



DECEMBER

WHERE FITNESS MEETS SOCIAL



DECEMBER

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------------------|--------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------------|-------|--------------------------------|---------------------------|
| 1 | 2 MEMBER MONDAYS PICKLEBALL BEGINS | 3 | 4 WINE WEDNESDAY | 5 | 6 PAC 12 CHAMP. WATCH PARTY | 7 AX BILLY CLOSED |
| 8 SANTA AT THE DAC | 9 MEMBER MONDAYS BOOK CLUB | 10 WINE CLUB PICK UP PARTY | 11 WINE WEDNESDAY QUACK CHATS BOLLINGER WINE PAIRING DINNER | 12 | 13 KIDS NIGHT OUT | 14 LIVE MUSIC SATURDAY |
| 15 | 16 MEMBER MONDAYS RELIEF NURSERY GIVING TREE GIFTS DUE | 17 | 18 WINE WEDNESDAY | 19 | 20 | 21 |
| 22 | 23 MEMBER MONDAYS TRIBE MINI SEASON BEGINS | 24 CLUB OPEN 7A-2P AX BILLY CLOSED | 25 CLUB CLOSED | 26 | 27 | 28 |
| WINTER CAMP | | | WINTER CAMP | | | |
| 29 | 30 MEMBER MONDAYS | 31 CLUB OPEN 7A-2P AX BILLY CLOSED NYE WINE PAIRING DINNER | JAN 1 CLUB OPEN 8A-2P AX BILLY CLOSED | JAN 2 | JAN 3 | JAN 4 |
| WINTER CAMP | | | WINTER CAMP | | | |

ANNOUNCEMENTS

PARKING CHANGES

ACTION REQUIRED FOR EXCITING PARKING UPDATES

This January, the Overpark lot will be getting a new parking registration system. This new system will be able to scan your DAC Membership Card or you can enter your phone number upon entry. This means no more parking cards! As we prepare for this exciting transition, we need to update all Member phone numbers within our management software. To make this as seamless as possible, please follow the link below and fill out the form to update your contact information digitally. Please note - the phone number needs to be unique and cannot be shared between two people. We are looking forward to the updates to the garage, and we want to ensure our Members can access parking as soon as the updates occur.



HOLIDAY HOURS

PLEASE NOTE OUR HOLIDAY HOURS AND CLOSURES LISTED BELOW.

Tuesday, December 24 - Club Open 7 A.M. - 2 P.M., Ax Billy Closed

Wednesday, December 25 - Club Closed, Ax Billy Closed

Tuesday, December 31 - Club Open 7 A.M. - 2 P.M., Ax Billy Closed

Wednesday, December 1 - Club Open 8 A.M. - 2 P.M., Ax Billy Closed

GIVING TREE

AN OPPORTUNITY TO GIVE DURING THE SEASON OF GIVING

Every year during the Holidays, we host a Giving Tree for Relief Nursery. Relief Nursery provides service to low income Lane County families, with a core focus on building successful and resilient children, strengthening parents and preserving families. Each ornament represents a child's holiday gift wish. Last year, over 1,500 heart ornaments were created and all of the children's wishes were fulfilled by our generous and caring community. The DAC represented 100 of those 1,500 hearts! We hope you will join us this year in donating to this incredible cause during this special time of the year. To donate, take a heart ornament from the Giving Tree in the Back Lobby by the Welcome Desk. Purchase the item listed on the ornament and return it under the tree before December 16.

For more information, call Maggie at Relief Nursery at (541)-343-9706 x 104.



TO MY FELLOW DAC MEMBERS,

This time of year, we are mindful of reflecting on life. For many of us, it is a time to give thanks. For some, it is also a reset of goals. Every new year provides us with an opportunity to grow and achieve new things. It is an ideal time to reflect on everything we have done and to choose what we want to keep or change for the better. As 2019 comes to a close, we look back on the journey we have taken to get where we are, and the plans we have at the Downtown Athletic Club for an exciting, bright future.

