



JANUARY

WHERE FITNESS MEETS SOCIAL

JANUARY



MON	TUE	WED	THU	FRI	SAT
		1 CLUB OPEN 8A-2P NEW YEAR'S FITNESS BASH ROSE BOWL WATCH PARTY	2 NEW AX BILLY HOURS BEGIN*	3	4 SATURDAY BRUNCH GROUP POWER LAUNCH
6 MONDAY NIGHT MADNESS DAC DAY NEW GX SCHEDULE BEGINS	7	8 WINE WEDNESDAY QUACK CHATS	9	10	11 SATURDAY BRUNCH LIVE MUSIC SATURDAY
13 MONDAY NIGHT MADNESS BOOK CLUB	14 WINE CLUB PICK UP PARTY	15 WINE WEDNESDAY	16 KID'S NIGHT OUT	17	18 SATURDAY BRUNCH
TRIBE SEASON ONE FREE WEEK					
20 MONDAY NIGHT MADNESS TRIBE SEASON ONE BEGINS DAC DAY	21	22 WINE WEDNESDAY KEELER ESTATE WINE PAIRING DINNER QUACK CHATS	23	24	25 SATURDAY BRUNCH
27 MONDAY NIGHT MADNESS	28	29 WINE WEDNESDAY	30	31 DAC DAY	

*AX BILLY HAS NEW HOURS! WE WILL NOW BE OPEN WEEKDAYS 11:30 A.M. TO 9 P.M. AND SATURDAYS 11:30 A.M. TO 8 P.M. JOIN US FOR BRUNCH SATURDAYS 11:30 A.M. TO 2:30 P.M. AND HAPPY HOUR WEEKDAYS 2 P.M. TO 6 P.M.!



