio and more advanced combos to challenge your mind & body.

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

✦ **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.

✦ ✦ **ZUMBA:** Its Global! Awesome low impact cardio workout using Latin inspired movements and music. One of the newest trends in Group Fitness.

CORE CLASSES

✦ **ABSOLUTELY ABS:** 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 SPORTS TRAINING

✦ ✦ ✦ **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. Instructors modify load and intensity so the workout is appropriate for every level of athlete.

✦ ✦ **FRE|BARRE:** Found only at ACB, this workout is 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.

✦ **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. Everything can be modified to fit your personal needs.

✦ ✦ **SKI/SPORTS CONDITIONING:** Snow is on its way and now is the time to prepare for all your Winter sport activities! This class combines a variety of training techniques like H.I.T. and Tabata intervals, along with a wide array of fitness toys to improve your cardiovascular capacity, agility, overall strength, leg endurance and core strength.

✦ ✦ **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 circuit class designed to challenge you with a full-body workout to improve your strength, balance, and endurance. Each class provides a different workout from the last and utilizes a variety of equipment found in the women's only room. Functional testing is held once a month to help you track your progress and exercise homework is suggested based on the focus muscles each week. Class size is kept small so you have consistent feedback and feel confident in all your movements. $64/month (8 classes). $12/class drop-in option is available when space allows. First time in class is free.

GENTLE CORE AND BALANCE: Improve balance, core strength, flexibility and bone health! A gently paced workout, small group training sessions aimed at improving body alignment, balance and connection to your core. Led by Certified Personal Trainer, Elaine Spector. Elaine has 5 years of experience as a Personal Trainer and recently became certified as a Better Bones and Balance instructor, 7 week program—14 classes, January 7th — February 20th $8. per class for full program in advance; $12. class drop-in.

KETTLEBELL TRAINING: It is finally here! Kettlebells are a popular training tool in the fitness industry because they effectively burn fat, increase lean muscle, improve shape, increase range of motion and flexibility, and improve conditioning and stamina. They are fun and exciting but require specific training to use them effectively and safely.

Sign up for this six week Kettlebell workshop program and not only receive two weekly workouts, but the knowledge and skill to continue kettlebell training on your own. The workouts will consist of circuits of core training, strength training and flexibility work, with rest intervals. Workouts will be held on Mon/Wed at 5:30-6:30PM. Session dates: Dec. 2 – Dec. 30th. Cost $80 members / $120 non-members. 2014 session begins Jan. 6th.

