

# MORE THAN A GYM



# WELCOME TO THE CLUB

Cascade Athletic Club opened its doors for the first time more than 40 years ago. In that time we have grown to three locations that spread across two states and have close to 20,000 members that are actively involved in our clubs.

## GRESHAM: THE FLAGSHIP

Our flagship facility founded in 1977 is still family owned and operated by local owners. The largest of our facilities with 3 indoor acres of fitness, fun, a full-service cafe, an outside water park and recreational facilities. A family friendly facility with a broad spectrum of activities and programs for people of all ages.

### CLUB HOURS

Mon - Fri: 4:30a - 11p  
Sat: 6:30a - 8p  
Sun: 7a - 8p

### FAMILY HOURS

Tue & Thu: 3 - 6p  
Fri: 5p - Close  
Sat: 12 - 5p  
Sun: 12p - Close

## PDX -205

Located at the base of Mt. Tabor, our Cascade 205 facility is a full service athletic club. 205 has been serving families in the Portland area since 1987. Great for busy young families looking for an evening workout or personalized attention from our skilled trainers. A broad spectrum of group fitness classes and small group training make this great for people of all ages.

### CLUB HOURS

Mon - Thu: 5a - 10p  
Fri: 5a - 9p  
Sat & Sun: 7a - 8p

### FAMILY HOURS

Fri: 3 - 6p  
Sat: 1 - 3p  
Sun: 3 - 5p  
Daily: 3 - 6p | Ages 8+ w/Adult cardio and functional floor only

## FISHER'S LANDING

Our newest member of the Cascade family is located in East Vancouver. Modern facilities including three pools and a rock wall make this club unique to the Vancouver area. This family-friendly facility offers activities and programs for those of all ages including senior programs and socials

### CLUB HOURS

Mon - Fri: 5a - 11p  
Sat & Sun: 7a - 8p

### FAMILY HOURS

Wed: 2 - 4p  
Thu & Fri: 5:30 - 7:30p  
Sat & Sun: 1 - 4p

## HOLIDAY HOURS

### **LABOR DAY: MON, SEP 2ND**

All Club Hours: 7a - 8p  
Kids Klub: Closes at 1p  
Morning Group Fitness classes only

### **THANKSGIVING: THU, NOV 28TH**

All Clubs close at 2p  
Kids Klub: Closes at 1p  
Morning Group Fitness classes only

### **CHRISTMAS EVE: TUE, DEC 24TH**

All Clubs close at 3p  
Kids Klub: Closes at 1p  
Morning Group Fitness classes only

### **CHRISTMAS DAY: WED, DEC 25TH**

All Clubs Closed

### **NEW YEARS EVE: TUE, DEC 31ST**

All Clubs close at 6p  
Kids Klub: Closes at 1p  
Morning Group Fitness classes only

### **NEW YEARS DAY: WED, JAN 1ST**

All Clubs close at 6p  
Kids Klub: Closes at 1p  
Morning Group Fitness classes only

*HAPPY  
HOLIDAYS!*



- FROM CAC



CascadeAthleticClubs

[cascadeac.com](http://cascadeac.com)



@caclubs

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# AQUATICS

## ADULT SWIM LESSONS

Ages 16+ | Register online or at the Welcome Center before the session begins

GRESHAM:

Beginners: Tuesdays from 10 - 10:40p  
 Triathlon Training: Tuesdays from 10:50 - 11:30a

FISHER'S LANDING:

Beginners: Saturdays from 9:30 - 10:10a  
 Intermediate: Tuesdays from 6:00 - 6:40p

GRESHAM SESSIONS:

Week of:  
 SI: 9/10 - 10/15  
 SII: 10/22 - 11/26  
 SIII: 12/3 - 1/7

FISHER'S LANDING SESSIONS:

Week of:  
 SI: 9/7 - 10/12  
 SII: 10/19 - 11/23  
 SIII: 11/30 - 1/4

PRICING PER SESSION:

\$60/\$76  
 Mem/Non-Mem

## PRIVATE SWIM LESSONS

Offered at all three locations: Gresham | Fisher's Landing | PDX - 205  
 Two class length options: Six-30min classes or Four-45min classes.  
 Please use the request form found at the Welcome Center. Instructors are limited, so there is often a wait list.

PRICING: (per person)

One Person: \$150/\$260  
 Two Persons: \$95/\$155  
 Three Persons: \$85/\$135  
 Mem/Non-Mem



## AQUA CLASSES

Aqua Fitness Classes provide a great cardiovascular workout that is soft on joints. Classes can be modified to meet all abilities and fitness levels. Participants improve agility, flexibility, and range of motion. The additional bonus found in these classes is the camaraderie shared by the participants which often leads to lasting friendships.

Please go to [cascadeac.com](http://cascadeac.com) for the up to date schedule for your location.

## WATER VOLLEYBALL

Offered only at our PDX - 205 location. Drop in play where all CAC members are welcome. Our all levels, pick-up water volleyball games are both fun and challenging. A great workout in the water with low impact on the joints.

DAYS & TIMES

Wednesdays: 7:45 - 9:45p  
 Fridays: 7 - 8:45p  
 Sundays: 6:30 - 7:45p



## 40+ 4-ON-4 OPEN PLAY

Offered at our Gresham location for members ages 40+ and is a FREE program with membership. No sign up required to participate in this program.

### DAY & TIME

Tuesdays: 5 - 7:30p

## MEN'S 4-ON-4 LEAGUE

Leagues are offered at Gresham. Our Cascade round robin play includes weekly games, playoffs and pizza party after the conclusion of each season. Players may sign up as individuals or as a team. Rosters must be turned into the director prior to the start of each season.

Fall Leagues begin September 26th.

### REQUIREMENTS TO PLAY

Ages: 18 and up (16 & 17 year olds may play with the director's approval)

ALL "non-members" must be sponsored by a member

### PRICING:

Gresham Member	\$15
Fisher's Landing/205 Member	\$35
Non-Member	\$50

### DAY & TIME

Thursdays: 6 - 10p

QUESTIONS: Contact Brian Ancheta [racquetball@cascadeac.com](mailto:racquetball@cascadeac.com)

## PRIVATE TRAINING

Coached by DJ Shaw at our Gresham location. All sessions are one hour in length for individual and group training. DJ has been training basketball players of all levels for over 14 years. He has conducted training sessions all over the U.S. as well as internationally. He enjoys seeing basketball players fulfill their potential on and off of the court.

SCHEDULE: [basketball@cascadeac.com](mailto:basketball@cascadeac.com)

### PRICING: (per person)

Single Session One Person	\$55/\$70
6pk One Person	\$270/\$360
Single Small Group Training	\$35/\$40
6pk Small Group Training	\$180/\$210
	Mem/Non-Mem



# FITNESS

## BODY COMPOSITION ASSESSMENT

Offered at our Gresham and Fisher's Landing locations. Go beyond your bathroom scale with our state of the art body composition scale. Discover what your scale won't tell you – fat, lean body mass, and body water. This analysis will help us design a fitness routine that will help you accomplish your health goals.

