

UNIVERSAL Day Camp



CAMP UNIVERSAL

Ages 5-11

At Camp Universal, we introduce children to health, fitness, teamwork and basic athletic skills in a non-competitive environment. We take pride in campers having a positive experience while being introduced to a healthy lifestyle.

Available in both half and full day options, Camp Universal is perfect for the family looking for a well-rounded summer for their kids ages 5 to 11.

Making full use of our newly renovated and expanded facility, campers will participate in tennis, martial arts, swimming and performing arts, as well as afternoons filled with field games, arts and crafts, cooking and science projects.

STAFF

Universal's camp director, Susan Petersheim, holds a Bachelor of Science degree in elementary education from Millersville University and is in her 22nd year working with day camp. Susan and her staff are dedicated to creating a setting where each child can achieve his or her personal best in a non-competitive, caring environment.

All of our counselors and lifeguards are carefully chosen for their leadership abilities, creativity and enthusiasm for working with children. All of our staff are certified in CPR.



CAMP PROGRAMS

MARTIAL ARTS

Universal's martial arts school studies the 2000 year old Korean martial art, Tae Kwon Do. Tae Kwon Do translates from the Korean meaning the "way of the foot and fist".

Studying martial arts will help your child gain self-confidence, concentration and build physical endurance.

THE ACTOR'S STUDIO

The Actor's Studio will enhance your child's creativity, imagination and self-confidence. Campers will play charades, do improvisation, and get a chance to do what kids do best – act silly in front of other kids!

TENNIS & ATHLETICS

Game, set, match! Campers will play tennis on the outdoor courts. No experience is necessary. Kids will learn how much fun this sport can be. During athletics, we will mix it up a little by introducing a variety of sports, from soccer and basketball to kickball and hockey.

SWIMMING

Monday through Thursday mornings campers will participate in aquatic games and activities designed to build skills and enhance swimming performance. Every afternoon and Friday mornings are reserved for free swim – a chance to hang out at the pool and splash and play with your friends.

INCREDIBLE INFLATABLE

Once a week campers will experience Universal's latest addition: an inflatable obstacle course complete with a 16 foot slide. We'll have relays, race-the-counselor and more!

GENERAL INFORMATION

ADMISSIONS

For a tour and registration information please call (717) 569-5396.

LUNCH

All campers provide their own lunches. Parents may pack a lunch or purchase a full lunch at our Café. Menus will be issued in the month prior to the beginning of camp.

HEALTH

Pennsylvania requires that each child have a physical by his/her physician within the last two years. Universal requires completed forms be on file before your child can begin camp.

INSURANCE

All parents/guardians are encouraged to carry primary health or medical coverage for their child attending camp.

SPECIAL NEEDS CAMPERS

Any child who can manage a typical school setting will thrive at Camp Universal. However, because children's safety is paramount, some prospective campers' physical or emotional considerations may be subject to review by the camp director.

UNIFORMS

All campers are required to wear camp T-shirts while in attendance at Camp Universal and on field trips. Shirts will be available for purchase before and during the summer season. We suggest you order early to ensure proper sizing.

SPECIAL EVENTS

Fantastic field trips to local attractions, theme sleepovers and special events occur all summer long – additional fees may apply.



CAMP UNIVERSAL SUMMER CALENDAR 2007

Session One . . . June 4 - 8 & June 11-15

Session Two . . . June 18 - 22 & June 25 -29

Session Three . . . July 2 - 6 & July 9 - 13
(no camp July 4th)

Session Four . . . July 16 - 20 & July 23 - 27

Session Five . . . July 30-Aug. 3 & Aug. 6 -10

Session Five . . . Aug. 13 - 17 & Aug. 20 - 24

Post Camp . . . August 27 - 31

PRICE SCHEDULE (per week)

Half day (7 am - 1 pm or 1 pm - 6 pm):

Universal member: \$100.50/week

General public: \$118.50/week

Full day (7 am - 6 pm):

Universal member: \$175/week

General public: \$197.00/week

* Additional fees apply for field trips and some special events.

10% off tuition for second child!