Group Fitness Manager Christina Johansen

The Athletic Club of Bend

Mind Body

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MONDAY

Good Morning Pilates
8:00 - 9:00 am Ashleigh

Good Morning Yoga
9:15 - 10:20 am Nicole

Cardio Fre|Barre
10:45 - 11:45 am Lori

Absolutely Abs
12:15 - 12:45 pm Lori

Restorative Flow
4:00 - 5:15 pm Nicole

Vinyasa Yoga
5:30 - 6:30 pm Conni

TUESDAY

Power Yoga
6:00 - 7:00 am Yvette

Good Morning Yoga
8:00 - 9:00 am Rachelle

Gentle Flow
9:10 - 10:10 am Rachelle

Tai Chi
10:30 - 11:30 am Dan

Mat Pilates*
10:30 - 11:45 am Mary Louise

NEW! Vinyasa Yoga Level 2/3
12:15 - 1:15 pm Rebecca

KidZ Yoga (6th - 8th grade)
3:30 - 4:15 pm Dayna

KidZ Yoga (1st - 5th grade)
4:15 - 5:00 pm Dayna

Cardio Fre|Barre
5:20 - 6:20 pm Emily

Vinyasa Yoga
6:30 - 7:30 pm Briana

WEDNESDAY

Ashtanga Yoga
5:45 - 7:00 am Jeff

Good Morning Pilates
8:00 - 9:00 am Ashleigh

Good Morning Yoga
9:15 - 10:20 am Rachelle

Fre|Barre
10:45 - 11:45 am Emily

Absolutely Abs
12:15 - 12:45 pm Doug

Yoga for Athletes
1:00 - 2:00 pm Dayna

Restorative Flow
4:00 - 5:15 pm Nicole

Vinyasa Yoga
5:30 - 6:30 pm Conni

THURSDAY

Power Yoga
6:00 - 7:00 am Shana

Good Morning Yoga
8:00 - 9:00 am Cynthia

Restorative Yoga
9:10 - 10:10 am Cynthia

Tai Chi
10:30 - 11:30 am Dan

Mat Pilates*
10:30 - 11:45 am Mary Louise

NEW! Vinyasa Yoga Level 1/2
12:15 -1:30 pm Tara

KidZ Yoga (6th - 8th grade)
3:30 - 4:15 pm Dayna

KidZ Yoga (1st - 5th grade)
4:15 - 5:00 pm Dayna

Cardio Fre|Barre
5:20 - 6:20 pm Lori

Vinyasa Yoga
6:30 - 7:30 pm Briana

FRIDAY

Ashtanga Yoga
5:45 - 7:00 am Jeff

YoPilates
8:00 - 9:00 am Conni

NEW! Vinyasa Yoga Level 2/3
9:15 - 10:30 am Rebecca

Fre|Barre*
10:45 - 11:45 am Suzanne

Absolutely Abs
12:15 - 12:45 pm Doug

NEW! 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

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 asterik. Classes that are denoted with a single * are held in the Downstairs Studio. Classes denoted with a double * are held in the Courtyard.

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

Group Fitness Manager Christina Johansen

DESCRIPTIONS

ABSOLUTELY ABS: ABSOLUTELY ABS: 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.

ASHTANGA YOGA: This challenging and traditional yoga method coordinates breathe with movement in a progressive series of postures that purify and internally cleanse the body, resulting in a great strength, stamina and flexibility.

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

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.

GENTLE FLOW: A slower paced, gentle vinyasa class designed for those looking to experience the flow of yoga without the shoulder and wrist compromising positions like downward dog. Practice will include both standing and seated postures to improve balance and flexibility.

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.

KIDZ YOGA: Yoga classes designed especially for kids. They will learn basic poses and learn fundamental skills like focus and balance in a fun and supportive atmosphere. Please sign up at the front desk. These classes are free for kids included on a family membership. Non-members can also sign up for a fee.

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, 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.

SUSPENDED YOGA WORKSHOP: A new way to experience yoga! Utilizing a straping technique to help release tension and deepen poses without tension or stress on wrists and shoulders. This is a great practice for anyone to experience the full extent of each pose with confidence and safety. Instructor Nicole Williams will guide you through this yoga practice with careful consideration of your personal goals and limitations. Classes are $10 for members. Please sign up at the front desk prior to workshop date.

TAI CHI: Taught in the Yang Style with traditional movements. Focus on flexibility, agility, mental focus, body alignment, relaxation and breathing. This class synergistically balances your body inside and out for radiant health. All fitness levels.

VINYASA YOGA: An all levels class which sequences poses to create heat and awareness of breath. May or may not include the use of props and/or 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.

YOGA FOR ATHLETES: Gain flexibility and maintain strength while learning the basics of yoga. Class will focus on hips, hamstrings, lower back and joint protection. The intention is to help you improve your sports performance – no matter what your sport. All levels welcome!

The Athletic Club of Bend

Cycling Classes

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2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycling 5:45- 6:30 am DeeDee	Cycling 5:45 - 6:30 am Shana	NEW! Cycling 5:45 - 6:30 am Tina	Cycling 5:45- 6:30 am Yvette	Cycling 8:00 - 9:00 am Anne	Cycling 8:00 - 9:00 am Rotating	90 Ride 8:30 - 10:00 am Rotating
Cycling 8:00 - 9:00 am James	Cycling 8:00 - 9:00 am Fred	Cycling 8:00 - 9:00 am Anne	Cycling 8:00 - 9:00 am Fred	Cycle Training 9:15 - 10:15 am Ryan		
Cycle Training 9:15 - 10:15 am James	Cycling 9:15 - 10:15 am Fred	Cycling 9:15 - 10:15 am Ryan	Cycling 9:15 - 10:15 am Fred	Cycling 12:00 - 1:00 pm Fred		
Cycling 12:00 - 1:00 pm Ryan	NEW! Cycling 5:15 - 6:45 pm Ryan	Cycling ◆X-Press 12:00 - 12:45 pm Heather	NEW! Cycling 5:15 - 6:45 pm Jen			
Cycling 4:30 - 5:30 pm Tina		NEW! Cycling 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.
- ◆X-Press: 45 minutes class. Crunched for time and need a challenging workout? Try one of our new X-Press classes.

