



oakland

ATHLETIC CLUB

PROMOTING & ENCOURAGING HEALTHY LIFESTYLES

FALL 2007

OCTOBER IS OPEN HOUSE MONTH AT OAC!

Know of friend, neighbor, co-worker, relative or romantic interest who may be interested in checking out the Club on a casual, no-commitment basis? If so, stop by the OAC Front Desk anytime in October and pick up a guest pass or two.

Bonus Offer! If your guest enrolls in the Club by October 31st, they'll receive one month's membership—*free!* See OAC General Manager Debby Visconti for the details.

WOMEN'S SELF-DEFENSE CLASSES A SUCCESS!

Women's self-defense classes hosted by the OAC in July and August and conducted by the Anshinkan Aikido Dojo earned positive reviews from OAC members and staffers.

"I was amazed at how Aikido enables you to get away from an attacker," said OAC Fitness Trainer Penny Zywick, who attended one of the sessions with a 16-year-old fitness-training client. "There's so much you can do to defend yourself, no matter how strong the adversary."

During the 90-minute sessions, OAC Members as well as their daughters and friends learned simple but effective self-defense techniques, and practiced them with members of the Dojo.

If you are interested in attending a future a self-defense class, please contact OAC General Manager Debby Visconti at 248.540.9596.

Introducing the Anshinkan Aikido Dojo

The Anshinkan Aikido Dojo instructs men and women in the self-defense art of Aikido in classes held at the OAC. Contact John Parks at 248.703.1471 for more information.



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*From the desk
of the General
Manager...*

Over the summer months, we've made a major investment in new exercise equipment, updated the spinning program, and reinvigorated our group fitness schedule with some top new instructors.

The Club's never been better! And, naturally, we'd like to show it off. October will be an OAC Open House month for you to bring friend, co-worker or neighbor.

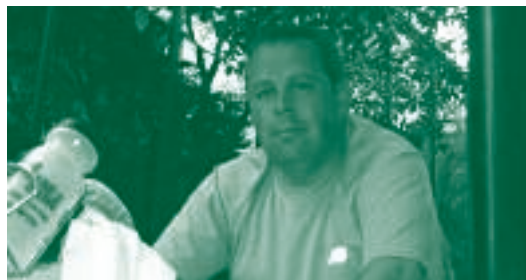
Use this occasion to introduce them to the Club and, in doing so, gain an exercise partner to inspire you to new heights in fitness! Just pick up a pass at the Front Desk.

See you – and your guests – at the Club!

Debby Visconti

OUTDOOR SPINNING CLASS ATTRACTS A CROWD ... AND A CLOWN!

An outdoor spinning class held in the OAC courtyard on a beautiful Saturday morning in August drew a full complement of riders as well as the interest of a colorful visitor, who took a turn at leading the class. Indoors or outdoors, check out a spinning class and join in the fun.



ATENCION! LATIN DANCE CLASS DEBUTS ON MONDAY NIGHTS

OAC Members looking for something *nuevo* (new!) and *divertirse* (fun!) are invited to check out a new one-hour Latin Dance class taught by Nancy on Monday evenings at 6:30 p.m.

CARDIO ALONE IS NOT ENOUGH!

Strength Training Also Key To Fitness And Weight Loss

By Samantha Essian, OAC Fitness Trainer Intern

The American Heart Association recently updated their physical activity guidelines, urging all adults to strength train at least twice a week.

You don't have to lift a ton of weight to reap the rewards. The benefits of a moderate, all-round strength-building program not only include better body composition, but also a faster metabolism with which to burn more calories and maintain a desired weight.

Research also shows that strength training can increase bone density, potentially preventing osteoporosis in women.

On your own, with a workout partner or under the expert guidance of an OAC Fitness Trainer, a regular strength-building program pays big dividends, no matter what your age or current fitness level.

Please see me or call me at 248-540-9596 (ext. 41) to arrange a complimentary fitness training session!

ABOUT SAMANTHA ESSIEN: A recent graduate of the National Personal Training Institute, she is also the gold medal winner in the hurdles, long jump and triple jump at the 2007 Armenian Olympic Games. Congratulations, Samantha!

