

YAKIMA ATHLETIC CLUB

2501 Racquet Lane
Yakima, WA 98902
509.453.6521

YAC FITNESS
Open 24 Hours

2500 Business Lane
Yakima, WA 98901
509.574.0711

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HEALTH BEAT

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Incorporate a new dimension into your training with the patented WOODWAY Curve. **The completely self-powered, manual WOODWAY Curve Treadmill offers a one-of-a-kind workout experience that requires zero electricity.**



Feel the freedom of this totally manual treadmill while running or walking on the unique curved running surface where you are the motor. The Curve Treadmill challenges the entire body while burning up to 30% more calories than any other treadmill.



Instructor Spotlight



Sarah Myers has been a maverick this 2016. She has obtained her Zumba certification for BOTH Land and Aquatics so that she can teach Zumba for our clubs! Zumba offers a two day certification for land and a one day certification for Aquatics. Sarah also participates regularly in our Special Forces personal training program. Sarah believes cross training is important to being balanced.

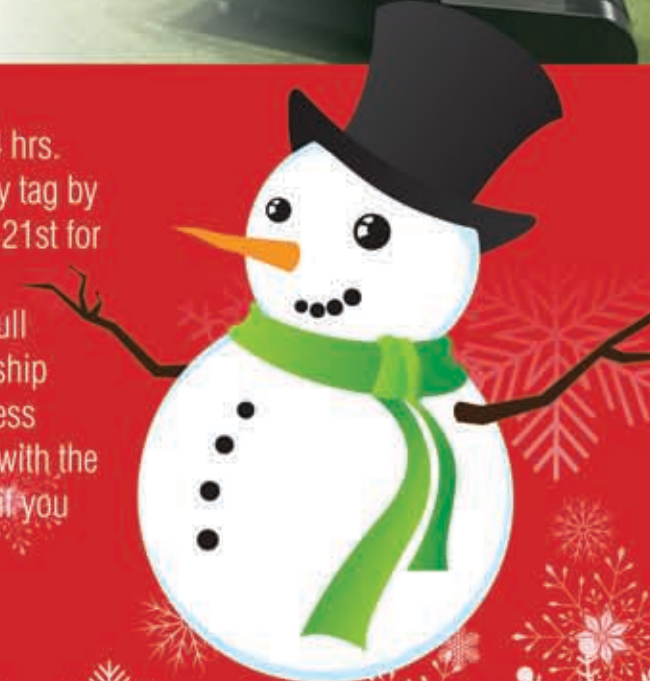
Holiday Guest Fees

We offer discounted guest fees for members' guests and families. One time visit is \$8+tax per person at Yakima Athletic Club and \$6+tax per person at YAC Fitness. Out of town temporary week guest passes are available, too, at a discount.

Holiday Hours

December 24th: 7:30am – 4:00pm
Christmas Day: Closed
December 26th: 7:30am – 10:00pm
December 31st: 7:30am – 4:00pm
January 1st: 9:00am – 6:00pm

YAC Fitness is open 24 hrs. Guest must obtain a key tag by Wednesday, December 21st for access. If you are a Yakima Athletic Club Full member, your membership allows you to have access to YAC Fitness. Check with the Front Desk staff to see if you are eligible.



Happy Birthday

LES MILLS BODYPUMP

BodyPUMP turns out its 100th release and we are celebrating BIG with a SUPER Q!

Super Q is a jam-packed series of our **AWESOME CLASSES** and we will be featuring the new release for BodyPUMP 100.

January 14th 7:30am – Noon

Join us for the ENTIRE event (or a few classes at the least).

Fee: \$25 per person

Register at Front Desk – once registered you can sign up for classes – space is limited, so sign up soon!
Workout with us and take on the Super Q Challenge – prizes, and fun!



SKI SEASON IS UPON US!
May the snow fall!

We recommend the following for your ski conditioning:

Boot Camp and Special Forces offers functional movements, full body workouts to prepare you best for the slopes
SPRINT – taps into the anaerobic systems
RPM – cardio conditioning
BodyPUMP and BodyATTACK increase stamina
CX Worx strengthens core!



COOL POOL MOVIE NIGHT

A really cool, fun event – kid friendly movie and fun for all ages.

December 22nd: 6:30 – 8:00pm

January 13th: 7:00 – 8:00pm

\$5 Register at Front Desk (Lifeguard on duty)

Bring swim suit, towel, "floaties" and/or pool toys for all-around fun while enjoying the movie.



Join us
IN THE POOL FOR
Movie Night!

Swim Classes

American Red Cross Swim Lessons

Classes are ½ hr. in length and instructed by WSI certified instructors

January 17th – February 9th

Tuesdays and Thursday evening

6:00pm, 7:00pm & 7:30pm

Fee: \$54 Members, \$59 YAC Fitness Members, \$69 Non-Members

Register at the Front Desk – Spaces are limited

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Please support our partners in health and wellness for your physical therapy and massage therapy needs.