2020

NEW YEAR'S DAY FITNESS BASH

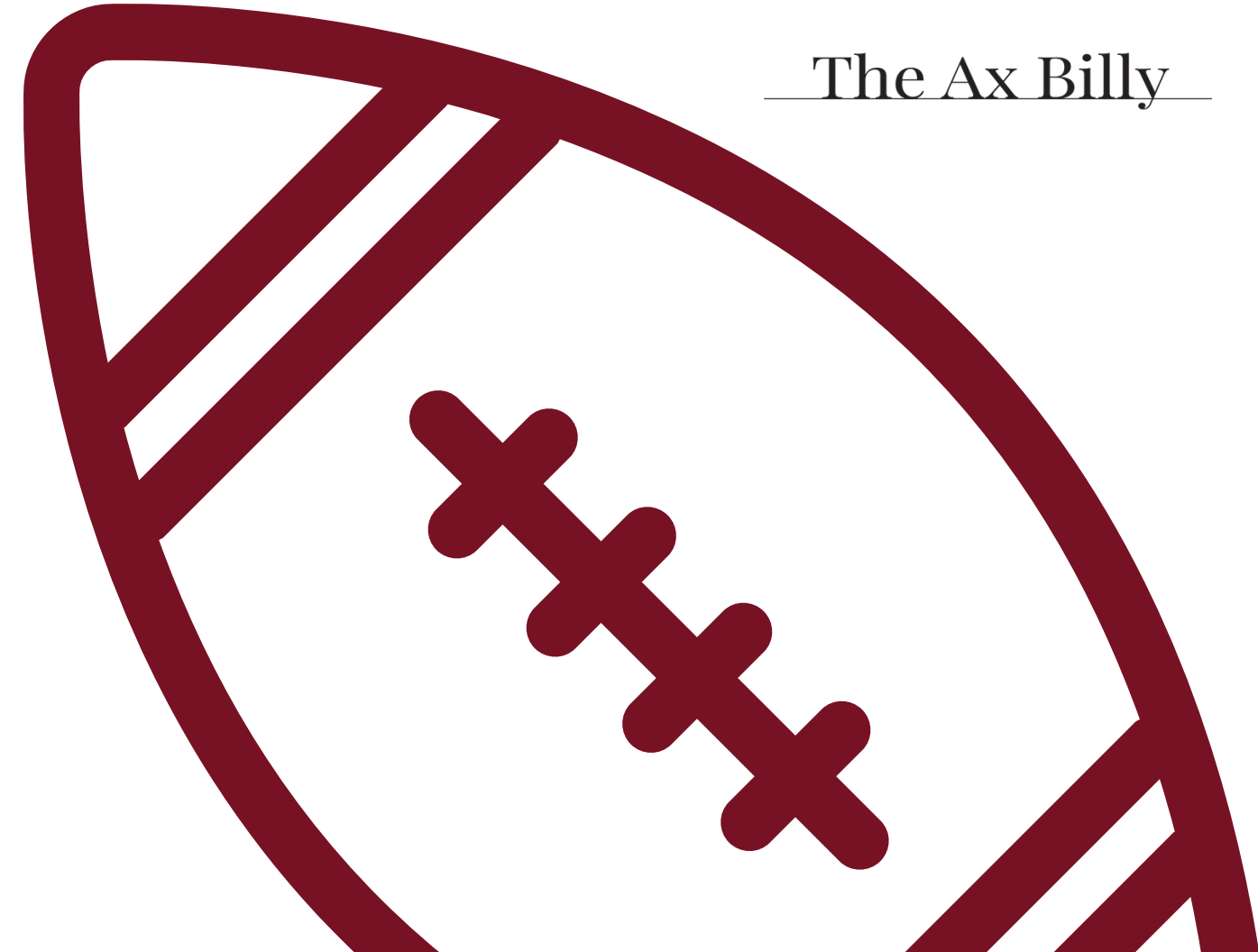
JANUARY 1, 2020

9:00A - HATHA YOGA WITH GLEN
9:00A - POUND WITH ELLEN
10:15A - BARRE WITH MARILYN
10:15A - SPINNING WITH ELLEN
ANNUAL MASTER SWIM AT 8:30A

JOIN US FOR A COMPLIMENTARY
MIMOSA AT 11:15A!

*All other classes canceled. The Club will be
open from 8:00a to 2:00p on January 1.*

The Ax Billy



SUPER BOWL LIV EXTRAVAGANZA

Join us February 2 for the biggest and best Super Bowl Party in town! This watch party will be hosted in our newly refreshed ballroom. For \$22.50 you can gain access to the Super Bowl Extravaganza at the Downtown Athletic Club. Tickets include access to our game day buffet, a special drink menu, and our first ever hot dog eating contest at halftime! We will also be hosting a Junior Super Bowl Party so you can enjoy yourself while we take care of the kiddos. Email dining@downtownac.com to reserve your spot and visit downtownac.com/junior to save a spot for the kids!

FEBRUARY 2 | \$22.50 PER PERSON | MEMBERS AND GUESTS
GAME DAY BUFFET | DRINK SPECIALS | CHILDCARE | HALF TIME CONTESTS

ANNOUNCEMENTS

CLUB EVENTS

PARKING CHANGES

ACTION REQUIRED FOR EXCITING PARKING UPDATES

In our December Newsletter, we shared the exciting news that a new parking system will be installed in the Overpark Garage. Your response to updating your information has been fantastic and we truly appreciate your efforts!

The new parking system will be installed during the week of January 6, 2020. During installation, parking will be free. Please pay attention to all signs when arriving and leaving the garage for updates during the installation.

Once installation is complete, you will no longer use your parking card. To gain entrance to the garage, please use your DAC Membership Card or simply enter your phone number that we have on file for you.

Please ensure the bar-code on your Membership Card is readable and not bent or broken. Come see us at the Back Welcome Desk if you need a replacement. If you have not updated your information on file with us, please do so by visiting the Welcome Desk, and be sure to provide a *unique* phone number.

If you have any questions, please contact Member Services at 541-484-4011 ext. 215 or by emailing memberservices@downtownac.com



COMING SOON

NEW WORKOUT ZONES

One of our raquetball courts will be receiving some exciting upgrades this month! We will be installing semi-private workout areas for you to get in the zone and locked into your workout.

Stations will have a varitey of weights, medicine balls, exercise bands, blocks, mats and more.

Stay tuned for more details on these exciting upgrades!



NEW YEAR'S DAY FITNESS BASH

JAN. 1 FROM 8:30 A.M. - 12 P.M.

Kick off the new year with group fitness and mimosas! Go to page 9 for more info!