Cycle 101: Designed for those who are new to cycling or looking for a gentler class with more instruction. Time will be spent on bike fits and riding technique. Actual workout time will be about 45 minutes.
Cycle Training: More cycling specific workouts and goals for those wanting to take their training to the next level. Provides education and detailed information utilizing zones, heart rates and power output.
Cycling: 55 minute classes. Great cardio training designed for a fitness participant who wants to improve general fitness and body composition.
90 Ride: As stated, a 90 minute ride so come well-fed, well-hydrated and ready to go the distance!
Cycling X-Press: 45 minute classes. Great cardio training designed for a fitness participant who wants to improve general fitness and body composition.
***Outdoor Rides (denoted in green):** Sign ups are required for our Outdoor Road and Training Ride clases and include instruction and training appropriate for the stated group. You will need to sign up at the front desk before leaving on the ride. Rides meet in the front of ACB. Bring your own bike, water & helmet!

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

Group Fitness Manager Christina Johansen

The Athletic Club of Bend

Senior Fitness

12
2013

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	Shallow Water Aerobics 10:00 - 11:00 am IP	Pilates 9:15 - 10:15 am US	Beginning Yoga 10:00 - 11:15 am US
Good Morning Yoga 9:15 - 10:20 am US	Fluid Moves 9:00 - 10:00 am IP	Good Morning Yoga 9:15 - 10:20 am US	Fluid Moves 9:00 - 10:00 am IP	Senior Fit 10:30 - 11:30 am DS		Yin Yoga 5:30 - 6:30 pm US
NEW! Aqua Zumba 10:00 - 11:00 am IP	Gentle Flow 9:10 - 10:10 am US	Shallow Water Aerobics 10:00 - 11:00 pm IP	Restorative Yoga 9:10 - 10:10 am US	Fluid Moves 11:00 - 12:00 pm IP		
Simply Low 10:30 - 11:30 am DS	Shallow Water Aerobics 10:00 - 11:00 am IP	Basic Step and Weights 10:30 - 11:30 am DS	Shallow Water Aerobics 10:00 - 11:00 am IP	NEW! Restorative Flow 4:00 - 5:15 pm US		
Fluid Moves 11:00 - 12:00 pm IP	Mat Pilates 10:30 - 11:45 am DS	Fluid Moves 11:00 - 12:00 pm IP	Mat Pilates 10:30 - 11:45 am DS			
Restorative Flow 4:00 - 5:15 pm US		Restorative Flow 4:00 - 5:00 pm US	Restorative Flow 12:15 - 1:30 pm US			

LOCATION KEY

CS = Cycling Studio
DS = Downstairs Studio
IP = Indoor Pool
US = Upstairs Studio
$ = Fee Based Class

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

Group Fitness Manager Christina Johansen

Senior Fitness

DESCRIPTIONS

20/20/20: This class has a little of everything to help reach your fitness goals and transition into your evening. Starting with 20 minutes of cardio to get your heart rate up, followed by 20 minutes of strenght training. Class ends with 20 minutes of Ai Chi to stretch out and relax the body. Ai Chi is a program similar to Tai Chi but done in the water. Taught in both the warm pool and lap pool indoors, this class is 60 minutes long.

AQUA ZUMBA: Splash your way into shape with this invigorating low-impact aquatic exercise class. Aqua Zumba blends it all together into a workout that's cardio-conditioning, body-toning and most of all fun.

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: Interested in doing yoga? Learn the basic poses with the help of experienced, knowledgable instructors. No sign up or fees required. Give yourself a gift this winter and take the time learn how to do yoga in a safe and effective way.

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.

GENTLE FLOW: A slower paced, gentle vinyasa class designed for those looking to experience the flow of yoga without the shoulder and wrist compromising positions like downward dog. Practice will include both standing and seated postures to improve balance and flexibility.

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.

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.

SENIOR FIT: A wonderfully balanced & fun workout for the seniors (and others). Cardio, strength, balance, core and flexibility all in one class!

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).

TAI CHI: Taught in the Yang Style with traditional movements. Focus on flexibility, agility, mental focus, body alignment, relaxation and breathing. This class synergistically balances your body inside and out for radiant health. All fitness levels.

If you are unsure of your level, please discuss with instructor or contact Shana @ ext. 170.