I'd like to start by telling all of you how much I appreciate each member of the DAC family, from our members to my colleagues. Without members, the DAC wouldn't be here and I am thankful every day for your support and patronage. And without a great team of committed employees, we wouldn't be able to run the show per se, from our fitness instructors to our conference staff to the friendly front line and our maintenance crew.

This year, focus remains on improving member satisfaction and engagement amongst our DAC family. Specific to families, there has never been a more exciting time for this member segment as we introduce new ideas such as glow in the dark basketball and other fun games that bring people together and make exercise fun. Pickleball officially launches this month and we look forward to building upon this exciting trend from our youngest to our most seasoned members. MyZone usage continues to grow at a rapid pace as the heart rate monitor technology motivates and provides invaluable workout information back to those who exercise with it. Tribe Group Training wrapped up it's first year at the DAC and as many have discovered it provides a great new option for the goal-oriented member who has trouble going at it alone. On the social side, specialty wine dinners, first class wine education through the DAC Wine Club and a rebirth of our member socials will all continue through 2020.

Speaking of 2020, deepening our relationships here at the Club has never been more important to our team. This starts with welcoming you as you walk through the door as we continue to do our best to bring you an ideal DAC experience. Each day, we strive to build relationships with our members based on trust, integrity and respect.

In closing, we are a local business who places its greatest value on our human capital. I am thankful to work with a team of highly talented professionals. I thank my colleagues who come in every day to enhance the experience of our members and develop new initiatives focused on fitness and health. We invite you, as members, to continue to share your thoughts and ideas about what you'd like to see at the Downtown Athletic Club. We take your feedback seriously, and appreciate your ongoing support. Thank you for your membership. We look forward to an exciting 2020, which culminates on New Year's Eve as we will celebrate our 35th anniversary as a Club.

Sincerely,

R O B B E N N E T T

CLUB EVENTS



NCAA FOOTBALL PAC 12 CHAMPIONSHIP

DEC. 6 AT 5 P.M.

Join us to watch the Oregon Ducks play Utah! We will have drink and food specials throughout the evening.

BOOK CLUB

DEC. 9 AT 7 P.M.

Discuss this month's book "News of the World" by Paulette Jiles and make an evening of it with the non-Club sponsored Book Club dinner starting at 5:30 P.M. at The Ax Billy!



WINE CLUB PICK UP PARTY

DEC. 10 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@downtownnac.com. You can also sign up during your next visit to the Ax Billy.

BOLLINGER WINE PAIRING DINNER

DEC. 11 AT 6 P.M.

We are thrilled to host a Bollinger Champagne Wine Pairing Dinner - the official champagne of James Bond and one of the most well known champagne houses in history. These exclusive wines will be paired alongside five excellent courses beginning with a reception at 6:00 P.M. This dinner is limited to 10 people and seats are \$200 each. Please email dining@downtownnac.com to make your reservation.



QUACK CHATS

DEC. 11 AT 6 P.M.

Neuroscientist Cris Niell will give a free pub talk on "Of Mice and Octopuses: Understanding How Our Brains Work by Studying Animal Vision." Join us in the Ax Billy for drink and food specials starting at 6 P.M.

LIVE MUSIC SATURDAY

DEC. 14 AT 5:30 P.M.

Join us in the dining room as we listen to smooth tunes from the Gerry Rempel Trio!



TRIBE MINI SEASON

DEC. 23 - JAN. 10

As we close out the 2019 year, TRIBE Team Training keeps going strong! Don't miss a beat - join us for this abbreviated Season from Demeber 23 to January 10. Go to page 7 for more details!

NYE WINE PAIRING DINNER

DEC. 31 AT 6:30 P.M.

We will be hosting a special New Year's Eve wine pairing dinner beginning at 6:30 P.M. on December 31. This dinner will have limited seating and seats are \$75 each. To help us ring in the New Year, we will dine together through five wonderfully paired courses. Make your reservation today by emailing dining@downtownnac.com!



MEMBER MONDAYS

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

Up at the Ax Billy, we've got a burger and a beer for \$11.95 every Monday night! Members also receive 20% off any entree.

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!