### PRICING:

Single Test: \$30    Two Tests: \$50    Four Tests: \$80

## GROUP FITNESS CLASSES

Offered at all our locations find the most up to date schedule for your location on our website at [cascadeac.com](http://cascadeac.com). Group Fitness classes are a great way to make friends, get active and be more involved in your fitness journey.



Activate Your Life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility, all in a supportive group environment, with motivating music and caring instructors. Get more out of life, Get Active! (60 min)



BLAST OFF your workout with 60 min of cardio training that uses The STEP in highly effective, athletic ways. Group Blast will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST! (60 min)



Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy (60 min)



Let's get HARD CORE! Train like an athlete in 30 action packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, prevent back pain & give you ripped abs. Motivating instructors & music will coach you through functional & integrated exercises using your body weight, a weight plate, a towel & a platform – all to challenge you like never before. REACH YOUR PEAK with Group Core! (30 min)



If you can move, you can Groove. You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you Get A Move On! with Group Groove. (60 min)



Group FIGHT brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out! (60 min)



Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power! (60 min)



Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On! (60 min)



Get fitter in only 30 minutes! It's as easy as riding a bike & in R30, riding a bike has never been better. Burn Calories, improve muscular & build cardio fitness as you ride with surges, short intervals, power and end with a rush. Inspiring music & motivating coaches will ensure that everyone Finishes First! (30 min)

## ZUMBA

Ditch the Workout, Join the Party! ZUMBA is a fusion of Latin and International music – dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. (60 min) Offered at Fisher's Landing Only.

## ZUMBA GOLD

Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula & modifies the moves & pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit & healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia & reggaeton; the exhilarating, easy-to-follow moves; & the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement & fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly & most of all, fun. (45 min) Offered at Portland 205 Location only.

## GROUP FITNESS LAUNCH

All are welcome including member guests to this free event. Come and learn the new quarter format or enjoy a great way to introduce yourself to group fitness.

SATURDAY, OCTOBER 19TH, 2019

# BARRE

## WHAT IS BARRE

New to Cascade Athletic Clubs Fisher's Landing location, Barre Above™ is a full body workout that is sure to get you moving better than before. "Barre Above™ fuses the very best of pilates, yoga, aerobics, and strength training. You don't need to worry about dance experience. Barre Above™ is barre for all bodies! Classes include modifications for any fitness level, so you can feel successful while achieving an amazing workout that will lengthen, strengthen and tone your body."

## WHEN IS IT

This new and exciting class begins the week of September 16th, 2019. Watch for class days and times coming soon.

\*Included with Membership



# CIRCUIT TRAINING

## HOW IT WORKS

Circuit training is a total body high intensity workout with low weight and high rep intervals. You will circuit through 12 - 15 stations for one min each 2x through. We work upper body, lower body, core and cardio endurance building lean muscle tone and all around total body strength. Not only will you get a great workout, you will have lots of fun doing it as well.

Offered at Fisher's Landing | Wednesdays from 5:30 - 6:30a | Coached by Mel | \$12.95 per class

\*Sign up at the Training Desk

# HIIT FUSION

## HOW IT WORKS

Change up your training with 6 weeks of this 60 minute fusion High Intensity cardio, strength and ROM intervals! Professional guidance, custom modifications, keeping your individual goals as a priority while training with a fun motivational group!

OFFERED AT PDX - 205 | THURSDAYS

\*No class on Thanksgiving

FALL SESSIONS:

SI: 9/12 - 10/17

SII: 10/25 - 12/5

PRICING:

\$75 per session

# HEALTH COACHING & WEIGHT LOSS

Predictable and duplicatable program for weight loss and health transformation. We work with you to devise a plan on how to get you to your goals and continue to be your biggest cheerleader along the way.

## HOW HEALTH COACHING WORKS

### Your Coach

As Health Coaches we are the lifeblood of the program, one of the biggest differences we offer. Study after study shows that support and guidance increase your chances for success in reaching your optimal weight. No matter what you're facing, your Coach will be here to help steer you to success. Your Coach will come alongside you and celebrate all the little victories that add up to the big ones!

### Your Journey

We succeed where other programs fail because we incorporate Healthy Habits in everything we do. Cascade's approach is radically different. The Habits of Health system will help you learn and adopt new healthy habits in bite-sized pieces we call micro habits, which lead to Lifelong Transformation, One Healthy Habit at a Time™. The Habits of Health is an innovative lifestyle approach that gets your mind and body working together to work for you. It helps you replace unhealthy habits with healthy ones that contribute to your long-term success.

### Your Team

Our community offers many forms of support including live and recorded video conferences and calls, nutrition support, client-focused groups, online help and much more. When you succeed, your transformation will be an inspiration to others. You can show others the way by paying it forward so they can also transform their lives. We believe in your potential, and we help you build a life around what matters to you most.

### Your Nutrition

Our programs work because it's simple and easy to follow. Five of your daily meals (fuelings) are included in your program. You'll choose from more than 60 delicious, convenient, nutritionally interchangeable, scientifically-designed Fuelings. Your body will enter a gentle, but efficient fat-burning state, essential for losing weight. Our proprietary products and programs are based on more than 37 years of experience, have been used by more than 1 million Clients and recommended by more than 20,000 doctors since its founding. In addition to five fuelings per day eaten every 2 to 3 hours, you'll learn another healthy habit, how to make a lean and green meal for you and your family. When you know what optimal nutrition looks like, healthy eating becomes second nature.

## HEALTHY HAPPY HOUR

To help you achieve better health we offer free one hour healthy happy hours where you and your guests can come and learn about how to lose weight and keep it off!

### DAYS AND TIMES AT GRESHAM LOCATION

Tuesday, September 10th - 6:00p

Tuesday, October 8th - 6:00p

Tuesday, November 12th - 6:00p

- Success Stories
- Healthy Recipes and Tastings
- Tips for Weight Loss and Maintenance
- Friends, Fun, Delicious

# HEALTH COACHING & WEIGHT LOSS

## FALL 8 WEEK SLIM DOWN

Proven Weight Loss Results - An Easy to Follow Nutritional Program

Entry Dates: September 9th - 20th

Starts: September 16th - 30th

Ends: November 11th - 26th

Prizes - A Coach - A Program - A Free Body-Fat Composition - Results

### WE PROVIDE

- Personal Health Coach Guidance
- 3 Different Plans to Achieve a Healthy Fat Burning State
- 4 Weeks of Nutritionally Balanced Products for 5&1 Program
- 3 InBody, Body Compositions to Determine Accurate Body Fat
- Healthy Happy Hours, Community, Healthy Recipes, Tips for Reaching Goals
- Exercise Guidance

### YOUR PART

- Get enrolled: \$299 Entry for New Optavia Clients
- Products for weeks 5 through 8 are approximately \$13.85 per day
- Connect With Your Health Coach
- Have Fun & Slim Down
- Stay Engaged

Ask to speak to a Health Coach by calling the Gresham location at 503-665-4142 or the Fisher's Landing location at 360-597-1100

You may also contact Team Leader Doug Gabbert at 503-665-4142 ext. 254 or [doug@cascadeac.com](mailto:doug@cascadeac.com)



## PAINT & SIP and POUR & SIP

### WHEN & WHERE

Stay tuned for dates, times, and locations where you can participate in this fun and relaxing experience!