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

Nothing will work unless you do."~ John Wooden

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2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kettlebell $	BBB for Women WO/$	Kettlebell $	BBB for Women WO/$			
5:30 - 6:30 pm Ryan	9:15 - 10:15 am Jessie	5:30 - 6:30 pm Ryan	9:15 - 10:15 am Jessie			

LOCATION KEY

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

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 trainerjessiemac@gmail.com or 541-771-4034 if you have any questions or concerns about Bootcamp.

CORPORATE TEAMBUILDING FITNESS WORKSHOPS: Led by an ACB Personal Trainer, Teambuilding Fitness Workshops are availible to all club members. The workshops are specialized training sessions for groups, such as small corporate events or a fun family retreat. They provide a chance to get a great workout, some serious fun and invaluable team building! An ACB trainer can help you design a special program with activities to meet your group needs! Scheduling times vary. Contact Fitness Director, Jenny Anderson for event planning at 541-385-3062.

GENTLE CORE AND BALANCE: Improve balance, core strength, flexibility and bone health! A gently paced workout, small group training sessions aimed at improving body alignment, balance and connection to your core. Led by Certified Personal Trainer, Elaine Spector. Elaine has 5 years of experience as a Personal Trainer and recently became certified as a Better Bones and Balance instructor, 7 week program—14 classes, January 7th — February 20th $8. per class for full program in advance; $12. class drop-in.

KETTLEBELL TRAINING: It is finally here! Kettlebells are a popular training tool in the fitness industry because they effectively burn fat, increase lean muscle, improve shape, increase range of motion and flexibility, and improve conditioning and stamina. They are fun and exciting but require specific training to use them effectively and safely. Sign up for this six week Kettlebell workshop program and not only receive two weekly workouts, but the knowledge and skill to continue kettlebell training on your own. The workouts will consist of circuits of core training, strength training and flexibility work, with rest intervals.

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.

Starting in January:

RUNNING CLUB RESISTANCE TRAINING (RCRT): off-season weight training to help improve your performance on the roads and trails when the weather warms back up. These small-group, trainer-led workouts are different each week and are geared specifically toward runners, but are also great for athletes of all levels. We suggest you come early for a light cardio warm up and then meet in the upstairs weight room for endurance and strength based circuits. RCRT is complementary for Running Club members or is $15 per month (up to 5 RC sessions) for general ACB members.

RUNNING CLUB CARDIO CIRCUITS (RCC): challenging, yet fun workouts that bring together like-minded people who want to add to their run training by greatly varying their cardiovascular options and will often be held outside. 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. Meet at the front desk. RCC is complementary for Running Club members or is $15 per month (up to 5 RC sessions) for general ACB members.

RUNNING CLUB INTERVAL RUNS (RCIT): designed around understanding one's heart rate and lactate levels. These interval training sessions are group classes, yet set for your specific athletic level. Lactate level spot testing will often be utilized. 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. Heart rate monitor is required. To join the Running Club, complete one Lactate Profile Test for $75 (or buy 2 tests for $130, a $20 discount). Within 3-4 months we suggest measuring training improvement with a second lactate profile test.

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.

WMP (Weight Management Program): This is a 3 month program that combines nutrition and personal training. To sign up for the program, ask any personal trainer. Program consists of weekly nutrition clinics and bi-weekly personal training sessions. Body composition and circumferences are measured regularly. Contact Jenny Anderson for more information at jenny@athleticclubofbend.com