Space is limited per session, so please register early. Deposit required.

"Early Bird Discount": Register before April 1st and receive free registration!

A TYPICAL DAY AT CAMP

7-8:45 am: Structured free play/camper drop off

8:45 am: Morning announcements

9 am-12 pm:

Daily rotations of

- Tennis and Athletics
- The Actor's Studio (twice weekly)
- Martial arts (twice weekly)
- Swimming

12-1 pm: Lunch and free time/
half-day camper pick-up or drop off

1-4 pm: Swimming, arts & crafts
cooking, science, athletics, and Kidmazium

4 pm: Afternoon announcements

4:15-6pm: Free play/camper pick-up



www.universalathleticclub.com

Universal Athletic Club

2323 Oregon Pike, Lancaster, PA 17601 • 569-5396

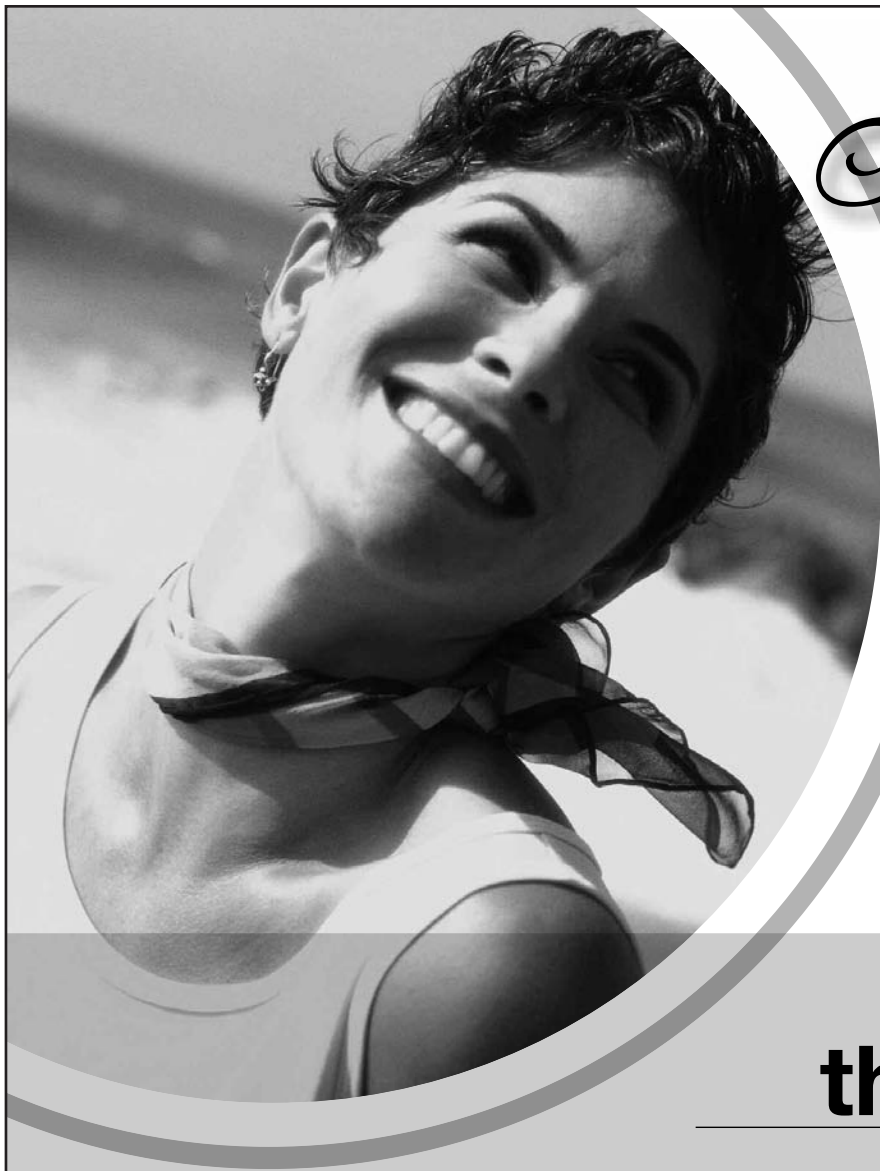
(2 miles north of Route 30 on the right, next to the Quality Inn Hotel)

Spring Hours:

Monday-Friday, 5 am-10 pm

Saturday, 7 am-7 pm • Sunday, 7 am-9 pm

Kidz Klub, Day Spa, Cafe U and Healthy Inspirations hours differ.