ROSE BOWL WATCH PARTY

JAN. 1 FROM 12 P.M. TO THE END OF THE GAME

We are opening Ax Billy on January 1 just for the Rose Bowl! Join us beginning at 12 P.M. for \$4 draft beers, \$2 mimosas and half off all pizzas. Go ducks!

GROUP POWER LAUNCH

JAN. 4 AT 9 A.M.

Kick off Winter Group Power with Michie and Sandy! All attendees get a great workout and the chance to win a bottle of wine, hand-selected from our Sommelier. We hope to see you there!

QUACK CHATS

JAN. 8 AND 22 AT 6 P.M.

January 8 - University of Oregon psychology professor Elliot Berkman will dive into the science of how habits work. His presentation is titled: "Brain-Based Tips for Sticking to New Year's Resolutions."

January 22 - Physicist Tien-Tien Yu gives a Quack Chats pub talk on "Searching for Dark Matter, Uncovering the Mysteries of the Universe." Join us at Ax Billy for drink and food specials starting at 6 P.M.

LIVE MUSIC SATURDAY

JAN. 11 AT 5:30 P.M.

Join us for great food and music presented by the Gerry Rempel Trio!

TRIBE SEASON ONE

FREE WEEK: JAN. 13-19 | SEASON ONE: JAN. 20

If you haven't tried TRIBE, now is the perfect time to see what it's all about! Go to page 8 for more details on TRIBE and FREE WEEK.

BOOK CLUB

JAN. 13 AT 7 P.M.

Discuss this month's book "Hornet's Nest" by Jimmy Carter, and make an evening of it with the non-Club sponsored Book Club dinner starting at 5:30 P.M. at Ax Billy!

WINE CLUB PICK UP PARTY

JAN. 14 AT 5:30 P.M.

The Downtown Wine Club features wines that are hand selected for each guest by our own sommelier - Thomas Pasko. Register for our bronze tier at just \$40 per month. To sign up, please email Thomas at tpasko@downtownac.com. You can also sign up during your next visit to Ax Billy.

KEELER ESTATE WINE PAIRING DINNER

JAN. 22 AT 6:30 P.M.

We will be hosting Keeler Estate and showcasing their wines with an excellent 4 course dinner. Seats are \$55 for Members of the DAC and \$65 for Guests. To make your reservation, please email dining@downtownac.com.

MONDAY NIGHT MADNESS

EVERY MONDAY 11 A.M. - 9 P.M.

Member Monday gets a revamp with a new name and new specials! Join us up at Ax Billy every Monday for \$0.49 wings, \$2 tacos and our same great burger and brew combo for \$11.95!

WINE WEDNESDAYS

EVERY WEDNESDAY 5 - 9 P.M.

Half off pizza returns to Wine Wednesdays! Enjoy 50% off any bottle of wine and 50% off all pizzas!

SATURDAY BRUNCH

EVERY SATURDAY 11:30 A.M. - 2:30 P.M.

We are excited to announce the launch of brunch on Saturdays at Ax Billy featuring \$2 mimosas!



PROGRAMS

PICKLEBALL



We now offer one of the fastest growing sports in America here at the DAC! Drop in during our Pickleball hours or open gym time to play and socialize with fellow Members. This is a Member-run program - Members are in charge of set up and tear down of nets and equipment. Equipment may be checked out at the Back Welcome Desk. Pickleball hours are as follows:

Weekdays 8:00 A.M. to 10:00 A.M. - Reserved time for both Pickleball Courts. First come basis.
Open Gym Hours - Only the far end (closest to TRIBE) may be used for Pickleball. First come basis.

Email programs@downtownac.com or visit the Back Welcome Desk if you are interested in being on our contact list for Pickleball. You may also request that we email you the list so you may schedule games with other Members.

EXPRESSO BIKES

Did you know we have the world's most advanced exercise bike right here at the DAC? Espresso bikes are intuitive fitness bikes with HD touchscreens, magnetic resistance pedals, and state of the art handlebars that turn left and right -making your ride more immersive. Ride through limitless scenery, participate in challenges, and compete with your friends around the world!

Ways to Get Engaged

- Challenges* Stay motivated with weekly, monthly and annual challenges based on the key metrics that you care about.
- Leaderboards* Climb the live leader boards to see how you stack up against your team or other riders like you around the world.
- Group Rides* Race your friends and best frenemies live, side by side, in groups of up to 32 riders.

