

ATHLETIC FACILITIES

Our knowledgeable and courteous staff, including certified personal trainers, can assist you with a first-rate, customized workout. Fitness sessions include: squash, aerobics, yoga, pilates, and massage therapy for men and women, as well as recreational boxing and basketball. The Fitness Center also offers state-of-the-art fitness equipment including: treadmills, lifecycles, stairmasters, crosstrainers, rowers, and weight-training equipment. For general information, contact Ron Allen, Athletic Director, in the squash area at (617) **450-8482**. For squash information, call Sharon Bradey, Squash Pro, at (617) **450-8481**.

WORKING OUT CAN BE FUN!

For the past three years, fitness instructor Jessica Athas has been teaching morning classes at the Harvard Club that focus on total body stretching and strengthening of the abdominals. She has tailored her workouts so that all shapes, sizes, ages, and physical levels can participate and benefit from it. Jessica keeps it simple by combining basic stretches, modified Pilates, yoga, and traditional exercises – It's "Fitness with a Twist™"! If you're looking to improve your squash or golf game, or if you're interested in making your daily tasks easier, this class is right up your alley. Private training is also available. For more information, contact the Squash Desk or Jessica directly at 617-233-0053 or jessica@themartiniworkout.com

THE MARTINI WORKOUT



Since the glory days of "Jazzercise," group fitness classes have been an excellent way to get your heart pumping in a fun and encouraging atmosphere. Not only are you exercising your body, the social atmosphere of the class can be rewarding to your mind and emotional health as well. Working out in a group setting is a way to get specialized instruction, but also allows you to work out with others with similar interests. Regular exercise not only can help you burn excess fat and tone your muscles, but also is a proven way to lower your risk of heart disease by increasing your cardiovascular efficiency. To make your workout as efficient as possible, always remember to wear comfortable clothing, including supportive shoes (such as cross-trainers), and stay hydrated. The Harvard Club's Group Exercise Program provides multiple types of classes. In addition to "Fitness with a Twist™", we also offer:

- **Restorative Yoga (class has a fee)**
- **Muscle Conditioning**
- **Cardio Kick**

The Athletics Department plans to offer new and exciting classes soon. If you have any questions or suggestions, please contact Pam Beaton, Group Exercise Director, by calling 617-450-4400 or emailing pbeaton@harvardclub.com



WINTER ATHLETIC HOURS

Mondays through Thursdays: Squash Courts and Fitness Center 6 am to 9:30 pm.*

Fridays: Squash Courts and Fitness Center 6 am to 8:30 pm.*

Saturdays and Sundays: Squash Courts and Fitness Center 9 am to 6 pm.*

*Locker Rooms close one half hour later. (Holiday Schedule: See opposite page.)