Cascade Athletic Clubs is proud to partner with local businesses to provide our members with a more well rounded healthy life. Try one of our trusted partners to help you refocus your health journey.

## GRESHAM LOCATION

Cascade Acupuncture and Massage is a “husband & wife” partnership with twenty-five years experience. They provide massage, acupuncture; healing modalities for effective life stress management, general wellness, and for treatment of all types of injuries and pain. Everyone has within themselves the capacity to improve the quality of their health; Our gift is in facilitating your return to greater life vitality and joy. So there is always inherent the promise of feeling better!

Contact: 503-293-6691 or visit [cascadeacumassage.com](http://cascadeacumassage.com) to learn more.

## FISHER’S LANDING LOCATION

Amy Knight, the owner of Urban Retreat Massage at Cascade athletic club FL and FloatWell Whole Body Wellness Spa in Vancouver, WA has over 16 years experience in Therapeutic Massage. Her experience entails therapies for mobilization, range of motion, and treatment of fatigue & soreness. Pregnant women, athletes, and health seekers needing whole body restoration through massage therapy and/or wellness services may contact Amy Knight

Contact: 360-852-1210

# PHYSICAL THERAPY

Cascade Athletic Clubs is proud to partner with local businesses to provide our members with a more well rounded healthy life.

## GRESHAM LOCATION

Cascade Physical Therapy is a privately owned independent Physical Therapy practice, located within CAC and we have been helping people heal since 1987.

Contact: 503-669-2500 or visit [greshamphysicaltherapist.com](http://greshamphysicaltherapist.com) to learn more.

## PDX - 205 LOCATION

At Cascade 205 Orthopedic and Sports Physical Therapy “we will provide the highest quality of service and care to our patients in a nurturing environment that promotes activity, exercise and good health.”

Contact: 503-255-1500 or visit [pdxpt.com](http://pdxpt.com) to learn more.

## FISHER’S LANDING LOCATION

Adventist Health Physical Therapy - Vancouver is a great clinic to help you achieve your health goals.

Contact: 360-882-6894 or visit [adventisthealth.org](http://adventisthealth.org) to learn more

# PERSONAL TRAINING

Cascade Athletic Clubs is happy to be able to help its members get the most out of their membership and progress the best in their fitness journey. To help you achieve your goals we have personal trainers who will work with you to help tailor a program to your needs to produce the best results. Offered at all our locations we have private, partner, and small group training sessions.

## HOW TO GET STARTED

Visit the Welcome Center to fill out a [Fitness Request Form](#). You can either schedule your session at the Welcome Center or once the Fitness Request form is fill out our Fitness Director will call you back getting you set up with a trainer that best fits your needs.

## PERSONAL TRAINING OPTIONS

Available Monday – Saturday

**ONE-ON-ONE:** Meet with the trainer of your choice to achieve results.

Prices vary | Offered at all Cascade Locations

**PARTNER TRAINING:** Grab a friend or two for an action-packed training session

Prices vary | Offered at all Cascade Locations

**TRIBE TEAM TRAINING:** Offered at Gresham and Fisher's Landing

Coming to PDX - 205 in November of 2019!

**CYCLE:** Offered at PDX - 205

\*Non-Members are welcome to invest in a Personal Trainer.



## COMPLIMENTARY TRAINING

During Complimentary Trainings we promise an in-depth interview of goals both past and present, to get you moving (cardio/strength/core) and something new for you!

### New Members Only:

1 Complimentary 1 hour personal training session included with becoming a member here at Cascade Athletic Clubs.

\*excludes Medicare memberships

### Current Members:

1 Complimentary 30 minute assessment training session to realign your fitness goals for each year you are a member at Cascade Athletic Clubs.

\*excludes Medicare memberships

Both New Members and Current Members can sign up for their complimentary training at the Welcome Center.

## MY ZONE

"Myzone is an innovative wearable heart rate based system that uses wireless technology to accurately and conveniently monitor physical activity. Myzone delivers a fully connected solution for fitness club operators and is respected as the fitness industry's wearable of choice. It is successful due to its accuracy at 99.4%. This is the tool for anyone who wants an accurate, competitive, gamified and motivating wearable.

LAUNCHING SEPTEMBER 1ST, 2019

# EVERYBODY NEEDS A COACH

# PICKLEBALL



Pickleball is designed to be easy to learn and play whether you're five, eighty-five or somewhere in between. It is enjoyed by people of all ages and athletic abilities thanks to its ease of play and straightforward rules. In some ways it's a combination of tennis and badminton, and along with sports such as table tennis and racquetball. Play at Cascade on our indoor or outdoor tennis courts at Gresham or in the gym at Fisher's Landing. Nets, paddles and balls available to use at the Welcome Center.

## GRESHAM LOCATION

Court 5 indoors & court 6 outdoors. Courts must be booked to use. Courts may be reserved by Tennis Members up to 2 days in advance. All other Members must sign up for courts the day of by contacting the Welcome Center. Paddles and balls available to check out at the Welcome Center.

### OPEN PLAY:

Monday: 1 – 3p  
Wednesday: 9 – 11a  
Friday: 12 – 2p

### AVAILABILITY:

Pickleball is available to Tennis Members, Non Tennis Members and Senior All Access Members.

## FISHER'S LANDING LOCATION

The gym is reserved during the times below for open play as well as paddles and balls available to check out at the Welcome Center.

### OPEN PLAY:

Monday: 12 – 2p  
Wednesday: 12 – 2p  
Friday: 12 – 2p

### AVAILABILITY:

Pickleball is available to all Members.

# PING PONG

## GRESHAM LOCATION

If you are interested in playing ping pong, please join our CAC Member led crew in the dance studio in Gym 1 at Gresham. Open hours listed on the dance studio window. Beginners welcome on Thursday. Members and Senior All Access only

Ages 18+ | FREE

Tuesday & Thursday 11:15a – 1:00p

## FISHER'S LANDING LOCATION

Paddles and balls are available for checkout at the Welcome Center when the Cove is not reserved.



# RACQUETBALL

Offered at the Gresham location. Led by the 2014 National Junior Developmental Coach of the year, Brian Ancheta. Our racquetball programs have depth and breadth. From beginners to league play and seniors to juniors, we have a program to fit all needs.

## HEAD DEMO NIGHT

Come join Team Head for an evening of entertainment and racquetball! Demo the new racquets. Members and Guests welcome.

Wednesday, September 25th | 6:00 - 8:00p

## HIGH SCHOOL LEAGUE

For more information contact Racquetball Director Brian Ancheta at 503-665-4142 ext. 222 or [brian@cascadeac.com](mailto:brian@cascadeac.com)

League Season: November - March

## ADULT BEGINNER LESSONS

For adult beginners and those wanting to learn basics.