Make it Personal

- Track* Metrics matter. Your Espresso bike keeps track of all your workouts to help you hit your goals.
- Achieve* Ride often to earn rewards, collect badges, and feel great about your accomplishments.
- Connect* Connect your favorite apps like MyFitnessPal and Strava and brag about those gains.

Next time you work out, make sure to try the Espresso bikes located in the cardio room on the Second Floor!

ROAD RACING



STUDIO-LIKE CYCLING



HIIT GAMING



YOUTH PROGRAMS

DAC DAYS

JAN. 6, 20, 31 | 8:30A.M. - 3 P.M. | AGES 5-12 YEARS
MEMBERS \$45 | GUESTS \$55 | SIBLING DISCOUNT \$10

No school? No Problem. The DAC is here for you! Register your child today for active play, crafts, fun and swimming on their no-school days! We also provide lunch for \$5! Check out all projected no-school days below and register your child at downtownac.com/dac-days. For questions or additional information, please email programs@downtownac.com

Feb. 17 | Mar. 13 | April 13 | May 1 | May 25

DOWNTOWNAC.COM/DAC-DAYS



KIDS NIGHT OUT

GLOW IN THE DARK BASKETBALL THEME!

JAN. 16, | 5 P.M. - 8 P.M. | AGES 4-12 YEARS
MEMBERS \$20 | GUESTS \$30 | SIBLING DISCOUNT \$5

Playing basketball is a lot of fun, but have you ever tried it in the dark? Drop your ballers off for glow in the dark basketball, complimentary dinner and loads of active play! Spots are limited, so don't delay. Sign up today!

DOWNTOWNAC.COM/NIGHT-OUT



SUPER BOWL

JUNIOR WATCH PARTY!

FEB. 2 | 1:30 P.M. - 7 P.M. | AGES 4-12 YEARS
MEMBERS \$45 | GUESTS \$55 | SIBLING DISCOUNT \$10

Down, set, HIKE! Drop your kids off at the DAC for a Junior Super Bowl Watch Party! Join your friends upstairs at Ax Billy or go to your own Super Bowl party - we've got the kids. The children will be entertained with active play, games, swimming and so much more!

DOWNTOWNAC.COM/JUNIOR



HAILEY BLOCH

SAY HELLO TO OUR AWESOME AQUATICS COORDINATOR



Hello! My name is Hailey Bloch and I am so excited to finally introduce myself as the Aquatics Coordinator here at the DAC! You may have seen me at the Welcome Desk or in the pool teaching the Newberry Preschool kids, but my main role is to create new programs for the Aquatics Center and to coordinate Swim Lessons!

I am from Pasadena, California and moved to Eugene this past summer for school. I attended the University of Puget Sound last year in Washington, but I am thrilled to now call myself a Duck! My major is in public relations with a minor focused on entrepreneurship at the University of Oregon. I have a love for learning and creating new things. I am driven and always full of new ideas. Running the Aquatics department at the DAC has given me an exciting opportunity to try out new ideas and bring in new and improved programs. My goal for the Aquatics department is to ensure all Members and Guests are water safe, have access to Swim Lessons, and can participate in other Aquatics programs!

My passion for swimming began when I was about 7 years old when I joined the swim team at the Rosebowl Aquatics Center. I swam competitively for about 11 years, while having the opportunity to experience training at both the Rosebowl Aquatics Center in Pasadena, California, and the Coral Springs Swim Club in Coral Springs, Florida. I competed on both year-round club teams and high school teams.

In addition to swimming competitively, I trained as a lifeguard, swim instructor and coach. Starting off as a lifeguard at a local country club, I worked my way through training in order to become a swim instructor. I worked closely with my mentor who had over 50 years of experience teaching swimming lessons and water safety. Through all of this training, I became extremely passionate about water safety, and I was exposed to an entirely different world of swimming.

As much as I loved swimming competitively for myself when I was younger, I have found great joy in teaching swimming lessons to people of all ages! One of my major goals as a swim instructor is to get kids and adults to the point where they are safe and confident in and around water. My hope is for everyone to enjoy the water as much as I do!

