

OurPartners

LEWIS & CLARK OUTFITTERS

Little Rock's source for cycling, kayaking, hiking and backpacking equipment is offering LRAC members a 10% discount on most purchases. Go explore and while you're there take a turn on their complimentary 30 foot climbing wall. For more information about their educational and event offerings go to www.gooutandplay.com. (Discounts are not offered on bikes, bike racks and kayaks; please check with store employees for other items that may be excluded.)

MINDFULNESS CENTER FOR HEALTHY LIVING

LRAC Members receive a 10% discount on the Center's eight week Mindfulness-Based Stress Reduction (MBSR) program. The next MBSR class options are:
Saturdays, 9:00 - 11:30 am, Jan. 26 - Mar. 22
Mondays, 2:00 - 4:30 pm, Jan. 28 - Mar. 17
Mondays, 6:00 - 8:30 pm, Jan. 28 - Mar. 17
There is an all-day workshop for all three courses on Saturday, March 8, from 9:00 am to 3:30 pm. For more information about the MBSR program developed by Dr. Jon Kabat-Zinn at the University of Massachusetts, go to www.bemoremindful.com or call 940-9244.

REBSAMEN TENNIS CENTER

All LRAC members have "season pass" privileges at Rebsamen Tennis Center (RTC). Rebsamen is our city's premier public tennis facility with 17 outdoor, lighted tennis courts. You may reserve courts at RTC free of charge and play in RTC leagues for a 50% discount. (USA Team Tennis matches, Inter-City matches and tournaments are not included.) Contact RTC at 664-0736 for details.

BAREFOOT STUDIO (YOGA)

LRAC members receive a 20% discount on classes at Barefoot. Like to try a "Barefoot" style class? Barefoot Studio owner, Matt Krepps teaches the Monday 5:00 pm yoga class at the LRAC. Located at 3515 Old Cantrell Road behind Loca Luna, Barefoot Studio is renowned as Little Rock's best yoga studio. Call Barefoot at 661-8005 or check out their website at www.barefootstudio.com for further information.

ARKANSAS EXTENDED LEARNING CENTER

LRAC members receive a 10% discount on AELC classes. The AELC Schedule of Classes may be found at www.extendedlearning.org.

Please use your LRAC keytag for identification with all our partners.

MemberServices

2008 COUPON BOOK

There is a thank you gift for you in the Membership Office with guest passes, valuable discounts and "freebies". The total value of the booklet is in excess of \$200. One per membership, please.

DAY CARE

Leave your kids in the Day Care for up to three hours while you're working out. Sessions may be purchased in 5 (\$15), 10 (\$30) and 20 (\$48) hour increments. A 20% discount is given on the purchase of a 20 hour book.

Hours:

Mon. - Thurs. 8:00 am - 9:00 pm
Friday 8:00 am - 7:30 pm
Saturday 8:00 am - 6:00 pm
Sunday 1:00 pm - 6:00 pm

Ages:

1 month - 7 years old

Fee:

\$3.00/hour - first child
\$2.50/hour -
ea. additional child
\$1.50/30 min. -
first child
\$1.25/30 min. -
ea. additional child
guest children -
\$3.00/hour

MASSAGE

Schedule your massage with Kristin Burdett, David Covill, Lydia Galinkin, Julie Holt, Brenda Lundahl or Val Smith (all licensed massage therapists) by calling the Tennis Desk at 225-3600.

Hours of availability:

Sunday 12:00 - 6:00 pm
Monday 9:00 am - 9:00 pm
Tuesday 11:00 am - 10:00 pm
Wednesday 11:30 am - 10:00 pm
Thursday 8:30 am - 10:00 pm
Friday 8:00 am - 9:00 pm
Saturday 10:00 am - 6:00 pm
Fee: \$65/60 minutes,
\$90/90 minutes

CPR

Heartsaver: Designed for those wanting to learn CPR to help family members and friends. To register, contact Robbin at 225-3601, ext.46

Date:

Saturday, February 16

Time:

1:00 - 3:30 pm

Fee:

\$40

BLUE COURT GRILL

Our restaurant is fast, friendly and fun and the menu appeals to all. Grab your kids or your group and come and enjoy.