YOUTH PROGRAMS

SANTA AT THE DAC

DEC. 8 | 1-2 P.M. | FREE EVENT | OPEN TO DAC MEMBERS AND GUESTS

Bring the whole family for milk and cookies while Santa reads a story! Children will have time to visit with the big guy, make ornaments, crafts and gift wrap. Guests of all ages are welcome and encouraged to participate. Spread the holiday cheer and bring guests to this free event.

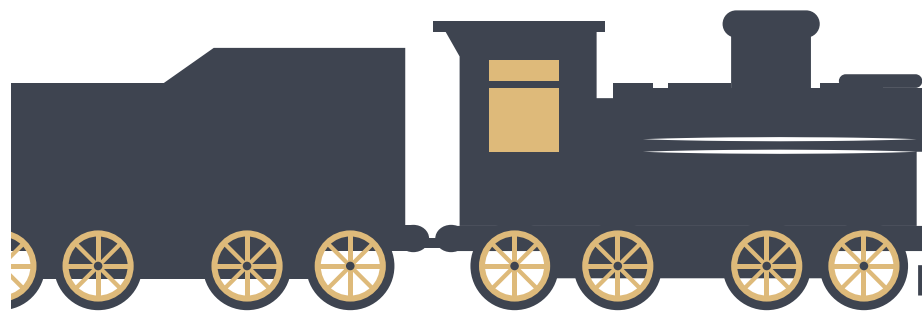
Ho, Ho, Ho!

PLEASE RSVP AT DOWNTOWNAC.COM/SANTA



KIDS NIGHT OUT

DEC. 13 | 5-8 P.M. | AGES 4-12YR. | MEMBERS \$30 | GUESTS \$40 | SILBLING DISCOUNT \$10



Reserve your child's Golden Ticket for a fun filled night while you take the night off. Passengers will enjoy an indoor snowball fight, free play, dinner, popcorn and hot cocoa while watching the magical movie "The Polar Express." Kiddos are welcome to wear their pj's and bring a pillow and blanket for a fun filled night with their little friends!

REGISTER AT DOWNTOWNAC.COM/NIGHT-OUT

WINTER CAMP

DEC. 23-24, 25-26, 27, 30, JAN. 2, 3 | AGES 5-12 YEARS

Winter Camp at the DAC is where it's at! Fill your child's winter break with loads of winter games, gym play, swimming, crafts and so much more. Register today, don't delay!

DAC Member Pricing:
Full Day - \$60 Half Day - \$35 Lunch - \$5

Guest Pricing:
Full Day - \$70 Half Day - \$45 Lunch - \$5

ENROLL AT DOWNTOWNAC.COM/WINTERCAMP



DANIELLE TOLMIE

EUGENE BALLET PRINCIPLE DANCER, DEDICATED WIFE, FUTURE MOTHER



The Nutcracker - Photo by Hirosan Photography

Danielle Tolmie is a dedicated ballet dancer, DAC Member, wife and future mother. In October of 2019, she was recognized by the Register Guard for her and her husband's unique and inspiring decision to parent a child while continuing their dancing careers. As one of Eugene Ballet's principal dancers, Danielle devotes her life to health, family and the beauty of ballet dancing.

When asked about this recent recognition, Danielle feels as though she and her husband Mark have been able to pave a new path for dancers who want to pursue their passions for family and ballet simultaneously. "It's not common for dancers to continue their career after finding out they're pregnant. We've had other people get pregnant, and that is typically when dancers choose to retire. So I don't know what to expect because no one has ever done it. There's so many things to figure out. This is our 12th year with the company, so this is totally new to us."

Danielle and Mark have sought guidance from their doctor, creative director and others who have helped encourage them and guide them during this exciting and weighty time. "My doctor encouraged me to continue dancing and working out as I did before I was pregnant. I have started to slow down on my jumps and will continue to as we get closer to the baby's arrival." Danielle uses the DAC daily and has worked on a holistic approach to fitness in addition her time in the dance studio. She has found yoga, balance training, weights and cardio are valuable parts of her fitness regime. "That cross training has helped dramatically. When I first started dancing I had a lot of injuries. I fell in love with yoga here at the DAC with Jean. That has really decreased injuries and I feel better dancing now than I did earlier in my career." It is important to Danielle that she keeps up with her workouts as they help feed her physically, emotionally and mentally during this pregnancy.