Wednesdays | 7:00p | 3 Week Sessions

SESSIONS:                      PRICING: Includes Racquet & Eye Guards

SI: 10/2	Member: \$59
SII: 10/23	Non-Member: \$69
SIII: 11/20	

## BEGINNERS CLINIC

Age 16+ | Any Level | 7:00p | FREE

Wednesday, October 16th

Wednesday, November 20th

## CHALLENGE COURT PLAY

Open to All Members | Court 1 | FREE

Monday – Thursday: 5:00 – 9:00p

## RACQUETBALL FALL LEAGUE

Singles & Doubles | Member's Only | Pricing: \$15

Fall Leagues begin September 16th

## PRIVATE TRAINING

ONE HOUR LESSONS – COST PER SESSION

PRICING: (per person)

Single Session One Person	\$36/\$46
6pk One Person	\$175/\$205
Single Two Person	\$23/\$33
6pk Two Person	\$110/\$140
	Mem/Non-Mem

## PRO SHOP

Cascade is proud to be an official HEAD/PENN dealer. For the latest in racquets, balls, eye guards, and accessories and more, come by the Gresham location today.

## RACQUET STRINGING

Come by the Gresham Welcome Center and talk about restringing your racquet today.

# ROCK CLIMBING

Unique to our Fisher's Landing location, the rock wall is not only fun but provides many exercise benefits including improved cardiovascular health, toning muscles or losing weight. Our wall can challenge your strength and give you an exhilarating workout.

## ROCK WALL

Bring your own equipment or rent ours. The wall is open for those who are boulder certified to come in anytime.

### OPEN ROCK CLIMB TIMES:

Tue & Fri: 5:00-8:00p

Sat: 2:00-5:00p

### PRICING:

Equipment rental: \$5 + tax



\*Due to liability, we do not allow Non-Staff to belay.

# TANNING

## THE ELECTRIC BEACH

Offered at Gresham and PDX - 205 locations we offer tanning available by appointment only. Reservations may be made at the Welcome Center the day of, during your next Club visit or by calling us and reserving a time.

### TANNING FEES

10 Tans: \$35(+ Tax)

20 Tans: \$60(+ Tax)

30 Tans: \$75(+ Tax)

# TEXAS HOLD'EM

Offered at our Gresham location, Texas Hold'em has become the world's most popular poker game in both casinos and online. Join Pit Boss, Kim Becker and our fun and enthusiastic players every Third Thursday of the month (except December) at Gresham for a rousing game of cards. Points are accumulated each month with the top 10 players invited to play in the finals in December. Dinner and drink specials available beginning at 5:30p.

## RULES & REGULATIONS

- Meets 3rd Thursdays starts at 6:30 at Gresham
- \$10/Player Pre-Register each time at the Welcome Center.
- Must be 18 and older to play
- Pit Boss-Kim Becker



# TENNIS

With 5 indoor courts and 3 outdoor, tennis is alive and thriving at Cascade Gresham. From City League matches to USTA teams, we have a group for you. We offer private lessons, small group clinics and junior classes to enhance your playing experience. Contact tennis pro, Anders Bergkvist today to find out how we can help you reach peak potential and have fun.

## WEEKLY CLINIC

Join our USPTA certified staff on court for some great adult clinics. We'll work on stroke technique, singles and doubles strategy and footwork through drills and game playing. Sign up weekly at the Welcome Center for all clinics. Drop-ins are welcome if space permits.

<u>LEVEL:</u>	<u>DAY:</u>	<u>TIME:</u>	<u>TENNIS MEMBER PRICING:</u>	<u>NON-MEMBER PRICING:</u>
Cardio Tennis	Tuesday	6 - 7p	Free	\$16
Men's Night	Wednesday	6:45 - 7:45p	\$12	\$24
3.0	Saturday	9:30 - 11a	\$18	\$28

## DOUBLE FLIGHTS

Monthly program which includes 90 minutes of doubles, rotating partners after each set. The top game winners each week move up to a higher court. Sign up monthly through the Tennis Office.

<u>FLIGHT:</u>	<u>DAY:</u>	<u>TIME:</u>	<u>TENNIS MEMBER PRICING:</u>
Men's 3.0	Tuesday	6:30 - 8p	\$8/month
Men's 4.0	Tuesday	8 - 10p	\$8/month
Ladies 3.5	Monday	6:30 - 8:30p	\$8/month

\*Price increases to \$10/month for months that are 5 weeks long.

## OPEN (DROP IN) PLAY

All levels of play are welcome for Open Play events and are FREE for tennis members.

<u>LEVEL:</u>	<u>DAY:</u>	<u>TIME:</u>	<u>TENNIS MEMBER PRICING:</u>
Ladies Day	Monday	9 - 11a	FREE
Men's Night	Wednesday	7:45 - 9:30p	FREE
Senior Play	Monday	11a - 12:15p	FREE

## CITY LEAGUE TEAM PRACTICES

Available for all City League Teams. \$14/player(min 6 players). Contact Anders to schedule a team practice.

Tennis Ball Machine Fees:

\$8 Court time or purchase an unlimited card for 3 Months – \$75 | 6 Months – \$130 | 1 Year – \$225

## PRIVATE TRAINING

<u>SINGLE PERSON PRICING: (per person)</u>	<u>GROUP 1 HOUR TRAINING: (per person)</u>	<u>SAVE 10% On Package</u>
60min Lesson: \$60/\$70	2 Person Lesson: \$34/\$44	6pk. 60min Lesson
45min Lesson: \$46/\$56	3 Person Lesson: \$28/\$38	\$324/\$378
30min Lesson: \$34/\$44	4 Person Lesson: \$23/\$33	Mem/Non-Mem
Mem/Non-Mem	Mem/Non-Mem	

# TRIBE TEAM TRAINING

TRIBE Team Training™ offers something for everyone. Matching your preferred training style with our certified coaches, results are achievable. Get fit with TRIBE Team Training™ – Small group training that delivers results and helps achieve your personal fitness goals. TRIBE Team Training™ is sophisticated personal training programming delivered in a team environment. It offers members a cost-effective way to get expertise, guidance and world-class coaching. TRIBE Team Training™ is delivered in six week seasons with a week’s recovery (Trial Week for new members) in between each season.

## HOW TRIBE WORKS

A new Tribe season is released every 6 weeks with new exercises, new music and new workout formulas. At TRIBE Team Training™ you never repeat a workout meaning you will achieve more.



### MEMBER PRICING:

6-Week Season: \$149

### NON-MEMBER PRICING:

6-Week Season: \$194

## TRIBE FIT

TribeFIT™ will make you functionally fit by combining athletic aerobic movements with functional strength exercises that will have you looking and feeling amazingly fit. Inspirational TribeFIT™ Coaches and powerful music will be with you every step of the way, coaching and motivating you to new levels of strength and fitness season after season.

## TRIBE LIFE

TribeLIFE™ will make you functionally fit for what ever challenge life throws at you. It combines low impact aerobic movements with functional strength exercises as well as core and flexibility exercises that will give you renewed energy to take on more of what life has to offer.