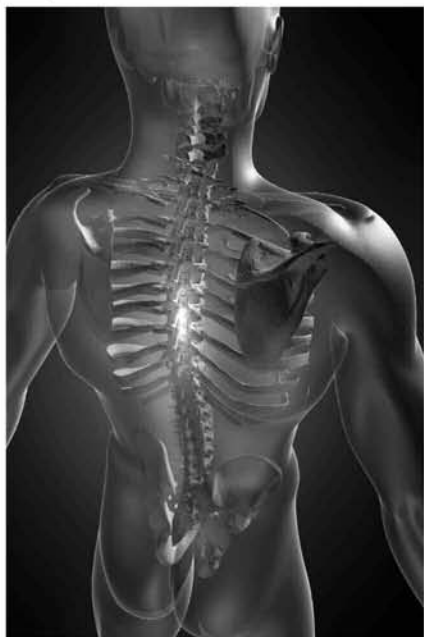
Safe summer glow!

- ❖ Facials ❖ Microdermabrasion ❖ Vitamin C Topicals
- ❖ Peels ❖ Body Treatments ❖ Massage
- ❖ Natural Nail Manicures and Pedicures
- ❖ Self-Tanning Products and Application
- ❖ Mineral Bronzing Makeup for Face and Body
- ❖ Hard-Wax for Comfortable Hair Removal
- ❖ For Men and Women

the **Day Spa** at Universal

569-6400 • Conveniently located inside of Universal Athletic Club

Non-Surgical Relief from Neck or Back Pain



DTS Spinal Decompression Therapy™

- Avoid back surgery
- 85% success rate
- Now available in this area

Why DTS Therapy is great for you ...

- 85% success rate at reducing or eliminating back and neck pain
- Painless and non-invasive
- Safe and FDA cleared
- Brief sessions only last about 20 minutes
- Most patients feel pain relief within 6-10 sessions

How our program is unique ...

Our program doesn't just end with the therapy. We help you incorporate healthy exercise into your lifestyle to prevent the pain from coming back. You will receive 20 half-hour personal training sessions and a 3-month membership at Universal Athletic Club.

Get Your Life Back Pain Free

If you suffer from chronic, debilitating low back or neck pain, DTS Spinal decompression Therapy at Siegenthaler Chiropractic Center could be perfect for you. Our program is a 3-step process that stops the pain, creates new strength, and teaches you how to maintain a healthy spine for a lifetime.

Step 1: DTS Therapy

Start with a non-surgical treatment that provides relief by gently stretching and relaxing the spine. This alleviates pressure from the discs, joints and muscular tissues, enhancing the body's natural healing process. Each treatment lasts a total of 10-12 minutes. Three to four treatments will take place per week totaling up to 20 over a 6-8 week period. Our patients report a feeling of subtle and gentle stretching (neck or low back/hips) during the treatment and also a sense of relief and relaxation.

Step 2: Stabilizer Biofeedback Device and The Core Spinal Fitness System

Rehabilitation of muscle with state-of-the-art, medical-based equipment is the second step of your DTS therapy. The Biofeedback machine and The Core Spinal Fitness equipment deliver strength, stability, flexibility and endurance to "deep" abdominal and lumbar spine muscles.

Step 3: Personal Training

One of the most important aspects of your recovery is maintaining the results you've achieved. Learning proper exercises will help you develop a lifestyle that is pain free. Each patient will receive 20 half hour rehabilitation/training sessions with a certified personal trainer. Included in the cost of the program is a three month membership at Universal Athletic Club.