On the dance floor, Danielle looks forward to experiencing ballet after having a child. Many people believe a dancer is released of the intense pressures of perfectionism and can truly express themselves with a new-found confidence and freedom once they've had a child. The meticulous nature of ballet dancing can be a heavy weight to bear for ballet artists. After a mistake is made or a performance goes sideways, Danielle explains the feeling as nothing short of devastating. "When you have all of those expectations and worries, you can't dance to the best of your ability. Once you have a child, there's something bigger in your life that you know is so important and you're just more free. It's not like you care less, it's like you dance better because you have this release of pressure."

Now in their third trimester, Danielle and Mark are expecting a baby boy early next year. Danielle hopes to return to the ballet studio next fall depending on her delivery recovery and baby boy's health. The happy family will have no problems finding caring hands to hold the baby while they return to the dance floor. "A lot of the dancers are very willing and excited to babysit. When we're in town or at a show, we hope to have a grandparent come and stay with him so he can have some normalcy." Congratulations to Danielle and Mark, we can't wait to meet the newest little Member of the DAC Family!



Practicing for Swan Lake at the DAC



Swan Lake Dress Rehearsal - 22 weeks



Swan Lake - 25 weeks

FALL IN LOVE WITH FITNESS

Club-Wide myzone™ Challenge Results

Congratulations to all of our Myzone users for blowing this challenge out of the park! Ulrich Mayr won the random draw for a \$20 gift card - congratulations Ulrich! If you have yet to participate in a Myzone challenge, join us for "Holiday Hustle for the Muscle" from November 20 to December 20. All participants who achieve 1300 or more MEPS will be entered for the winter drawing!

| THE HEALTH HURDLE | | 2K STANDARD | | 3K INTERMEDIATE | | 4K+ PERFORMANCE | |
|--------------------|------|-------------------|------|-------------------|------|----------------------------|-------|
| Greg Graziano | 1999 | Sheri Donahoe | 2968 | Pamela Frye | 3680 | Monique Siemerink | 12292 |
| Jennifer Maloney | 1861 | Margaret Hallock | 2896 | Marilyn Hinson | 3658 | Stewart Hoeg | 10421 |
| Camilla J | 1806 | Pam Elling | 2564 | Amber Frank | 3488 | Meghan Myers | 7940 |
| Jessi Stinson | 1770 | Lori B. Havas | 2552 | M H | 3471 | Bill Skillern | 7919 |
| Erin Johnson | 1766 | Stephani Osborn | 2486 | Lissy Lantz | 3385 | Lisa King | 7883 |
| Craig Lash | 1753 | James St Clair | 2470 | Blake DuPree | 3287 | Karen Crocker-Wensel | 7846 |
| Elizabeth St Clair | 1746 | Lyn Burg | 2392 | Laura Montgomery | 3216 | Lily Hallock | 6901 |
| Michelle Watkins | 1732 | Jimmy Stanton | 2350 | Denley Nagata | 3179 | Wayne Belcher | 6805 |
| Ray Cohen | 1677 | Gary Herse | 2325 | Justin Overdevest | 3086 | Elle de Werd | 6048 |
| Debbie Wright | 1666 | Rebecca Sprinson | 2320 | | | Jennifer Stanton | 5821 |
| Rachael McDonald | 1652 | Charlene Carter | 2176 | | | Randee Wood | 5435 |
| Lindsey Smith | 1640 | Justus McCann | 2175 | | | Lanika Mamac | 5270 |
| Tammy Egan | 1622 | Nicole Claric | 2147 | | | Susan Skillern | 5082 |
| Larry Johnson | 1620 | Becca Snowdale | 2103 | | | Aaron Solbeck | 5077 |
| Polly Moak | 1604 | Lynn Hearl | 2068 | | | Barbara Evarts | 4924 |
| Cody Gilbert | 1412 | Mike Butler | 2063 | | | Carrie Hellwig Christopher | 4772 |
| Megan McAlpin | 1409 | Christy Warne | 2047 | | | Michael Cahn | 4615 |
| Alex Goldberg | 1361 | Mary Susan Weldon | 2038 | | | Jenna Murphy | 4555 |
| Gina Mitchell | 1358 | Jennifer Hartley | 2002 | | | Frannie Brindle | 4497 |
| Michelle Weaver | 1336 | Larry Dunlap | 2001 | | | Thea Lee | 4423 |

DID YOU KNOW?

