



oakland

ATHLETIC CLUB

PROMOTING & ENCOURAGING HEALTHY LIFESTYLES WINTER 2008

Nine Fitness Tips To... Make '08 Great!

by Patty Thoresen, OAC Group Fitness Instructor



- 1) **Do something every day**, even if it's as simple as climbing the stairs at work, parking a little farther out, or taking a 10 or 20 minute walk.
- 2) **Try something new**; your body will respond to the new challenge, and so will your mind. Get out of the same old exercise rut ... and into better shape!
- 3) **Forget about weight loss**; exercise because it's also fun and stress relieving and a great way to fight diabetes and heart disease and more!
- 4) **Reward yourself regularly**, not with a donut or a beer but with something far more satisfying and much less fattening, like a one-hour massage!
- 5) **Workout with a partner**; it's not only mutually motivating, it's also a great way to enliven a familiar routine, or spur both of you to try something new!
- 6) **Go with a pro**; have a fitness trainer develop a strength-training program for you and advise you on how to properly use weights and machines!
- 7) **Renew your athletic shoes**; wearing worn out shoes increases the likelihood of foot injuries that can put you on the sidelines for a long time.
- 8) **Stretch, stretch, stretch** in the morning, at your desk, pre- and post workout, or at home while watching television!
- 9) **Make fitness a priority**, not an afterthought; set aside a specific time to workout, make an appointment with a personal trainer, or circle your favorite classes on the schedule!

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OAC WELCOMES LOCALBIZNOW

Employees of the Birmingham office of LocalBizNOW are now enjoying workouts at the Club, thanks to a Corporate Membership.

A search marketing company, LocalBizNOW helps businesses unlock their online marketing potential by driving consumers from internet traffic to their doors.

Pictured below, the company's Matt Hartung, Jon Bennet, Jason Cooper, and Kellie Shaw catch their breath after a recent spinning class.

"The membership's great," says LocalBizNOW's Jason Cooper. "It's easy for us to drop by the OAC before or after work."

Know of a similar company that might benefit from a Corporate Membership? With it, employees are able to enjoy the Club at advantageous rates. For more information, please contact OAC General Manager Debby Visconti at 248.540.9596.



From the desk of the General Manager...

Happy New Year!

For 2008, the Club's ready for you with a program that includes group fitness, spinning, personal training, yoga and massage. Enjoy them all now and throughout the year!

Of course, the more members the merrier! As always, I invite you to bring in a friend or family member to introduce them to the OAC. Just drop by my office or ask at the front desk for a Guest Pass.

See you – and your guests – at the Club

Debby Visconti

NEW!

SATURDAY SPINNING CLASS ADDED AT 9:15!

To meet growing demand, the OAC has added a second Saturday morning spinning class. The new one-hour session, beginning at 9:15 a.m., follows the current 8:00 a.m. class.



OAC Members are encouraged to attend either class, or both. Space permitting, the Club will accommodate as many riders as possible who wish to ride back-to-back classes in preparation for the ...

The Club's 6th Annual Three-Hour Spinning Marathon to be held on February 23; sign up one week before the event.

OAC Spinning Instructor Marcie Eberle helps Alan Stamm adjust his bike.



VALENTINE'S DAY MEMBERSHIP SPECIAL

Here's a sweetheart of a deal: \$14 Initiation fee, \$14 first month's dues for anyone who joins the OAC in February! Please contact OAC General Manager Debby Visconti at 248.540.9596 for more information.

FREE SEMINARS SCHEDULED FOR YOUR HEALTH

*By Dawn Gilbert,
RIM Physical Therapist*



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

Nutrition, Exercise & Well Being

- Thursday, February 21, 5:30-7:00 p.m.

Four Timeless Sport-Specific Lifts

- Tuesday, March 11, 4:30-7:00 p.m.

Runner's Clinic

- Thursday, April 17 6:30-8:00 p.m.

Monthly Spine Health Talks

- Monthly, 2nd Tuesdays, 6:30-7:30 p.m.

Register early, as class sizes are limited. Call 248.593.3175 today or stop by the RIM Office.

REFER A FRIEND, EARN A GIFT!

Any Member bringing in a referral who subsequently joins the Club will be given \$35 off a massage as well as their choice of an OAC gym bag, water bottle, or t-shirt.

FOR SERIOUS STUDENT ATHLETES ...



THE ATHLETE FACTORY
AT OAKLAND ATHLETIC CLUB - BIRMINGHAM, MI

If you have a son or daughter age 13-18 who'd like to improve their skills, ask Debby Visconti (248.540-9596) about enrolling them in the Athletic Factory at Oakland Athletic Club. Conducted after school, the program offers individual, sport-specific training with an emphasis on injury prevention. It features Bob Carleton, MAT, CSCS, ACE-PT, (Birmingham Seaholm High School teacher) and other top trainers.

FEBRUARY MASSAGE SAVINGS

Buy one and save 50% on your second massage! To schedule an appointment, please call the OAC Front Desk at 248.540.9596.

Carlie Pedano is part of an OAC Massage Therapist staff that includes Mark Drew, Erika Garascia and Chris Joppie.





OAC MEMBER BENEFITS PROGRAM IN PARTNERSHIP WITH THE CAPITAL GRILLE

OAC Members receive VIP Privileges, including concierge services through Lisa Wilson, Capital Grille Sales & Marketing Manager. These include:

- Priority reservations, assuring availability at all times
- Complimentary appetizers or desserts
- Membership in the Grille's Capital Guest Rewards program

To take advantages of these VIP Privileges, simply mention your OAC Membership when making reservations:

The Capital Grille Detroit
Somerset Collection - North
2800 West Big Beaver Road
Troy, MI 48084
Tel: 248-649-5300

Named
Oakland County's

Favorite!

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

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

Mark Drewext. 34

Samatha Essianext.41

Mike Miceneext. 47

Aaron Olarext. 33

Oksana Streletsext. 45

Penny Zywickext. 19

MASSAGE THERAPISTS

Mark Drew

Erika Garascia

Chris Joppie

Carlie Pedano

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

"WELCOME TO OAKLAND COUNTY'S FAVORITE ATHLETIC CLUB!"

New OAC Front Desk Receptionist Stacy Chatfield is now issuing locker keys and taking your calls!



WINTER/SPRING HOURS

(December 1 – May 31)

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

Easter Sunday, March 23 • 7:00 a.m. to 12:00 noon

Memorial Day, May 26 • 7:00 a.m. to 12:00 noon