Hours:

Mon. - Thurs. 11:00 am - 9:30 pm
Fri. & Sat. 11:00 am - 3:00 pm

COOL DOWN CAFÉ

Stop by our Cool Down Cafe for a coffee or smoothie after your workout. Try the wide selection of smoothies, gourmet coffee drinks and teas.

Hours:

Mon. - Thurs. 5:30 am - 7:30 pm
Friday 5:30 am - 2:00 pm
Saturday 7:30 am - 1:30 pm
Sunday Closed

PRO SHOP

Where can you find the best in exercise fashion and equipment? The LRAC Pro Shop carries a wide variety of the latest racquets, tennis and fitness apparel, swimwear, shoes and accessories.

Hours:

Mon. - Thurs. 8:00 am - 8:00 pm
Friday 8:00 am - 4:00 pm
Saturday 8:00 am - 4:00 pm
Sunday 1:00 pm - 4:00 pm

IHRSA PASSPORT

As an LRAC member, when you travel, you are eligible to receive guest privileges, at participating IHRSA Clubs. Visit the Membership Office for details about the Passport program. Guest fees may apply.

CancellationPolicies

In order to avoid being charged for a cancellation, please adhere to the following notification procedures:

Personal and Pilates Training Sessions:

Contact your trainer 24 hours prior to the start of your session.

Tennis Lessons: Contact the Tennis Desk by 12:00 pm the day before your lesson.

Massage Appointments: Contact the Tennis Desk 6 hours prior to the start of your massage.

Adult ProgramGuide

LITTLE ROCK ATHLETIC CLUB



Strive SmartStrength

8-PIECE CIRCUIT TRAINING PROGRAM UPPER WEIGHT FLOOR

Make your workout work for you regardless of your fitness level! Build strength, improve endurance and get the benefits of cardiovascular conditioning at the same time! In just 30 minutes, STRIVE's cutting edge equipment helps you build a stronger healthier body!

The foundation of **Smart Strength** is the patented, adjustable, variable-resistance cam technology exclusively available with **STRIVE** strength training equipment.

With **STRIVE**, you experience change in each of the three sets - in the load, in the muscle where you feel the weight and in the exercise motion. Changing the force of the weight enables you to achieve maximum muscle fiber recruitment resulting in a more complete workout in less time. Breaking down the muscle fiber to incremental units is a tremendous advantage when training for pre or post rehabilitation, sport-specific, or even general conditioning since it can also cause neuromuscular confusion, which stimulates the body to grow and to improve.

STRIVE, when positioned in the **1st Set** position offers all of the physiological benefits of traditional strength training equipment. In the **Set #1** position, you feel a relatively normal resistance, as this set is closest to traditional machines. With **Set #1**, as you move through the exercise motion, the weight starts off light, gets heavier in the **middle** and then gets lighter again towards the end. This position targets the muscle fibers in the middle part of the muscle in the same way as all other traditional equipment.

You will feel the **STRIVE** difference when shifting the adjustable cam to **Set #2**. **Set #2** overloads at the **end** of the exercise. As you move through the exercise motion, the weight will continue to get heavier.

Change the cam one more time to **Set #3**, and the overload is felt at the **beginning** of the motion, starting heavy and then getting easier through the rest of the exercise.

Upon completion of three successful sets of equal repetitions with the same weight, it's time for you to increase the weight.

Improved endurance is created as the technique of sequentially fatiguing the central hypertrophy (**the middle of the muscle**), the end of the range of motion (insertion point) and the beginning of the range of motion (**origin point**) requires elevated heart rate support. With high intensity circuit training utilizing an adjustable cam, fewer repetitions are needed to reach desired goals and workout intensity. Best of all, circuit training with **STRIVE** is as easy as 1-2-3!