ACB TRAINERS: 385-3062

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

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

Fitness Director, Jenny Anderson

Indoor Warm Pool

MONDAY

Open Pool
5:30 - 10:00 am

Aqua Zumba
10:00 - 11:00 am Beth

Fluid Moves
11:00 - 12:00 pm Barbara

Physical Therapy
12:00 - 2:00 pm

Open Swim
2:00 - 4:30 pm

Group Swim Lessons
4:30 - 5:30 pm

Family Swim
5:30 - 8:45 pm

TUESDAY

Open Pool
5:30 - 9:00 am

Fluid Moves
9:00 - 10:00 am Lena

Shallow Water Aerobics
10:00 - 11:00 am Janice

Open Swim
11:00 - 11:45 am

MS Swim
11:45 - 12:45 pm Rob

Open Swim
12:45 - 4:30 pm

Family Swim
4:30 - 8:45 pm

WEDNESDAY

Open Pool
5:30 - 10:00 am

Shallow Water Aerobics
10:00 - 11:00 am Sue

Fluid Moves
11:00 - 12:00 pm Liza

Physical Therapy
12:00 - 2:00 pm

Open Swim
2:00 - 4:30 pm

Group Swim Lessons
4:30 - 5:30 pm

Family Swim
5:30 - 8:45 pm

THURSDAY

Open Pool
5:30 - 9:00 am

Fluid Moves
9:00 - 10:00 am Lena

Shallow Water Aerobics
10:00 - 11:00 am Sandy

Open Swim
11:00 - 4:30 pm

Family Swim
4:30 - 8:45 pm

FRIDAY

Open Pool
5:30 - 10:00 am

Shallow Water Aerobics
10:00 - 11:00 am Liza

Fluid Moves Endurance + AiChi
11:00 - 12:00 pm Liza

Physical Therapy
12:00 - 2:00 pm

Open Swim
2:00 - 4:30 pm

Family Swim
4:30 - 8:45 pm

SATURDAY

Open Swim
7:00 - 10:00 am

Shallow Water Aerobics
10:00 - 11:00 am Liza

Open Swim
11:00 am - 7:45 pm

SUNDAY

Open Swim
8:00 - 10:00 am

Shallow Water Aerobics
10:00 - 11:00 am Sarah

Open Swim
11:00 am - 7:45 pm

KEY INFORMATION

- Lifeguard On Duty: Monday-Friday 4:00 - 8:00 pm and Saturday/Sunday 11:00am - 8:00 pm.
- Warm Pool may be closed during scheduled classes.
- Warm Pool Temp: 90-91 degrees.
- Warm Pool is closed during Group Swim Lessons.

DESCRIPTIONS

AQUA ZUMBA: Splash your way into shape with this invigorating low-impact aquatic exercise class. Aqua Zumba blends it all together into a workout that's cardio-conditioning, body-toning and most of all fun.

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: This class provides the same full body movement and exercises as the Fluid Moves classes while walking for a full 45 minutes each class. This is followed by a 15 minute Ai Chi class. Ai Chi is the mindful creation and sequence of a series of physical postures in water that exercises not only our bodies, but our spirits as well. Taught in the warm pool.

GROUP SWIM LESSONS: ACB is proud to offer the American Red Cross "Learn to Swim Program." Please look for Swim Lesson sign up and information at literature rack near front desk. Please sign up at the Front Desk. Swim Lessons are fee- based and taught in the warm pool (fall/winter/spring) and outdoor pool (summer). For more information please call Rob at 322-5856 or email at rob@athleticclubofbend.com

MS SWIM (MULTIPLE SCLEROSIS GROUP): A wonderful support group that meets once each week for water exercise. This is a non-fee class open to the public and non-public to service those with MS by providing a non-impact workout and a great support group (Warm Pool and 2 lanes in Lap Pool).

SHALLOW WATER AEROBICS: Join us in either the indoor lap pool or indoor warm pool for 45 mins. of cardio and strength moves. This class is designed to build up your endurance and strength while keeping you moving to fun music. Instructors well also keep giving you cues to maintain proper form and alignment. Participants can also regulate there own tempo to either challenge yourself more, or to allow you to go at a slower pace while recovering from injury or if you are just starting to explore the benefits of exercising in the water. Come join us!