MEET THE WHOLE AQUATICS CREW

CARLA BAKER

Hi there! I'm Carla Baker and I teach swim lessons here at the DAC. I moved to Eugene from Littleton, Colorado to study accounting at the University of Oregon. In addition to studying, I am acting board member and treasurer for the University's swim team. I started teaching swim lessons as a volunteer when I was ten because I LOVE swimming and the community it creates.

RUPA STEIN

Hi! My name is Rupa and I'm a Swim Instructor and Lifeguard at the DAC! I am a Eugene local, currently attending Lane Community College. I'm a cat person. I love surfing and drawing! I was on a swim team for 8 years and practically grew up in a pool!

TROY MCGREGOR

Hey, I'm Troy and I love outdoor activities like camping and hiking. I have been a photographer for over 3 years and have always been involved with water rescue. I am the Lifeguard for Newberry swim lessons and I'm excited to help coach in February!

AQUATICS

TAKE A LOOK AT OUR CURRENT AND UPCOMING OFFERINGS

PRIVATE AND SEMI PRIVATE LESSONS

At the DAC, we offer private and semi private lessons to both Members and Guests. Our lessons are 30 minutes long and are customized to your needs. Private lessons are an amazing opportunity to see children and adults overcome fears, gain confidence, learn new skills and become safe in the water.

Lessons are available for children starting at the age of 3 years and up - yes we teach adults! Water safety is extremely important and it is never too late to learn how to swim. For beginners, private lessons serve as an important one-on-one time and is focused on learning how to be safe and comfortable in and around the water. As swimmers progress, lessons are often focused on learning all four strokes, new skills, fine tuning techniques, and increasing endurance.

As of January 1, swim lesson prices for Members are as follows:
30 Minute Private Lesson: \$30
30 Minute Semi Private Lesson: \$40 (\$20/person)

NEW SCHEDULING SITE

Along with our new Aquatics programs, comes new technology! All private and semi private lessons are now scheduled via a scheduling site. This site allows you to check your scheduled lessons, schedule/reschedule, complete payments online, and receive email or text reminders. To schedule your first lesson, please email aquatics@downtownac.com or ask the Welcome Desk for an interest form.



FEBRUARY YOUTH SWIM CLINIC

For those looking to continue improving their swimming skills, we have a new offering! We are so excited to announce our February Youth Swim Clinic. This clinic will run Monday, Wednesday, and Friday for the whole month of February from 4 P.M. to 5 P.M. Our swim clinic presents the perfect opportunity for kids to work together with a coach and improve their skills. We hope to create a motivating and encouraging environment at the DAC for kids who have been wanting to join a swim team and improve swimming skills.

To be eligible for the swim clinic, each child must be capable of swimming an entire length of the lap pool without holding onto anything. Children must also complete a float on stomach and back assesment for at least 5 seconds. If you are unsure whether your child is able to meet the requirements, please reach out to schedule a swim evaluation. The clinic will be \$100 for Members and \$130 for Guests. We also offer a \$10 sibling discount! Email aquatics@downtownac.com to reserve your spot now!

INSTRUCTORS



CHRIS BECKER

Born and raised in Eugene, Oregon, Chris has been an athlete his whole life. Growing up playing all kinds of sports, he stuck with baseball, ultimate Frisbee, and disc golf throughout high school. In 2010, as a freshman at the U of O, he became the first Duck to come home victorious at the Collegiate Disc Golf National Championship. He has competed professionally in tournaments throughout the U.S., finishing 26th at the World Championships in 2014. "I learned to play Frisbee from my older brother, who is an amazing Ultimate player. I've always looked up to him and that has helped propel me forward." After college, Chris became an instructor at Oregon State University for Disc Golf and Ultimate Frisbee while continuing to compete in tournaments. After fighting a back injury for several years, he decided to continue a new kind of active lifestyle becoming a NASM Certified Personal Trainer. "Having been involved in coaching and instructing, I knew I could make a difference for people who needed it." Chris has enjoyed learning from his clients while growing as a personal trainer. He believes a sustainable game plan is important. "SMART Goals - ones that are Specific, Measurable, Attainable, Realistic, and Timely - help people reach goals with efficiency." He accepts all types of clientele, welcoming every challenge as an opportunity for growth.