JANUARY — APRIL 2008

GroupExercise

With over 100 classes to choose from each week, group exercise offers cross training options for every level of fitness. Best of all, they are included in your membership, so feel free to drop by any time! And one last thing - please don't think that Group Exercise classes are only for people with years of dance or aerobics experience. That's simply not the case anymore. Our attendees are as varied as our class offerings. Come try some!

TIPS FOR BEGINNERS

Don't let being new prevent you from trying something that will help you. Everyone was new at some point. The truth is, most people are so focused on what they're doing, they don't even notice slip-ups. Even our instructors mess up; when it happens to you, laugh and continue - nobody cares. In fact, you'll be surprised how quickly you catch on. We recommend letting the instructor know it's your first time to take a class. If you have questions, please call Lisa at 225-3601, ext. 318.

TIPS FOR REGULARS

Variety is the spice of life and a great way to get better results. Challenging yourself with something new is the best way to improve your overall fitness. We understand having favorite classes (and are glad you do) but if you're only taking one kind, you're not getting the most from your Club time. Mix it up.

Group exercise schedules are published monthly. The schedule on our website, www.lrac.com, is always current.

ClubHours

Mon.-Thurs. 5:00 am - 10:30 pm
Friday 5:00 am - 9:00 pm
Saturday 7:00 am - 8:00 pm
Sunday 8:00 am - 8:00 pm
Holidays 8:00 am - 8:00 pm

Personal Training

FITNESS

Personal training is an individualized approach to fitness designed to provide members with time-efficient, safe and highly effective workouts. Lisa, at 225-3601, ext. 318, is available to help you select a trainer or you may schedule directly from this list:

Carla Branch	225-3601, x236
Bryan Broderick	812-5555
Garyn Burton	479-970-7720
Joe Cutrer	225-3601, x460
Nancy DeBin	225-3601, x429
Tracy Donner	247-9725, x404
Tina Glass	225-3601, x404
Wes Hall	417-372-0113
Betsy Kortebein	944-9973
Marcus McCarroll	225-3601, x256
Brittney Patty	944-4028
Janet Roget	225-3601, x234
Clay Sanders	225-3601, x502
Jeff Witherington	225-3601, x255

Private and Semi-Private Sessions

1 person, 60 minutes - \$50
1 person, 30 minutes - \$35
2 people, 60 minutes - \$35 per person

Small Group 60 Minute Sessions

3 people - \$25 per person
4 people - \$20 per person
5+ people - \$15 per person

BASKETBALL

Work with our Basketball Specialist, Marlon Haynes, to improve your play. Call 225-3601, ext. 400, to schedule your appointment. See FITNESS PERSONAL TRAINING above for fees.

BOOT CAMP

This military-style program includes body weight and cardio exercises. Fitness "officers" will take pre and post assessments. Participants should not have physical limitations. Class size is limited. To register, contact Carla at 225-3601, ext. 236.

Days: MWF
Dates: Jan 7 - Feb 8 (5 weeks)
Feb 18 - Mar 21 (5 weeks)
Mar 31 - Apr 25 (4 weeks)
Time: 5:45 - 6:45 am
Fee: 5 week sessions - \$225
4 week sessions - \$180

PILATES

Enhance your mat practice with equipment work. Pilates equipment can also help speed recovery of soft tissue injuries. For more information, contact Lisa at 225-3601, ext. 318, or schedule directly by contacting our Pilates trainers.

Susan Campbell 225-3601, x456
Victoria High 225-3601, x777
Barbara Sarnataro 225-3601, x401
Julia Taylor 225-3601, x455

1 person, 60 minutes - \$55
1 person, 30 minutes - \$40
2 people, 60 minutes - \$40 per person

YOGA

Practice yoga to achieve mind-body health, relaxation and stress management. We recommend private sessions if you are new to yoga, have a physical condition that needs special attention or you want to improve your personal yoga practice. Call Lana Bienvenue at 224-1312 to schedule.

Fee: \$50 per hour

BURN 30/30

Each sweat drenched session led by Betsy Kortebein combines thirty minutes of cardio intervals (either treadmill or elliptical) with thirty minutes of energetic strength training. The program is designed for all levels of fitness, with speeds designed for walkers, joggers and runners. Participants are strongly encouraged to wear a heart monitor. To register, call Lisa at 225-3601, ext. 318.