FREE SEMINARS AND EVALUATIONS SCHEDULED

Club Members and their guests are invited to attend these events, bought to you at no charge by the OAC and RIM (Rehabilitation Institute of Michigan):

The Four Timeless, Sport-Specific Lifts

Learn from a personal trainer/ex-major collegiate strength coach how to correctly perform the bench press, squat, dead lift, and power clean. This seminar is a hands-on session appropriate for high school and college athletes as well as coaches.

Thursday, October 18, 4:30-7:00 p.m.

Exercise in Pregnancy

If you are pregnant or considering pregnancy and are interested in still remaining active, please join us for a very informative session. We will discuss the how to tailor your exercise program through correct positioning. Come prepared to participate and exercise.

Thursday, November 8, 5:30-7:00 p.m.

Nutrition, Exercise & Well Being

Just in time for the holidays! Learn strategies to balance a healthy lifestyle. Dispel myths and misconceptions about diet and exercise. If you are challenged with "fitting it all in" this is the class for you. Come with questions about nutrition and exercise.

Thursday December 6, 5:30-7:00 p.m.

Register early, as class sizes are limited. RIM also offers free consultations for neck pain and back pain as well as assessments for orthotics. Call 248.593.3175 today or stop by the RIM Office.

BOOST YOUR FITNESS WITH THIS HALLOWEEN SPECIAL!

New members who sign up for one year at the Club will receive three free personal training sessions. Fitness Trainer Penny Zywick will take the fear out of training, and help you get a jump start on better health! Contact OAC General Manager Debby Visconti for details.

Fitness Trainer Penny Zywick instructs OAC Member Larry Zook.



SECOND SUNDAY MORNING SPINNING CLASS ADDED

By popular demand, a second one-hour spinning class has been added to the schedule on Sundays. Members can now select from an 8:00 a.m. class, a 9:15 a.m. class, or both – if space is available.

Named
Oakland County's

Favorite!

For Five Years by
Style Magazine Readers
& Fox 2 TV Viewers!

DO YOU WORK IN BIRMINGHAM?

Anyone with an office nearby should ask OAC General Manager Debby about the benefits of a Corporate Membership. With it, your co-workers may be able to enjoy the Club at advantageous rates.

OAC MULTISPORT TEAM TO COMPETE IN CHAMPIONSHIPS

Gooooooooo team! Over a dozen members of the OAC Multisport Team will compete in Michigan's Triathlon & Duathlon Championship at Pontiac Lake Recreation Area on Sunday, September 16.

You are invited to join ...

Sponsored by the Club, the OAC Multisport Team welcomes those who wish to train with others for local competitions. To join, please contact OAC Spinning Coordinator Steve Bettwy at 248.540.9596, ext. 36.



STAFF EXTENSIONS

For any staff member dial
248.540.9596:

General Manager

Debby Viscontiext. 20

Spinning Coordinator

Steve Bettwyext. 36

Billing/Accounting Director

Andi Stahlext. 29

Maintenance Director

Mark Barnettext. 22

Front Desk Supervisor

Penny Zywickext. 19

FITNESS TRAINERS

Mike Altenburgext. 40

Samatha Essianext.41

Scott Kramerext. 46

Mike Miceneext. 47

Aaron Olarext. 33

Oksana Streletsext. 45

Chris Winowichext. 37

Penny Zywickext. 19

MASSAGE THERAPISTS

Erika Garascia

Chris Joppie

Rose King

Carlie Pedano

Jaime (Treas) Yakimovich

To schedule a massage therapy appointment, please call the OAC Front Desk at 248.540.9596.

FALL HOURS

(October 1 – January 1)

Monday - Thursday 5:30 a.m. to 9:30 p.m.

Friday 5:30 a.m. to 8:30 p.m.

Saturday & Sunday 7:00 a.m. to 6:30 p.m.

Holiday Hours

Thanksgiving Day, November 22 • 7:00 a.m. to 12:00 noon

Christmas Eve, December 24 • 5:30 a.m. to 3:00 noon

Christmas Day, December 25 • Closed

New Year's Eve, December 31 • 5:30 a.m. to 3:00 noon

New Year's Day, January 1 • 8:00 a.m. to 12:00 noon