You can track all of your home workouts with Myzone - The DAC's fitness technology of choice. Myzone is an innovative wearable heart rate based system that uses wireless and cloud based technology to accurately and conveniently monitor physical activity. Users can:

- Exercise inside and outside of the DAC.
- Login online anywhere and track their activity and progress.
- Earn Myzone Effort Points (MEPs) for every minute of physical activity.
- Participate in challenges based on physical activity and measure results.
- Achieve goals via utilizing heart rate intensity feedback.

We are selling Myzone belts with exclusive Member pricing. Get yours today at the front or back Welcome Desk or on our website at downtownac.com/myzone so you can track your fitness and hold yourself accountable all through the holidays!



FITNESS

TRIBE MINI SEASON



Don't miss a beat - join us for the final (mini) Season of TRIBE in 2019. Workouts and structure will be virtually the same as regular Seasons, and all of your favorite Coaches will still be there! This mini Season begins December 23 and ends January 10. Members enjoy the Season for \$84 and Guests of the DAC for \$125. Enrollment will be live on December 9 at downtownnac.com/tribe. For questions about TRIBE Team Training and to learn more about which program would be best for you please contact our Fitness Director at edwerd@downtownnac.com.

We would like to recognize 7 incredible Members who completed all 7 Seasons of TRIBE in 2019! These folks get the TRIBE Mini Season for free as a thank you and as recognition for their dedication.

Jessi Stinson

Elizabeth St. Clair

Nicole Claric

Michelle Watkins

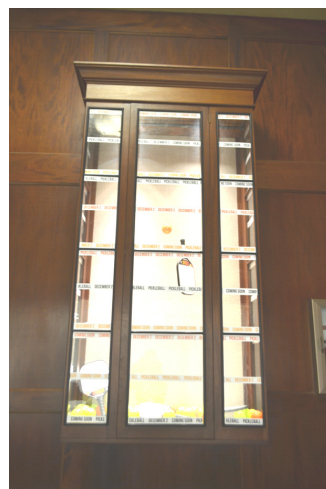
Pam and Jeff Elling

Megan McAlpin

Justus McCann

DID YOU KNOW?

You can rent our display cases to promote your company, brand or event. We are taking 2020 reservations now! The dimensions are approximately 48" wide by 16" deep by 7' tall. There are up to 3 adjustable glass shelves for each display with lighting and electrical available. Cases are rented on a monthly basis with a two month consecutive cap. DAC Members rent for \$175 per month and Guests pay \$225 per month. Email marketing@downtownnac.com for 2020 availability!



AQUATICS

DID YOU KNOW?

We are currently offering Private and Semi Private swim lessons! Email aquatics@downtownnac.com for more information and to reserve your spot.

FAMILY/YOUTH SWIM RULES AND REMINDERS

- Before you make a splash, check the pool schedules for Family Swim hours. Schedules can be found by the Membership Office and online at downtownnac.com/aquaticsschedule
- Children under 14 years of age must be accompanied by an adult at all times in the Club.
- Children 16 years old and under must use the Junior Locker Rooms on the Lower Level.
- No lifeguard is on duty.
- Kids Camp participants will be in the pool from 2 P.M. to 3 P.M. Monday through Friday. Swim lessons may also occur during this time. Please allow these groups plenty of space.
- Please return all pool toys and equipment to their proper locations after use.
- Children must be potty trained to use the Spa. Children under 14 years of age are permitted in the Spa during Family Swim hours, or for 5 minutes following Swim Lessons. Parents must be within arms reach while a child is in the Spa. For children under 14 years of age, Spa use is limited to 5 minutes and children must sit quietly. No toys are permitted in the Spa.
- Running is not permitted in the pool area, hallways or Locker Rooms.
- Open Lap Swim is open to lap swimmers of all ages. Children ages 5-13 years old may lap swim with parent supervision. This time slot is intended for lap swimming only - there is no lifeguard on duty.
- Most importantly - have fun! We want all Members to enjoy their time in the pools.