Session I:
MW, January 7 - 30

Session II:
MW, February 11 - March 5

Session III:
MW, March 31 - April 23

Time: 11:30 am - 12:30 pm
Place: Meet at the Front Desk
Fee: \$120 per session

Intro Offers

THE WEIGHT FLOOR

Does the Moomba Maze look easier to navigate than the weight room floor? Meet with a Fitness Staff member for a complimentary equipment orientation. You'll learn why and how the machines are sequenced, be fitted on a variety of them and receive tips on proper form and technique. Our Fitness Staff member will document a basic workout for you. To schedule, contact Robbin at 225-3601, ext. 463.

PILATES

Learn proper Pilates mat technique by taking the Beginner Series. It meets twice a week for four weeks starting January 8 or February 5. January classes are offered on Tuesdays and Thursdays at either 10:00 am or 6:00 pm. To register call Lisa at 225-3601, ext. 318.

Fee: \$20

GROUP CYCLING

Learn the basics of group cycling on Saturday, January 19, at 11:00 am. You'll learn how to adjust your bike, ride in cadence and understand intensity levels. Reserve your space by calling Lisa at 225-3601, ext. 318.

Try Racquetball

LESSONS & CLINICS

We offer beginning racquetball clinics and private instruction from Chad Whisenant, Certified Racquetball Professional. To schedule, call 831-2035.

Private Lessons: \$25/hour

LEAGUES

Join our racquetball leagues - all levels are welcome. Participants play once a week at a specified day and time. For more information, contact Chad at 831-2035 or chadwhisenant@comcast.net.

Fee: \$30 per league

Nutrition Needs

The Club offers a full "menu" of nutrition services. Our nutrition coach, Aaron Anderson, RD, provides both individual counseling and group classes.

ONE ON ONE

In a one on one consultation, you and Aaron will review your food log. During your meeting, Aaron will answer questions, make recommendations for diet modifications and provide a brief nutrition lesson. Fee: \$45 per session

Wellness Testing

FITNESS

Establish a baseline fitness level or check to ensure you're improving all aspects of your health. We'll measure blood pressure, heart rate, body fat, aerobic fitness, flexibility and muscle endurance. You'll leave with a report and recommendations.

Complete evaluation - \$30
Individual tests - \$7 each

METABOLISM

Eating too much or too little? Find out the number of calories you burn at rest each day and an estimate of the number you should consume based on your activity level. Learn what too few can do to your metabolism and how to make adjustments depending on your exercise routine.

Body Gem - \$45

BODY COMPOSITION

Your overall weight is a combination of your lean body mass and your fat mass. "Fit" men and women have body fat percentages in the 10-22% and 18-30% range, respectively. Have yours tested to see how you compare.

3-site skinfold test - \$7
Futrex infrared technology - \$5

Cancer Well-fit

CARTI and the LRAC sponsor this 10 week exercise program exclusively for cancer patients. This class meets on Tuesdays and Thursdays at 2:00 pm. For information on our next session which begins January 15, contact Lisa at 225-3601, ext. 318.

Physical Therapy

Anne Miskin has been practicing "PT" for over 24 years and has a special interest in and passion for sports therapy. As an accomplished athlete (she has run marathons and even completed the grueling Ironman Triathlon), Anne has a thorough understanding of the painful and/or nagging injuries that beset physically active people. Her goal is to help her clients return to their favorite activities as quickly and painlessly as possible.

Anne's repertoire and training include: Cranio-Sacral Treatment, Muscle Energy, Myofascial Release, massage, joint mobilization and neuromuscular rehabilitation. Appointments with Anne are available at the Club Monday - Friday from 8:00 am - 2:30 pm. Please contact Alex Carle at the Front Desk to schedule yours.

Fees:

15 minute consult: Complimentary
90 minute initial workup: \$120*
60 minute session: \$85*

Place: Wellness Clinic
(next to the Cool Down Café)

*You may charge physical therapy services to your LRAC account. If so desired, Anne will complete a PT "super bill" which you can file with your insurance company for reimbursement.