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

Aquatic Director Rob Higley

Indoor Lap Pool

MONDAY

Lap Swim - Open
5:30 - 10:00 am

Aqua Zumba 2 lanes
10:00 - 11:00 am Beth

Lap Swim - Open
11:00 am - 3:30 pm

Swim Team 4 lanes
3:30 - 6:00 pm

Lap Swim - Open
6:00 - 8:45 pm

TUESDAY

Lap Swim - Open
5:30 - 6:00 am

Masters Swim 4 lanes
6:00 - 7:00 am

Lap Swim - Open
7:00 - 10:00 am

Shallow Water Aerobics
10:00 - 11:00 am Janice

Lap Swim - Open
11:00 am - 12:15 pm

Water Running
12:15 - 1:00 pm Sandy

Lap Swim - Open
1:00 - 3:30 pm

Swim Team 4 lanes
3:30 - 6:00 pm

Lap Swim - Open
6:00 - 8:45 pm

WEDNESDAY

Lap Swim - Open
5:30 - 10:00 am

Shallow Water Aerobics
10:00 - 11:00 am Sue

Lap Swim - Open
11:00 am - 3:30 pm

Swim Team 4 lanes
3:30 - 6:00 pm

Lap Swim - Open
6:00 - 8:45 pm

THURSDAY

Lap Swim - Open
5:30 - 6:00 am

Masters Swim 4 lanes
6:00 - 7:00 am

Lap Swim - Open
7:00 - 10:00 am

Shallow Water Aerobics
10:00 - 11:00 am Sandy

Lap Swim - Open
11:00 am - 12:15 pm

Water Running
12:15 - 1:00 pm Sarah

Lap Swim - Open
1:00 - 3:30 pm

Swim Team 4 lanes
3:30 - 6:00 pm

Lap Swim - Open
6:00 - 8:45 pm

FRIDAY

Lap Swim - Open
5:30 - 10:00 am

Shallow Water Aerobics
10:00 - 11:00 am Liza

Lap Swim - Open
11:00 am - 3:30 pm

Masters Swim 4 lanes
12:00 - 1:00 pm

Lap Swim - Open
1:00 - 3:30 pm

Swim Team 2 lanes
3:30 - 5:00 pm

Lap Swim - Open
5:00 - 8:45 pm

SATURDAY

Lap Swim - Open
7:00 am - 7:45 pm

Shallow Water Aerobics
10:00 - 11:00 am Liza

SUNDAY

Lap Swim - Open
8:00 am - 7:45 pm

Shallow Water Aerobics
10:00 - 11:00 am Sarah

KEY INFORMATION

- 2 lanes are occupied during the following classes: Shallow Water Aerobics.
- 3 lanes are occupied during the following classes: Water Running.
- Lap Pool may be closed during scheduled classes.
- Lap Pool Temp: 81-82 degrees
- Lap Pool is unavailable for group swim during Swim Team classes (M-Th., 3:30 - 6:00pm).

DESCRIPTIONS

BOOT CAMP: Taught in the lap pool, Boot Camp will offer something different each class to challenge your strength, endurance, and cardiovascular system. Using both high intensity and moderate intensity intervals we'll target overall weight loss and muscular strength and endurance. All classes begin with warm up and ends with cool down and stretch. 60 mins.

SHALLOW WATER AEROBICS: Get more out of your workout & join us in the water for a high energy full body fitness class. Enhance your flexibility, range of motion and increase your cardio vascular fitness while utilizing the waters' natural buoyancy & resistance. Realize better muscle tone and improved conditioning while having fun in the water! The viscosity of the water allows you to push, pull, jump, run and play much harder than on land. You'll feel the difference and enjoy the pool too. Taught in both the warm pool and lap pool indoors. Aqua shoes recommended.