FACILITIES



We are excited to share a couple of pieces of information about our recent cleansing product updates. Our new products are sourced by PetraA-1 - a company that produces eco-friendly soaps without compromising on performance or sustainability. We realize a switch to another brand of liquids soap, shampoos, lotions and other amenities can be a stressful time, so we want to answer a few questions you may have.

PetraA-1 is the only company in the world to have over 18 different types of liquid soap products that are considered "Eco-Earth Friendly" as it pertains to the amount of packaging saved and not thrown into our land fill areas! These products eliminate the constant disposal of packaging and what packaging we do use is 85% recycled material. All our bottles and cardboard cases can be recycled.

Petra products are formulated with cosmetic grade ingredients. All PetraA-1 athletic club products are produced using ingredients that are also used in their medical, retail and professional team products. Animal testing is never performed by Petra.

Petra Super Concentrates and Platinum Concentrates have been formulated where they can be used for body washes, shampoos and hand soap, greatly reducing packaging (one 5-gallon Enviropak makes up to 40 gallons of product). This ends the "throwing away" of mass amounts of plastic containers and hazardous 55 gallon drums.

PetraA-1 products have been clinically tested in the medical field to assure their compatibility with all types of skin. From very dry to very oily, all types of skin will show positive results with regular usage. All products are hypoallergenic, PH skin/hair balanced, biodegradable and phosphate free. All body washes and shampoos contain no Sodium Chloride.

The ingredients mentioned above, are also FDA "GRAS" approved, you are assured that only the highest grade of ingredients are used in these products. Petra products contain Kathon CG as their preservative (Environmentally acceptable: rapidly biodegradable, non-persistent in the environment, and non-bioaccumulating) and contain no Sodium Chloride or Parabens (methyl, propyl and parahydroxybenzoate) which has been suspected as being a "gateway" to different types of cancer.

The hand soap, body washes and shampoos are made to clean and moisturize! Foaming action of the soap/shampoo is complemented by the moisturizers that replenish the emollients in the skin and hair. The foaming and lathering characteristics might be a tiny bit subdued compared to other products because of the skin moisturizing ingredients which more mature skin needs in order to prevent dryness and skin irritation.

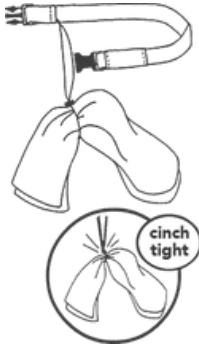
Rest assured, we are using the best performing and highest valued products available in the athletic club industry.

DID YOU KNOW?

You can leave your clothes at the DAC and we wash them for you! Check out our "how-to" below and visit Aaron in the Membership office to add this service to your Member account. Laundry service is \$11/month and provides the following benefits:


- Your own personal locker with unique combination lock
- Once per day laundry service - no taking home sweaty clothes to wash
- You can store your personal belongings - no need to bring a gym bag

1. SOCKS




Lay socks through loop of drawstring and snugly secure cord lock away from loop toward knot.

2. SHIRT(S)




Thread Laundry Loops through shirt openings.

3. PANT(S)



Thread Laundry Loops through leg openings or belt loops.

4. READY



Secure the side release buckle. Give the loop a shake to ensure everything is attached and place in the laundry hamper.

THE THIRD FLOOR

WINE DINNERS

If you have yet to try a wine pairing dinner, we hope you will join us soon. This month, we are offering two - the Bollinger Wine Dinner, and the New Year's Eve Wine Dinner. If you're interested in the Bollinger Dinner, please email dining@downtownac.com soon as it is limited to 10 people. For the New Year's Eve Dinner, we would like to know if it is something our Members are interested in. Please make your reservation by emailing dining@downtownac.com as soon as possible so we can plan accordingly.



SUPERBOWL PARTY

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 First Annual Super Bowl Party 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. Stay tuned for more details on this massive Super Bowl Party!

