

HOT Summer Programs at Seattle Athletic Club Downtown

★ All Mountain Riding

Mountain biking is a life long learning experience. This class is designed to teach love and respect for the outdoors while exercising on a bicycle. Bike safety, general maintenance, equipment, rules of the trail, practicing new skills, and off-road riding will be covered. Participants should expect to work hard, have fun, and most of all reach their goals. **Contact PFT Jake Pedersen (jpedersen@sacdt.com)**

★ Basic Training

Army Captain Damien Krantz will transform unfit civilians into lean warriors. Expect intense individual, partner, and group exercise techniques taught at a fast pace. All levels of fitness are welcome, as long as you show up ready to train! (T/Th @ 7am) **Contact Damien Krantz (dkrantz@sacdt.com)**

★ Group Circuit Training

Group Circuit Training classes involve full body workout sessions utilizing the weight room, track, cardio machines, and basketball court. Each workout is specifically tailored for participants to maximize caloric expenditure and ultimately fuel weight loss. (M - F @ 5:30pm) **Contact Fitness Director Tim Koffler (tkoffler@sacdt.com)**

★ Oyster Endurance Training

Looking for a new and exciting multi-sport challenge? Compete with a team of 3 where you run-bike-swim-skate-paddle-trek-climb and anything else. Join the 6 week training program with **Fitness Director Tim Koffler (tkoffler@sacdt.com)** to train for the Oyster and learn exactly what to expect during the race. Participants will be given 90 minutes of high-intensity cardio utilizing all of the training modalities which you may encounter on the next Seattle Oyster course. Training starts July 13th (T/Th @ 6:30pm).

★ SAC 6 Week Golf School

Improve your golf game with PGA Golf Professional Dave Boivin and some of the finest Personal Fitness Trainers in the region with the Seattle Athletic Club's new 6-week golf school. School includes; 1-on-1 video swing analysis with PGA Pro, 4 one hour group lessons with PGA Pro, 2 fitness assessments, and 4 one hour personal training sessions. (May 4th - June 12th) **Contact PFT Katrina Yniguez (kyniguez@sacdt.com)** for other golf training programs in 2009.

★ TRX Suspension Training

Improve your golf game with PGA Golf Professional Dave Boivin and some of the finest Personal Fitness Trainers in the region with the Seattle Athletic Club's new 6-week golf school. School includes; 1-on-1 video swing analysis with PGA Pro, 4 one hour group lessons with PGA Pro, 2 fitness assessments, and 4 one hour personal training sessions. (May 4th - June 12th) **Contact PFT Katrina Yniguez (kyniguez@sacdt.com)** for other golf training programs in 2009.

★ Weekend Warrior Total Performance

Attention all WEEKEND WARRIORS!!! Have your weekend attempts to recapture your high school days of sports glory become more difficult with each passing year? Turn it around and improve your performance! Let us help you recover and re-energize for next weekends' battle. **Contact Fitness Director Tim Koffler (tkoffler@sacdt.com)**

Recovery (Mondays/Tuesdays) Promotes increased blood flow and muscle recovery through foam rolling, static/dynamic/PNF stretching, active recovery sessions.

Stability (Wednesdays/Thursdays) Improves total body stability and balance using proven core conditioning and neuro-muscular training techniques.