PLUS:

All patients will be automatically enrolled in Universal Athletic Club's "Face 2 Face" Program where they will:

- Be taught the latest techniques in health, exercise, and healthy eating
- See a trainer 'face to face' each week for a step-by-step approach to making health and fitness an enjoyable way of life
- Feel better in as little as 30 days
- Improve Aerobic Fitness
- Lose Weight and Reduce Body Fat
- Increase Muscular Strength
- Gain Greater Mobility and Flexibility



SIEGENTHALER
Active Release Techniques®
Chiropractic & Rehabilitation
CENTER

Located Inside Universal Athletic Club
www.artchiro.com

Open 6 Days a Week
Emergencies Seen Immediately

CALL 569-6099 TODAY FOR A FREE INITIAL CONSULTATION.

UNIVERSAL Nutrition

UNIVERSAL'S PERSONAL NUTRITION PROGRAM is a realistic way to learn, improve, and achieve positive eating habits. There are no products to buy or fad diets to follow. Simply, we understand that proper nutrition is the foundation for a healthy lifestyle.

ASSESSMENTS

- 7-Day Diet and Activity Analysis
- Daily food record
- Use of Caltrac Accelerometer
- Computerized diet analysis
- Personally-designed diet and activity recommendations
- 60-minute consultation used for analysis and recommendations
- Hard copy of your completed analysis

3-DAY DIET ANALYSIS

- Daily food record
- Computerized diet analysis
- Personally designed diet and activity recommendations.
- 15-minute consultation for analysis and recommendations.
- Hard copy of your completed analysis

BALANCED NUTRITION PACKAGES

(CHOOSE FROM THE FOLLOWING)

Nutrition for a Balanced Diet
Lean Body Fat Nutrition
Nutrition for Gaining Lean Mass

INCLUDED WITH THESE PROGRAMS:

- 90-minute consultation and three 30-minute follow-up appointments
- Personalized meal plan
- Diet and exercise guidelines
- Unlimited email and telephone excess with a nutritionist
- Personalized coaching and accountability
- Body composition measurements
- Computerized diet analysis
- Hard copy of your completed analysis

UNIVERSAL'S MASTER NUTRITIONISTS



Sheldon McBee is a Master Trainer and Master Nutritionist at Universal. He earned a Master of Science degree in Nutrition from the University of Delaware and a Bachelor of Science degree from Albright College. He has been with Universal for four years.



Jennie Reed is a Registered Dietitian at Universal. She earned a Bachelor of Science degree in Public Health & Nutrition from West Chester University and is a member of the American Dietetic Association and the PA Dietetic Association. She has been with Universal for nine years.

SPORTS NUTRITION

This package is adaptable to all sports, from professional to the high school athlete and is designed to improve your athletic performance. Add this program with our SpeedSchool to be the best athlete you can be.

- 90-minute consultation and three 60-minute follow-up appointments
- Review of sports specific needs
- Personalized menu plan conducive to season and phase of training
- Supplementation recommendations
- Training recommendations (if applicable)
- Unlimited email and telephone excess with a nutritionist
- Personalized coaching and accountability
- Computerized diet analysis
- Hard Copy of your completed analysis

NUTRITION FOR IMPROVED HEALTH

- 90-minute consultation and three 60-minute follow-up appointments
- Medical diagnosis or disease specific.
- Personalized menu plan
- Unlimited email and telephone excess with a nutritionist
- Personalized coaching and accountability

WEIGHT LOSS PACKAGE

- 90-minute initial consultation
- 30-minute follow-up appointments (as needed)
- One-on-one weekly consultation with nutritionist
- Body composition measurements
- Personalized menu plan
- Weekly review of food and exercise journal
- Personalized coaching and accountability
- Unlimited email and telephone excess with a nutritionist

NUTRITION QUESTIONS?

Stop by our "Ask the Nutritionist" booth and get answers to all of your personal food questions. Jenn and Sheldon look forward to meeting you and solving a piece of your nutrition puzzle. Look for them in the lobby on the following dates:

Thursday, March 15, 5-7 pm
Tuesday, April 24, 9-11 am
Thursday, May 10, 4-6 pm



"SMART START" WEIGHT LOSS PACKAGE

Take the first steps to making good food choices in your everyday life. Our professionals will work with you one-on-one to help you understand the importance of proper nutrition and assist you in reaching your goals.