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

Aquatic Director Rob Higley

The Athletic Club of Bend

Gymnasium

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MONDAY

Open Gym
5:30 - 9:00 am *

Kids Gym (1/2 court)
9:00 - 11:00 am

Open Gym
11:00 am - 3:30 pm *

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

Basketball League
6:00 - 8:00 pm ends 12/16

Open Gym
8:00 - 8:45 pm *

TUESDAY

Open Gym
5:30 - 9:00 am *

Cross Fusion
9:15 - 10:15 am

Kids Gym (1/2 court)
10:15 - 11:00 am

Open Gym
11:00 am - 12:00 pm *

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

Open Gym
1:45 - 3:00 pm *

Family Open Gym
3:00 - 4:00 pm

Open Gym
4:00 - 5:00 pm *

Gym Reserved
5:00 - 5:30 pm

Cross Fusion
5:30 - 6:45 pm

Open Gym
6:45 - 8:45 pm *

WEDNESDAY

Open Gym
5:30 - 10:00 am *

Kids Gym (1/2 court)
10:00 - 11:00 am

Open Gym
11:00 am - 1:15 pm *

Youth Pick Up Bball
1:15 - 3:15 pm ****

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

Basketball League
6:00 - 8:00 pm ends 12/18

Open Gym
8:00 - 8:45 pm *

THURSDAY

Open Gym
5:30 - 9:00 am *

Cross Fusion
9:15 - 10:15 am

Open Gym
10:15 am - 12:00 pm *

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

Open Gym
1:45 - 3:00 pm *

Family Open Gym
3:00 - 4:00 pm

Open Gym
4:00 - 5:00 pm *

Gym Reserved
5:00 - 5:30 pm

Cross Fusion
5:30 - 6:45 pm

Open Gym
6:45 - 8:45 pm

FRIDAY

Open Gym
5:30 - 9:00 am *

Kids Gym (1/2 court)
9:00 - 11:00 am

Open Gym
11:00 am - 3:30 pm *

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

Open Gym
6:00 -8:45 pm *

SATURDAY

Open Gym
7:00 - 9:00 am *

Pickleball
9:00 - 11:00 am *

High School Hoops
11:00 am - 1:00 pm *****

Open Gym
1:00 - 7:45 pm *

SUNDAY

Open Gym
8:00 am - 11:00 pm *

High School Hoops
11:00 am - 1:00 pm *****

Family Open Gym
1:00 - 4:00 pm

Badminton
4:00 - 6:00 pm *

Open Gym
6:00 - 7:45 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.

Courts Building – Pickleball

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Intermediate/ Advanced Drop-in 9:00 am - 1:00 pm	Adult Beginner Orientation (sign up required) 1:30 - 3:00 pm	Adult Intermediate/ Advanced Drop-in 9:00 am - 1:00 pm	Adult Beginner Drop-in 9:00 am - 12:00 pm	Adult Intermediate/ Advanced Drop-in 9:00 am - 1:00 pm	Adult Intermediate/ Advanced Drop-in 9:00 am - 1:00 pm	

SPECIAL NOTES & KEY INFORMATION

Racquetball Demo Night – All Courts Reserved
Dec. 11th from 6:30 - 8:45pm. Demo EKTELON Racquets, stroke clinic, food, fun, fellowship. RSVP at the front desk

Adult Beginner Orientation – Learn the rules of Pickleball and how to score. Plus learn or fine tune your skills with instruction on the serve mechanics and how to stroke and volley in a constant and repetitive manner. SIGN UP REQUIRED FRIDAY PRIOR TO SESSION, sign up at front desk.