Low impact functional exercise refers to exercise that is not strenuous on the joints. However TribeLIFE™ will ensure you maintain the correct intensity during workouts needed to decrease body fat, increase energy levels, achieve cardiovascular fitness and increase functional strength. Inspirational TribeLIFE™ Coaches and encouraging music will be with you every step of the way coaching and motivating you to new levels of health and fitness season after season.

## SCHEDULE

### GRESHAM:

M & W | 6:00a | LIFE  
M & W | 8:30a | FIT  
M & W | 8:30a | LIFE  
M & W | 9:30a | FIT  
M & W | 11:45a | FIT  
M & W | 5:00p | FIT  
M & W | 6:00p | FIT  
M & W | 6:00p | LIFE  
M & W | 7:00p | FIT

### GRESHAM:

T & TH | 6:00a | FIT  
T & TH | 9:45a | FIT  
T & TH | 10:45a | LIFE  
T & TH | 4:00p | FIT  
T & TH | 5:00p | FIT  
T & TH | 6:00p | FIT  
T & TH | 6:00p | LIFE  
T & TH | 7:00p | FIT

### FISHER’S LANDING:

M & W | 6:00a | LIFE  
M & W | 9:30a | FIT  
M & W | 10:30a | LIFE  
M & W | 5:30p | LIFE

### FISHER’S LANDING:

TU & F | 5:30a | FIT  
TU & F | 6:30a | FIT

### FISHER’S LANDING:

T & TH | 10:00a | FIT  
T & TH | 5:30p | FIT



Coming to PDX - 205 in November of 2019!

# AQUATICS - GRESHAM

## YOUTH SWIM LESSONS

\*Sessions include (6) forty minute lessons  
\*Register online or at the Welcome Center.

\*\$5 discount when registered at least 1 week in advance.  
\*Some classes may be combined based on enrollment.

### WEEK DAY SESSIONS: MONDAY/WEDNESDAY

SI: 9/9 - 9/27      SIV: 11/11 - 11/29  
SII: 9/30 - 10/18      SV: 12/2 - 12/20  
SIII: 10/21 - 11/8

### SATURDAY SESSIONS

SI: 9/7 - 10/12  
SII: 10/19 - 11/23  
SIII: 11/30 - 1/4

### PRICING PER SESSION:

\$60/\$68/\$76  
Mem/Par-Mem/Non-Mem

**\*NO Make-ups available. | Cancellations are fully refundable if done at least 7 days in advance.**

## CLASS DESCRIPTIONS & INFO

Starfish | Ages 0 - 3 | Sat: 9:30a

Work with parent and child on water adjustment and appropriate water safety skills.

PS - 0/1 | Ages 3 - 5 | Mon/Wed: 4:30p | Sat: 10:10a

For the non-swimmer. Provides water adjustment activities, safe entry/exit, assisted front and back floats and glides, kickboard/noodle skills. May be able to put their face (including eyes) in the water and blow bubbles for 5 seconds.

PS - 2/3 | Ages 3 - 5 | Mon/Wed: 5:10p | Sat:10:50a

Must be comfortable in water and able to front glide with kick (steamboat) for 5 feet unassisted. May be able to crawl stroke without breathing for 20 feet and kick on back for 20 feet unassisted.

LV 1/2 | Ages 6+ | Mon/Wed: 5:50p | Sat: 11:30a

For the non-swimmer. Provides water adjustment activities, safe entry/exit, front & back floats and glides, kickboard/noodle skills. May be comfortable in water and able to front glide with kick (steamboat) for 10 feet unassisted.

LV 3+ | Ages 6+ | Mon/Wed: 6:30p | Sat: 12:10p

Must be able to crawl stroke without breathing 30 feet, and kick on back 30 feet unassisted. May be able to crawl stroke with breathing 20 yards, back crawl 20 yards (half the length of pool min). May be able to crawl stroke with breathing 25 yards and back crawl 25 yards min (length of the pool).

## PRIVATE SWIM LESSONS - all locations

**Offered at all three locations: Gresham | Fisher's Landing | PDX - 205**

Two class length options: Six-30min classes or Four-45min classes

Please use the request form found at the Welcome Center to sign up.

### PRICING:(per person)

One Person:            \$150/\$170/\$260  
Two Persons:         \$95/\$100/\$155  
Three Persons:       \$85/\$95/\$135  
                                 Mem/Par-Mem/Non-Mem

\*To receive Member pricing, child must have a Kids Annual Membership

YOUTH PROGRAMS



# AQUATICS - FISHER'S LANDING

## YOUTH SWIM LESSONS

\*All classes that are scheduled on Thanksgiving will be held on Friday

\*Sessions include (6) forty minute lessons \*\$5 discount when registered at least 1 week in advance.

\*Register online or at the Welcome Center. \*Some classes may be combined based on enrollment.

### WEEK DAY SESSIONS: MON/WED OR TUE/THU

SI: 9/9 - 9/26 SIV: 11/11 - 11/28

SII: 9/30 - 10/17 SV: 12/2 - 12/19

SIII: 10/21 - 11/7

### MON or SAT SESSIONS

SI: 9/7 - 10/12

SII: 10/19 - 11/23

SIII: 11/30 - 1/4

### PRICING PER SESSION:

\$60/\$68/\$76

Mem/Par-Mem/Non-Mem

**\*NO Make-ups available. | Cancellations are fully refundable if done at least 7 days in advance.**

## CLASS DESCRIPTIONS & INFO

Starfish | Ages 0 - 3 | Mon/Wed: 4:30p

Work with parent and child on water adjustment and appropriate water safety skills.

PS - 0 | Ages 3 - 5 | Mon/Wed: 4:30p | Tue/Thu: 4:00p | Sat: 10:10a

For the non-swimmer. Provides water adjustment activities, safe entry/exit, assisted front and back floats and glides, kickboard/noodle skills.

PS - 0/1 | Ages 3 - 5 | Monday: 10:30a

For the non-swimmer. Provides water adjustment activities, safe entry/exit, assisted front and back floats and glides, kickboard/noodle skills. May be able to put their face (including eyes) in the water and blow bubbles for 5 seconds.

PS - 1 | Ages 3 - 5 | Mon/Wed: 4:30p | Tue/Thu: 4:00p | Sat: 10:10a

For the non-swimmer who can put their face (including eyes) in the water and blow bubbles for 5 seconds.

PS - 2 | Ages 3 - 5 | Mon/Wed: 5:10p | Sat: 11:30a

Must be comfortable in water and able to front glide with kick (steamboat) for 5 feet unassisted.

PS - 2/3 | Ages 3 - 5 | Monday: 11:10a | Tue/Thu: 4:40p

Must be comfortable in water and able to front glide with kick (steamboat) for 5 feet unassisted. May be able to crawl stroke without breathing for 20 feet and kick on back for 20 feet unassisted.

PS - 3 | Ages 3 - 5 | Mon/Wed: 5:50p | Sat: 10:50a

Must be able to crawl stroke without breathing for 20 feet and kick on back for 20 feet unassisted.