Our Smart Start plan includes one 60 minute initial consult in which we will review your medical, nutrition and diet history and your weight loss goals. Two 30-minute follow-up appointments will provide ongoing education based on your changing lifestyle and medical/health needs and can include any of the following:

- Meal planning
- Shopping lists
- Nutritional supplementation
- Flexible appointments available
- For men, women and children of all levels of health

Package includes:

One 60-minute appointment and two 30-minute follow-up appointments

Universal Members: \$99

General Public: \$119

Stop by or call a membership representative at 569-5396 to schedule an appointment.

GROCERY STORE TOUR

at Stauffers of Kissel Hill

Our nutritionists will guide you through the store and give you valuable tips on:

- Selecting and preparing different fruits and vegetables
 - Choosing the most nutritious breads and cereals
 - Deciding which dairy products are right for you
 - Reading and understanding food labels
 - How to have your grocer save you time
- And more!

Monday, March 26, 7 pm

Wednesday, April 11, 12 pm

Monday, May 28, 7 pm

Members: \$25; General Public: \$30

Sign-up with a membership representative.

Please call for additional tour dates and times.

NUTRITION SEMINARS

"SOY AND WHOLE GRAINS: HOW DO THEY FIT IN YOUR WORLD?"

March 12, 7 pm

"EATING FOR SIZE: HOW TO GAIN LEAN MASS"

April 9, 7 pm

"NUTRITION & ANTI-AGING"

May 14, 7 pm

FREE to members and the general public. Sign up at the front desk.



www.universalathleticclub.com

For more info on customized personal training packages ...

stop by or call 569-5396 to speak with a membership advisor.

UNIVERSAL Sports Camps

UNIVERSAL SPORTS CAMPS (AGES 8 TO 14)

Universal Athletic Club offers half-day camps in baseball, football, lacrosse, tennis, field hockey, and basketball. Our professionals will introduce your child to the basic skills and techniques of each discipline. All camps are perfect for the developing athlete ages 8 to 14. They are available from June-August in one week sessions.

Also available is our Speed and Power Camp, perfect for any athlete. Our sports camps may also be combined with our traditional summer day camp.

BASEBALL CAMP

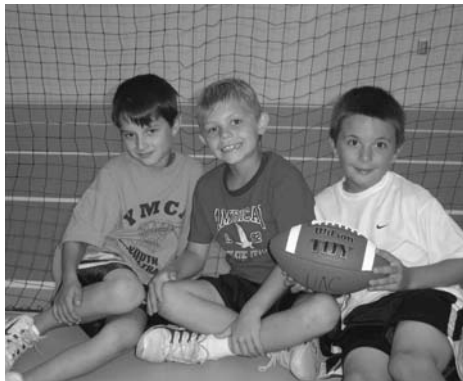


Led by former college coach and professional baseball scout, Troy Steffy, this camp will teach athletes all aspects of baseball — pitching, outfield and infield.

Camper will learn to slide correctly and safely, to hit the ball where it's pitched, and to increase agility and speed through baseball-specific conditioning. Also featured are guest appearances and practices with the Lancaster Barnstormers. Our baseball training camp will take place on the field at Lancaster Bible College.

FOOTBALL CAMP

Highly popular last summer, our Football Camp will again be led by former Penn Stater and New England Patriot, Todd Rucci. Kids will learn the fundamentals of the game in all positions, improve basic skills, and develop position-specific expertise. Areas of focus will include throwing, catching, punting, kicking, blocking, and special teams. Also scheduled are appearances and practices with NFL players.



LACROSSE CAMP

Camper will learn the fundamentals of one of the most popular and fastest growing sports in the country. Learn from former high school, current youth coach, and member of the prestigious Philadelphia Masters club team, Brad Oliver. With over 27 years of experience as both a player and a coach, he will instruct campers on stick work, offense and defensive strategies, position, and game play. Through the use of drills and scrimmages, players will learn teamwork, ball movement, and above all sportsmanship.