Martial Arts

AIKIDO

Aikido emphasizes blending with an attacker's force and then redirecting that force to subdue the attacker. This is an adult class, anyone 18 or over is welcome to attend. Aikido meets on Thursday from 7:45 to 8:45 pm.

AIKIDO/JUDO

An open class emphasizing the power, philosophy, and technique of Aikido and Judo. This class meets on Saturdays from 2:30 to 4:00 pm.

Swim Training

FREESTYLE FOR TRIATHLETES

This clinic is designed to help you with the swim portion of your race. Dolphin-Laser Coach, Tay Stratton, will teach you to swim more efficiently, i.e. fluidly with better body position, thus producing faster swims and energy savings for the bike and run. We will discuss training methods, including pace-setting. To register, call Tay at 225-5711.

Dates: Tues. Apr 8 & Wed. Apr 9
Time: 6:30 - 8:00 pm
Pool: LRRC
Fee: \$50 (Members receive a 20% discount.)

MASTERS SWIM

This workout is divided into four levels: Beginner, Intermediate, Triathlete and Advanced. Coaches offer stroke technique advice and motivation. Adults who want to swim for fitness, triathlons or US Masters' Competitions are all welcome. To register, call Tasha Stratton at 225-3601, ext. 310.

LRRC MWF 5:30 - 6:30 am
UALR TuTh 6:00 - 7:00 am
Fee: \$45 per month (Members receive a 20% discount.)

AQUATICS GUIDE

Our Aquatics Guide is your source for all pool and swim related information. This guide is published in March and August and is available at our Club Info Centers, in the Aquatics Office or online at www.lrac.com.

Ballroom Dance

Get your exercise and have your fun with "Latin Louie" Bianco. The only thing required is a partner and two feet. (If both happen to be "left" it's okay!) Class size is limited to 20 participants. Call Lisa at 225-3601, ext. 318, to register.

Salsa/Mambo: Jan 8 - Feb 12
East Coast Swing: Feb 19 - Mar 25
Cha Cha: April 1 - May 6
Day & Time: Tues, 8:15 - 10:00 pm
Fee per session: **Members -**
\$175 per couple
Non-Members -
\$195 per couple

Play Tennis

LEAGUES

Tennis leagues are organized for all levels of play from 8:30 am to 9:00 pm during the week. New players are asked to substitute in order to find a league that best matches their skill level. For more information, contact Sharon at 225-3601, ext. 317.

PRIVATE LESSONS

Schedule private or small group instruction with our tennis professionals by contacting the Tennis Desk at 225-3600.

Phil Mehlin \$54 per hour
Donnie Wallis \$50 per hour
Linda Sneed \$50 per hour
Cancellations must be made by 12:00 pm the day before the lesson to avoid being charged.

BEGINNER LESSONS

We offer four free beginning lessons for adults, who have joined the LRAC in the last six months. Sessions are held on Saturdays and are limited to eight students per group. Class minimums must be met. For more information, contact the Tennis Desk at 225-3600.

PLAY TENNIS QUICK

This eight week introductory program is designed for people new to tennis. Basic stroke technique is introduced as well as scoring, rules, strategy and court etiquette. To register or for more information, contact Linda Sneed or the Tennis Desk at 225-3600.

Days/Times: Thurs, 6:00 - 7:00 pm.
(Call for daytime scheduling.)
Fee: \$80

GRAND SLAM MIXED DOUBLES

Join us for a grand time. Play alternating Friday nights January through April, league format. Levels 2.5, 3.0, 3.5, 4.0 and 4.5. To register call Sharon at 225-3601, ext. 317

Club Championship

Register at the Tennis Desk by 6:00 pm on Tues., Jan. 8. For more information, contact the Tennis Office at 225-3600.

Date: January, 11 - 13
Events: Men/Women, Singles/Doubles, Mixed Doubles, Seniors
Levels: Open, 4.5, 4.0, 3.5, 3.0, 2.5