LV 1 | Ages 6+ | Mon/Wed: 5:10p | Tue/Thu: 4:40p | Sat: 10:50a

For the non-swimmer. Provides water adjustment activities, safe entry/exit, front & back floats and glides, kickboard/noodle skills

LV 2 | Ages 6+ | Mon/Wed: 5:50p | Tue/Thu: 4:00p | Sat: 10:10a

Must be comfortable in water and able to front glide with kick (steamboat) for 10 feet unassisted.

LV 3 | Ages 6+ | Mon/Wed: 5:10p | Tue/Thu: 4:40p | Sat: 11:30a

Must be able to crawl stroke without breathing 30 feet, and kick on back 30 feet unassisted.

LV 4 | Ages 6+ | Tue/Thu: 5:20p | Sat: 11:30a

Must be able to crawl stroke with breathing 20 yards, back crawl 20 yards (half the length of pool min).

LV 5 | Ages 6+ | Tue/Thu: 5:20p | Sat: 10:50a

Must be able to crawl stroke with breathing 25 yards and back crawl 25 yards min (length of the pool).

SHARKS | Level 6+

Mon/Wed: 5:50 - 7:05p | Sat: 8:30 - 9:30a

For those beyond swim lessons who would like to continue working on their skills.

SHARK SESSIONS:

Mon/Wed Sessions:

SI: 9/7 - 10/19

SII: 10/26 - 12/7

Saturday Session:

SI: 9/7 - 12/7

SHARKS PRICING: (per session)

\$205/\$225/\$245

Mem/Par-Mem/Non-Mem

# BASKETBALL

## BASKETBALL CAMP

Skills trainer, DJ Shaw will lead players in a skill focused progressive curriculum to increase basketball competency and confidence. Fun and challenging for all levels.

Stay tuned for dates, times, and locations for this great camp!

## PRIVATE TRAINING

Coached by DJ Shaw at our Gresham location. All sessions are one hour in length for individual and group training. DJ has been training basketball players of all levels for over 14 years. He has conducted training sessions all over the U.S. as well as internationally. He enjoys seeing basketball players fulfill their potential on and off of the court.

SCHEDULE: [basketball@cascadeac.com](mailto:basketball@cascadeac.com)

### PRICING: (per person)

Single Session One Person	\$55/\$70
6pk One Person	\$270/\$360
Single Small Group Training	\$35/\$40
6pk Small Group Training	\$180/\$210
	Mem/Non-Mem



# FAMILY HOURS

You and your child can be active together during Family Hours. Children ages 3 - 9 must have a Kids Annual Pass to participate in Family Hours.

## GRESHAM

Tuesday: 3:00 - 6:00p      Saturday: 12:00 - 5:00p  
Thursday: 3:00 - 6:00p      Sunday: 12:00p - Close  
Friday: 5:00p - Close

## FISHER'S LANDING

Wednesday: 2:00 - 4:00p      Saturday: 1:00 - 4:00p  
Thursday: 5:30 - 7:30p      Sunday: 1:00 - 4:00p  
Friday: 5:30 - 7:30p

## PDX - 205

Friday: 3:00 - 6:00p      Saturday: 1:00 - 3:00p  
Sunday: 3:00 - 5:00p  
Daily: 3 - 6p | Ages 8+ w/Adult - cardio and functional floor only



## FITNESS

### YOUTH FITNESS ORIENTATION

Ages 10 - 11 | FREE | Sign up for your Orientation at the Welcome Center.  
- Required if using facilities, must be with a parent

### JR. CERTIFICATION

Ages 12 - 15 | FREE | Sign up for your Jr. Certification at the Welcome Center.  
- Required if using facilities without a parent.

## FIRST FRIDAY NIGHT

Offered at our Fisher's Landing location. Drop your kids off for gym, swim, and play time while you have some adult time.

### PARENTS DATE NIGHT

Ages 6 - 10 | 6:00 - 9:00p  
1st Friday of every month  
\$20 + \$10/extra child (can include 1 Non-family member)

# HOLIDAY CAMPS

## YOUTH CAMP

AGES: 6 – 12 | Offered at Gresham & Fisher’s Landing | Before & after care is available starting at 8:15am.

No school? No problem! Join CAC Camps where we keep your child active while having fun, making memories and new friends.

Wear tennis shoes, sports clothes and bring a towel, swimsuit and a sack lunch.

If your child cannot safely swim the width of the pool, please provide a life jacket. If your child cannot safely swim the width of the pool and does not bring a life jacket they will be unable to swim.  
(min 6 max 30)

Receive \$5 discount if per-registered 1 full week prior. Day of registration only if space and staff available.

YOUTH PROGRAMS

### THANKSGIVING CAMP

#### DAYS & TIMES:

Monday, November 25th  
Tuesday, November 26th  
Wednesday, November 27th  
9:00a - 4:00p | Each day

#### DAY COST:

Member \$50  
Parent Member \$60  
Non Member \$70

#### 3-DAY COST:

Member \$120  
Parent Member \$130  
Non Member \$140

### LAST DAY TO SHOP CAMP

#### DAYS & TIMES:

Monday, December 23rd  
9:00a - 4:00p

#### DAY COST:

Member \$50  
Parent Member \$60  
Non Member \$70

### NEW YEAR CAMP

#### DAYS & TIMES:

Monday, December 30th  
Tuesday, December 31st  
Thursday, January 2nd  
Friday, January 3rd  
9:00a - 4:00p | Each day

#### DAY COST:

Member \$50  
Parent Member \$60  
Non Member \$70

#### WEEK COST:

Member \$150  
Parent Member \$160  
Non Member \$170



Offered at all locations. Kids Klub is child care provided by Cascade Athletic Clubs Staff for children ages 0 -12. Children ages 0 - 24 months are allowed to stay up to 90 minutes. Children ages 2 - 12 years old are allowed to stay up to 2 hours. Kids Klub has an hourly rate which is not included in your monthly membership fees.

PRICING:

1st Child	\$3/hour
2nd Child	\$2.50/hour
Monthly Kids Klub	\$25/child

\*For the Monthly Kids Klub there is a \$10 activation fee per child you add. If you remove your child from Monthly you will have to pay the fee again to put them back on Monthly. There is no activation fee if it is the child's first time being added to Monthly.

## GRESHAM - KIDS KLUB

Monday - Friday: 8:15a - 8:30p  
Saturday: 8:15a - 2:00p  
Sunday: 8:45a - 5:00p

## GRESHAM - KIDS GYM

Ages 4 - 12 | Kids Klub Pricing | Gym 2  
Monday - Thursday: 4:00p - 7:00p  
Saturday: 10:30a - 1:30p

## FISHER'S - KIDS KLUB

Monday - Friday: 8:15a - 8:00p  
Saturday: 7:15a - 1:00p  
Sunday: 8:45 - 1:00p

## FISHER'S LANDING - KID FIT

Grades K - 5th | 60 min classes | FREE | Kids Membership Holders Only  
Monday - Thursday: 5:30 - 6:30p  
Saturday: 9:30 - 10:30a

## PDX - 205 - KIDS KLUB

Monday - Friday: 8:30a - 1:00p  
Monday - Thursday: 3:30 - 8:00p  
Friday: 3:30 - 7:00p  
Saturday: 8:30a - 1:00p  
Sunday: 2:00 - 5:00p



# KIDS MEMBERSHIP

## MEMBERSHIP DETAILS

A Kids Annual Membership is a membership for children 3 - 9 years old.