Youth and Family Activities

MONDAY

Kids Club
7:45 am - 9:00 pm

Kids Gym (1/2 court)
9:00 - 11:00 am

Rock Wall
3:00 - 7:00 pm

Jr. Beginner Ages 11-15
3:30 - 5:00 pm

Jr. Intermediate (Pro Approval)
3:30 - 5:00 pm

Jr. Advanced (Pro Approval)
3:30 - 5:00 pm

Kids in Action
4:00 - 9:00 pm

Jr. Tiny Stars Ages 5-6
5:00 - 6:00 pm

Jr. Beginner Ages 7-10
5:00 - 6:00 pm

Family Swim (Indoor Pool)
5:30 - 8:45 pm

TUESDAY

Kids Club
7:45 am - 9:00 pm

Kids Gym (1/2 court)
10:15 - 11:00 am

Family Open Gym
3:00 - 4:00 pm

Rock Wall
3:00 - 7:00 pm

Jr. Beginner Ages 11-15
3:30 - 5:00 pm

Jr. Intermediate (Pro Approval)
3:30 - 5:00 pm

Jr. Advanced (Pro Approval)
3:30 - 5:00 pm

KidZ Yoga (6th - 8th grade)
3:30 - 4:15 pm Dayna

KidZ Yoga (1st - 5th grade)
4:15 - 5:00 pm Dayna

Kids in Action
4:00 - 9:00 pm

Family Swim (Indoor Pool)
4:30 - 8:45 pm

Jr. Tiny Stars Ages 5-6
5:00 - 6:00 pm

Jr. Beginner Ages 7-10
5:00 - 6:00 pm

WEDNESDAY

Kids Club
7:45 am - 9:00 pm

Kids Gym (1/2 court)
10:00 - 11:00 am

Youth Pick Up Bball
1:15 - 3:15 pm ****

Rock Wall
3:00 - 7:00 pm

Jr. Beginner Ages 11-15
3:30 - 5:00 pm

Jr. Intermediate (Pro Approval)
3:30 - 5:00 pm

Jr. Advanced (Pro Approval)
3:30 - 5:00 pm

Kids in Action
4:00 - 9:00 pm

Jr. Tiny Stars Ages 5-6
5:00 - 6:00 pm

Jr. Beginner Ages 7-10
5:00 - 6:00 pm

Family Swim (Indoor Pool)
5:30 - 8:45 pm

THURSDAY

Kids Club
7:45 am - 9:00 pm

Family Open Gym
3:00 - 4:00 pm

Rock Wall
3:00 - 7:00 pm

Jr. Beginner Ages 11-15
3:30 - 5:00 pm

Jr. Intermediate (Pro Approval)
3:30 - 5:00 pm

Jr. Advanced (Pro Approval)
3:30 - 5:00 pm

KidZ Yoga (6th - 8th grade)
3:30 - 4:15 pm Dayna

KidZ Yoga (1st - 5th grade)
4:15 - 5:00 pm Dayna

Kids in Action
4:00 - 9:00 pm

Family Swim (Indoor Pool)
4:30 - 8:45 pm

Jr. Tiny Stars Ages 5-6
5:00 - 6:00 pm

Jr. Beginner Ages 7-10
5:00 - 6:00 pm

FRIDAY

Kids Club
7:45 am - 9:00 pm

Kids Gym (1/2 court)
9:00 - 11:00 am

Kids in Action
3:00 - 7:00 pm

Family Swim (Indoor Pool)
4:30 - 8:45 pm

SATURDAY

Kids Club
8:00 am - 2:00 pm

Rock Wall
9:00 am - 12:00 pm

Kids in Action
9:00 am - 12:00 pm

High School Hoops
11:00 am - 1:00 pm *****

Open Swim
11:00 am - 7:45 pm

SUNDAY

Kids in Action
9:00 am - 12:00 pm

Kids Club
9:00 am - 2:00 pm

Open Swim
11:00 am - 7:45 pm

High School Hoops
11:00 am - 1:00 pm *****

Family Open Gym
1:00 - 4:00 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).

✪ ***Please note,*** *scheduled classes or locations may change without notice.*

Youth Activities Supervisor, Jennifer High

The Athletic Club of Bend

Rockwall

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Climb	Open Climb	Open Climb	Open Climb	Open Climb	Open Climb	
3:00 - 7:00 pm	3:00 - 7:00 pm	3:00 - 7:00 pm	3:00 - 7:00 pm	3:00 - 7:00 pm	9:00 - 12:00 pm	

Childcare

12
2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kids Club	Kids Club	Kids Club	Kids Club	Kids Club	Kids Club	Kids Club
7:45 am - 9:00 pm	7:45 am - 9:00 pm	7:45 am - 9:00 pm	7:45 am - 9:00 pm	7:45 am - 9:00 pm	8:00 am - 2:00 pm	9:00 am - 2:00 pm
Kids Gym (1/2 court)	Kids Gym (1/2 court)	Kids Gym (1/2 court)	Kids in Action	Kids Gym (1/2 court)	Kids In ACTION	Kids In ACTION
9:00 - 11:00 am	9:00 - 11:00 am	10:00 - 11:00 am	4:00 - 9:00 pm	9:00 - 11:00 am	9:00 - 12:00 pm	9:00 - 12:00 pm
Kids in Action	Kids in Action	Kids in Action		Kids in Action		
4:00 - 9:00 pm	4:00 - 9:00 pm	4:00 - 9:00 pm		4:00 - 9:00 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.

*Please note, schedules may change without notice. Register by calling the Front Desk. *Free for Family Memberships.*

The Athletic Club of Bend

Tennis

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ladies Drop-in (3.0+) 9:00 - 10:30 am	Jr. Tiny Stars Ages 5-6 5:00 - 6:00 pm	Ladies Drop-in (3.0+) 9:00 - 10:30 am	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. Beginner Ages 7-10 5:00 - 6:00 pm	Men's Drop-in (2.5-3.5) 12:00 - 1:30 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. Beginner Ages 11-15 3:30 - 5:00 pm	Jr. Beginner Ages 11-15 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. Intermediate (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. Advanced (Pro Approval) 3:30 - 5:00 pm	Jr. Advanced (Pro Approval) 3:30 - 5:00 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. Tiny Stars Ages 5-6 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		Jr. Beginner Ages 7-10 5:00 - 6:00 pm				
		Men's Drop-in (3.5+) 6:00 - 7:30 pm				
		Ladies Drop-in (3.0+) 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. Sign-up is Recommended to reserve a spot. To reserve a spot sign-up in the tennis office, Send an e-mail to tennis@athleticclubofbend.com, or call Tim Mullane at 541-385-3062.
There is No sign-up for the Junior Drop-in classes.

Racquetball

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2013

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.		

Please note, schedule may change without notice.

Head Tennis Professional, Jason Quigley