



DOWNTOWN ATHLETIC CLUB NEWS

1.9.2008

**What's
Happening!**

1st Quarter Wellness Calendar

CAFÉ DAC NEWS

Café DAC will be closed from Jan 12-23 with a Grand Re-Opening on January 26.

We are excited to welcome Chris Riley and Tanner George to the DAC Team who will be the new managers in the restaurant.

We also wish the best to Freda Hogue and Lisa Salas as they pursue new adventures.



MEMBER REFERRAL PROGRAM

Refer a new member between Dec. 15 and Jan. 15 and enjoy your choice of:

ONE MONTH FREE
ONE PERSONAL TRAINING SESSION
or ONE MASSAGE!

Ask for a Member Referral Form at the Front Desk and thank you for partnering with us in improving the health of Amarillo!

Recent studies show that those who both exercise and educate themselves about health issues are far more likely to succeed in wellness endeavors. At the DAC, we hope to provide you with the tools you need to be successful in whatever goal you may choose. Please join us for one of the following seminars led by the Personal Training staff:

10 New Rules for Eating Healthy

Andrew Chaddick, CSCS
January 15, 12:15pm
Café DAC Seating Area

Basics of Running

Brian Myers, NCSA-CPT
January 26, 5:30pm
Café DAC Seating Area

Stress and How to Beat It

Brennan Phelan, ACSM-CPT
February 10, 5:30pm
Café DAC Seating Area

Fundamentals of Free Weights

Greg Morris, Cooper CPT
February 25, 12:15pm
Fitness Floor

The Physioball Workout

Brennan Phelan, ACSM-CPT
March 17, 5:30pm
Fitness Floor

Strengthen your Golf Game

Johnna Whitney, NSCA-CPT
March 25, 12:15pm
Studio B