With this membership your child can participate in Family Hours, receive member pricing on swim lessons, camps, and other child events. This membership also gives you access to the Water Park or Splash Pad all summer long!

Children Ages 10+ can be added to their parent(s) membership.

\*Membership does not include Kids Klub or Kids Gym visit fees.

### PRICING:

\$60/year - per child



## PARTIES

### GRESHAM BIRTHDAY

All Ages | No club rentals for team practices  
Email Party Requests to: [theresa@cascadeac.com](mailto:theresa@cascadeac.com)

#### PARTY PACKAGE INCLUSIONS:

- 2 hours of fun
- A party host to assist
- Includes 20 people total

#### PRICING:

Member: \$155  
Non-Member: \$195

Options available for additional guests and services available.

### FISHER'S LANDING BIRTHDAY

All Ages | No club rentals for team practices  
Email Party Requests to: [katie@cascadeac.com](mailto:katie@cascadeac.com)

#### PARTY PACKAGE INCLUSIONS:

- 2 hours of fun
- A party host to assist
- Includes 20 people total

#### PRICING:

Member: \$155  
Non-Member: \$195

Options available for additional guests and services available.

# RACQUETBALL

## JR RACQUETBALL TEAM TRAINING

Work on strokes, basic strategy, and play as well as prepare for tournaments. No Sign Up required.  
Gresham | Ages 10 – 17 | Weekly | Free | With Cascade Team Coaches

SUNDAYS: 4:00 – 5:00p

## JR BEGINNERS CLINIC

Three week sessions filled with learning new skills, making friends and getting exercise. Taught by our very own Brian Ancheta.

Gresham | Ages 10 - 13 | Tues 6:00 – 7:00p

### SESSIONS BEGIN:

Session 1: 9/24

Session 2: 10/15

Session 3: 11/19

### MEMBER PRICING:

Lesson Only: \$35

Lesson + Racquet + Eyeguards: \$59

### NON-MEMBER PRICING:

Lesson Only: \$45

Lesson + Racquet + Eyeguards: \$69

## PRIVATE TRAINING

ONE HOUR LESSONS – COST PER SESSION

### PRICING: (per person)

Single Session One Person

\$36/\$46

6pk One Person

\$175/\$205

Single Two Person

\$23/\$33

6pk Two Person

\$110/\$140

Mem/Non-Mem



YOUTH PROGRAMS

## SANTA NIGHT

Join us for our annual Christmas Pajama Movie Night. Visit with Santa, join the fun, and then spread out your blankets and enjoy the movie on our big screen. Free hot chocolate and popcorn. Parents must attend.

### SANTA VISITS GRESHAM

Thursday, December 19th | 5:30 - 7:30p

### SANTA VISITS PDX - 205

Tuesday, December 17th | 5:30 - 7:30p

### SANTA VISITS FISHER'S LANDING

Wednesday, December 18th | 5:30 - 7:30p



# TENNIS

## PEE WEE TENNIS

Gresham | Ages 4 - 6 | Tuesdays | 3:45 – 4:30p

CAC's USPTA certified professionals will use USTA 10 & Under tennis balls and equipment to create a fun learning environment for kids with little or no tennis experience.

### SESSIONS:

Session 1: 9/10 - 10/1  
 Session 2: 10/8 - 10/29  
 Session 3: 11/5 - 11/19  
 Session 4: 12/3 - 12/17

### MEMBER PRICING:

\$48  
 \$48  
 \$36  
 \$36

### NON-MEMBER PRICING:

\$60  
 \$60  
 \$48  
 \$48

## 10 & UNDER

Gresham | Ages 6 - 10 | Monday & Wednesday | 4:00 – 5:00p

CAC instructors create a positive and energetic atmosphere while instilling tennis basics and the love of the sport. Soft balls and age appropriate equipment are part of this program.

### SESSIONS:

Session 1: 9/9 - 10/2  
 Session 2: 10/7 - 10/30  
 Session 3: 11/4 - 11/20  
 Session 4: 12/2 - 12/18

### MEMBER PRICING:

\$95  
 \$95  
 \$72  
 \$72

### NON-MEMBER PRICING:

\$110  
 \$110  
 \$82  
 \$82

## SILVER GROUP

Gresham | Ages 9 - 13 | Monday & Wednesday | 5:00 – 6:15p

Juniors who have graduated from the 10 & Under format will focus on improved stroke production and an introduction to competition. A great way for junior players to take their game to the next level.

### SESSIONS:

Session 1: 9/9 - 10/2  
 Session 2: 10/7 - 10/30  
 Session 3: 11/4 - 11/20  
 Session 4: 12/2 - 12/18

### MEMBER PRICING:

\$117  
 \$117  
 \$88  
 \$88

### NON-MEMBER PRICING:

\$132  
 \$132  
 \$103  
 \$103

## GOLD GROUP

Gresham | Ages 12 - 18 | Tuesday & Thursday | 4:30 – 6:00p

Designed to help players improve their competition skills in singles and doubles. Emphasis will be placed on refining stroke technique, court positioning, strategy and footwork.

### SESSIONS:

Session 1: 9/10 - 10/3  
 Session 2: 10/8 - 10/31  
 Session 3: 11/5 - 11/21  
 Session 4: 12/3 - 12/19

### MEMBER PRICING:

\$135  
 \$135  
 \$101  
 \$101

### NON-MEMBER PRICING:

\$150  
 \$150  
 \$116  
 \$116

## PRIVATE TRAINING

### SINGLE PERSON PRICING: (per person)

60min Lesson: \$60/\$70  
 45min Lesson: \$46/\$56  
 30min Lesson: \$34/\$44

Mem/Non-Mem

### GROUP 1 HOUR TRAINING: (per person)

2 Person Lesson: \$34/\$44  
 3 Person Lesson: \$28/\$38  
 4 Person Lesson: \$23/\$33

Mem/Non-Mem

### SAVE 10% On Package

6pk. 60min Lesson  
 \$324/\$378  
 Mem/Non-Mem

# TRIBE TEAM TRAINING

TribeKIDS™ involves exercises that are fundamental to all things that kids need to do as their bodies grow – pull, push, run, jump, throw, climb and lift. TribeKIDS™ workouts incorporate athletic drills for coordination and agility, strength and stamina exercises as well as teamwork games and challenges. Dedicated TribeKIDS™ Coaches will motivate and coach our kids every step of the way encouraging our kids to new levels of fitness, strength and confidence season after season

## HOW TRIBE WORKS

A new Tribe season is released every 6 weeks with new exercises, new music and new workout formulas. At TRIBE Team Training™ you never repeat a workout meaning you will achieve more.