DIANE BUTERA

Diane Butera is a 500 RYT-E yoga educator. As an instructor, she promotes inquiry through mindfulness tools like yoga and meditation to further wellness of body, mind, and spirit. Her most recent studies with Scott Anderson - founder of Alignment Yoga - are the foundation of what she teaches. As an educator, she believes it is her role to empower her students to honor and strengthen their unique bodies. Diane believes it is her responsibility to teach yoga that is safe and sustainable. She helps her students to quiet the mind and discover the gifts of present moment awareness. Diane's cancer diagnosis 10 years ago led her to become a strong advocate for mindful healing through modalities like yoga and meditation. She created a yoga nidra (a guided meditation) training curriculum which has inspired many to go on to teach nidra for healing. Hundreds of students have discovered that a guided meditation such as nidra is powerful medicine to help with sleep, stress and pain. Her diagnosis of ovarian cancer and subsequent complete hysterectomy inspired Diane to study and teach yoga for the pelvic floor. Her workshops - Mindful Pelvis - help others to connect to their center. Diane has mentored hundreds of students and teachers as owner of two yoga studios, which she recently sold to pursue her desire to help others on the mindful healing path.



LINDA WHITE

Linda White is fairly new to Eugene, but not new to Fitness. She moved from Virginia Beach, Virginia to Eugene in February of 2019. Originally from Michigan, she has lived most of her life on the East Coast - except a few years in Alaska. She enjoys teaching group fitness just as much as personal training. Her group fitness experience includes many formats from Zumba to TaiChi, and working with clients in the water. She has two wonderful children. Her daughter resides in San Diego and her son is finishing college in Virginia. She is hoping they all live on the west coast eventually. Her husband of 20+ years is a civil engineer and loves Eugene as much as she does. She really loves to see her clients improve their health - whether it be their balance that needs improving or those who are pre-diabetic and need to lower their A1C. Linda was a fitness director at Westminster Canterbury for 4 years and she developed a COPD Program that empowered those with the condition to take charge of their lives and overcome fear. Prior to that, she worked at the YMCA and helped write the Y Change Program for Seniors as well as Y Change 2 that taught strength conditioning to all ages. Linda also teaches CPR as a Licensed Provider for American Red Cross out of her home. Her favorite things about Eugene are the people, the trees, and the music. She is really looking forward to meeting all of you and getting to know you in 2020. Go Ducks!

TRIBE

Tribe 2020 Season One begins January 20 with Free Week from January 13 to 19! Register today at downtownac.com/tribe.

If you don't know what TRIBE is, now is the perfect time to get involved! The DAC has just finished its first year of an amazing partnership with the industry's finest small group training program - TRIBE Team Training. TRIBE is a world-class small group training program that is results driven and proven. With TRIBE, you get:

- Measured results for motivation and accountability
- A group of like-minded people to work out with
- A dedicated coach to inspire and challenge you
- A sense of community and friendship

TRIBE is programmed, progressive and proven, and is guaranteed to change the way you think about fitness. We run 7 Seasons per year - each season containing 12 total Sessions with your TRIBE and your Coach. Each Season is ushered in with a FREE WEEK with open enrollment for anyone who wants to try it out for free!

Once you've chosen your TRIBE, your Coach works with you on your individual goals - like a personal trainer - while motivating you with the fun energy of a Group X instructor in an exclusive group of 6-10 people. We offer 3 distinct TRIBE programs that each have a unique essence.



TRIBE
CORE

TribeCORE is a training program intelligently designed to bring toning, strength, stability and power to your core. TribeCORE trains the muscles around your pelvis, hips, back and abdomen, starting from the deep torso muscles to leave you with a slim waistline and firm strong abs. TribeCORE incorporates flexibility and stability training to achieve structural longevity and powerful pain-free movement.



TRIBE
FIT

TribeFIT can be defined as a strength and endurance HIIT conditioning program designed for any committed individual, regardless of fitness or experience, making it the ideal fitness regime. TribeFIT will increase your strength and endurance, burn fat and calories and produce functional, full body fitness results leaving you looking and feeling amazingly fit!



TRIBE
LIFE

TribeLIFE is a low impact, functional training program that will help improve your strength, balance, stability, and cardiovascular health. TribeLIFE follows a 6 week, progressive series of workouts that use unique equipment, dynamic and functional movement, as well as mobility sequences to get your body moving better than before!