### MEMBER PRICING:

6-Week Season: 1 Day per week \$74.50

6-Week Season: 2 Days per week \$149

### NON-MEMBER PRICING:

6-Week Season: 1 Day per week \$97

6-Week Season: 2 Days per week \$194

## TRIBE KIDS

TribeKIDS is a fifty minute moderate intensity workout class designed just for kids to maximize their health and growth in fitness. This functional and dynamic class improves their fitness, strength, coordination, and confidence for increased motivation and athletic performance.

## SCHEDULE

### GRESHAM:

Mon | 10:30a

Mon | 5:00p

Tues | 5:00p

Fri | 6:00p

### FISHER'S LANDING:

Tues | 3:30p

Tues | 4:30p

Thu | 3:30p

Thu | 4:30p



**KIDS**

# SENIOR PROGRAMS - GRESHAM

At CAC, our SP Dept has something for every level of fitness from the the total novice who has never been to 'the gym' to the highest level athletes that have been exercising all their lives. Even for people who are dealing with injury, imbalances in the body and rehabilitation, there is a place for you. It is never too late to start taking care of yourself.

## BUNCO

Adults Only | Free | 1:45 – 4p

Tuesday, September 24th

Tuesday, October 29th

Tuesday, November 26th

Tuesday, December 31st

## CASINO TRIPS

9a - 7p | \$5/reservation | No Refunds

Bus leaves from Gresham Grocery Outlet. Pre register - At least 1 week prior.

Wednesday 9/18 - Chinook Winds

Wednesday 10/16 - Lucky Eagle

Wednesday 11/20 - Chinook Winds

Wednesday 12/18 - Lucky Eagle

## PICKLEBALL

Must have Senior All Access Membership. Get active and meet new people while playing this unique sport.

Mondays: 1 -3pm

Wednesdays: 9 - 11a

Fridays: 12 - 2p

## TENNIS

Tennis Members Only

Mondays: 11a - 12:15p



Make the gym  
your new  
Community

# SENIOR PROGRAMS - FISHER'S

At CAC, our SP Dept has something for every level of fitness from the the total novice who has never been to 'the gym' to the highest level athletes that have been exercising all their lives. Even for people who are dealing with injury, imbalances in the body and rehabilitation, there is a place for you. It is never too late to start taking care of yourself.

## BIRTHDAY CELEBRATIONS

We will celebrate quarterly birthdays at 12:15p.

September 27th  
December 13th

## COFFEE CHATS

Located in the Cove | Meets Weekly | FREE

Fridays: 10:45a

## GAME DAY SOCIAL HOUR

OCTOBER 18TH | 10:45a

## PICKLEBALL

Must have Senior All Access Membership | FREE

Mondays: 12 - 2p  
Wednesdays: 12 - 2p  
Fridays: 12 - 2p



# SENIOR PROGRAMS - PDX - 205

At CAC, our SP Dept has something for every level of fitness from the the total novice who has never been to 'the gym' to the highest level athletes that have been exercising all their lives. Even for people who are dealing with injury, imbalances in the body and rehabilitation, there is a place for you. It is never too late to start taking care of yourself.

## BETTER BONES & BALANCE

Fall personal training group. Includes 6-weeks of group training with Laura Teune.

October 15th - November 21st | Tuesdays & Thursdays | 2 - 3p

Pricing: \$149/member or \$194/non-member

## BIRTHDAY CELEBRATIONS

We will celebrate monthly birthdays after our regular 1pm Silver Sneakers class.  
1:00p | FREE

Thursday, October 31st

Thursday, December 26th

## FUN ACTIVITIES CLUB

October 1st - Wear pink in observance of National Breast Cancer Month.

November 6th - Share to joy of fitness. Bring a friend to class or make a new friend.

December 11th - Support your favorite team day by wearing team colors.

## HALLOWEEN COSTUME POTLUCK

Come together for the spirited Halloween dress-up potluck for all. Sign up with your Senior Advisor on what dish you plan to bring or just show up with a dish to share.

Thursday, October 31st at 1:30p

## HOLIDAY PARTY & POTLUCK

All Silver Power members and their guests are welcome to attend our last function of the year. Relax and enjoy good friends and good cheer. Bring your favorite dish to share.

Thursday, December 12th at 1:30p



# GUEST POLICIES

## CAC INTER-CLUB UPGRADE

Being a Member of Cascade Athletic Clubs means being a part of the family. If you are a Member at any of our clubs you may use our other locations as well as your home location for an upgrade fee. You may only upgrade one time per month. If you would be interested in using one of the other clubs or other facilities not included in your current Membership Plan, please see a Membership Director about upgrading your Membership.

HOME CLUB:	TO USE GRESHAM	TO USE PDX - 205	TO USE FISHER'S LANDING
<b>GRESHAM</b>			
- Health Member	\$10 to play tennis	Included	Included
- Tennis Member	Included	Included	Included
<b>PDX - 205</b>	\$5 per visit	Included	Included
<b>FISHER'S LANDING</b>	\$5 per visit	Included	Included

## CAC GUEST POLICY

We encourage members to bring guests to their Club. Guests may use the Club, with you, by paying a guest fee. Fee based classes are an additional fee. MUST show picture ID when signing in.

GUEST OF MEMBER:	TO USE GRESHAM	TO PLAY TENNIS AT GRESHAM	TO USE PDX - 205	TO USE FISHER'S LANDING
Ages 10+	\$10 per visit	\$12 per visit	\$8 per visit	\$10 per visit
Ages 3 - 9	\$7 per visit	\$7 per visit	\$2 per visit	\$7 per visit
Ages 0 - 2	Free	Not Eligible	Free	Free

## RECIPROCAL USE PROGRAM

Ask a Membership Director how you can maintain your fitness routine while on the road. Enjoy use of quality clubs in the Northwest (Oregon, Washington, Idaho, and Montana). You can get a Single Trip Card or an Annual Card. At most Clubs, you receive free use of the facilities (some exceptions apply). A complete list of Clubs in the FitLife Fitness-To-Go Program can be obtained from a Membership Director at your home club.

### PORTLAND METRO RECIPROCAL USE PROGRAM

Do you have a friend across town you would like to work out with? Someone who is a member of a FitLife Club? Are you ever on the west side of PDX and have time for a workout but no place to go? You can get a three visit pass to any Portland Metro FitLife Club from a CAC Membership Director and workout for FREE! You must get a Pass in advance, 3 visits per month, like services only, racquetball and tennis are walk on courts only, must present your membership key-tag, picture ID, and FitLife Pass. Parameters and club locations subject to change.



**GRESHAM**

**19201 SE DIVISION ST.  
GRESHAM, OR 97030  
503-665-4142**



**FISHER'S LANDING**

**16096 SE 15TH ST.  
VANCOUVER, WA 98683  
360-597-1100**

**PDX - 205**

**9260 SE STARK ST  
PORTLAND, OR 97216  
503-257-4142**