TENNIS CAMP

Universal's Tennis Camp will take juniors through the basics of the forehand, backhand, volley, serve and overhead smash. We will incorporate fun games and drills to develop and enhance footwork. Children will learn the different positions on the court, the goal for each one, and some basic strategy. Each child will leave with enough feel for each stroke that they can go out on their own and be able to practice and have fun with the game.

FIELD HOCKEY CAMP

Led by former Stanford and Duke Assistant Coach and former Elizabethtown College Head Coach, Stacy Rucci, campers will learn all about the basics of Field Hockey. Their activities will include how to maneuver the ball, basic stick work, corner hits, drills, ball handling, scoring tactics, and offensive and defensive strategies. They will become skilled at "give and go", play small games, and compete in 11 on 11 matches.

BASKETBALL CAMP

Camper will learn the fundamentals of basketball, including dribbling and passing, shooting and rebounding. They'll also practice team defense and offense, both with and without the ball.



SPEED & POWER CAMP

Universal's Speed & Power Camp strives to help each athlete obtain higher levels of athleticism, through proper and safe methods of sports training. Speed and power development camp will focus on running technique, foot quickness, starting speed, turning ability, stamina, self-confidence, vertical power, flexibility, strength training, and more. Perfect for any kind of sport.

JOIN THE FUN!

SCHEDULE AND PRICING

BASEBALL CAMP

June 11 - 15, 8 am to Noon
Universal member: \$175/week
General Public: \$195/week

FOOTBALL CAMP

June 25 - 29, 8 am to Noon
Universal member: \$175/week
General Public: \$195/week

LACROSSE CAMP

July 9 - 13, 8:00 am to 12:00pm
Universal member: \$175/week
General Public: \$195/week

TENNIS CAMP

July 16 - 20, 8 am to Noon
Universal member: \$175/week
General Public: \$195/week

FIELD HOCKEY CAMP

July 23 - 27, 8 am - Noon
Universal member: \$175/week
General Public: \$195/week

FIELD HOCKEY CAMP

August 14 - 18, 8 am to 12 noon
Universal member: \$175/week
General Public: \$195/week

BASKETBALL CAMP

August 6 - 10, 8 am to Noon
Universal member: \$175/week
General Public: \$195/week

SPEED & POWER CAMP

August 13 - 17, 8 am to Noon
Universal member: \$175/week
General Public: \$195/week

GENERAL INFORMATION

SNACK & BEVERAGE

Universal will provide a healthy snack and plenty of water each day. Children are welcome to bring their own refillable water bottles.

HEALTH

Pennsylvania Requires that each child have a physical by his/her physician within the last two years. We must have completed forms on file before your child can begin camp.

INSURANCE

All parents/guardians are encouraged to carry primary health or medical coverage for their child attending camp.

SPECIAL NEEDS CAMPERS

The safety of our campers is paramount, therefore some prospective campers' physical or emotional considerations may be subject to review by the Camp Athletic Director.

CAMP DISCOUNT

A 10% discount when enrolled in Camp Universal during the same week!

UNIVERSAL FUN FAMILY FITNESS - CONTENTS

Day Camp.....	2	Aquatics.....	8 & 9	Personal Training.....	16
Sports Camps.....	3	Martial Arts.....	10 & 11	Nutrition.....	18
Fitness.....	4	Kids.....	12, 13	Chiropractic / Spa.....	19
SilverSneakers.....	5	Teen.....	14	Healthy Inspirations.....	20
Group Fitness.....	6 & 7	Athletics.....	15		



For more info on Universal's sports camps ...

stop by or call 569-5396 to speak with a membership advisor.

UNIVERSAL Fitness

FACE2FACE PROGRAM

GUARANTEED RESULTS IN 30 DAYS OR YOUR MONEY BACK

Our Face2Face program is included in your membership, and provides a step-by-step approach to help you achieve your fitness goals.

Why join Universal's Face2Face program?

This program will help you build healthy lifestyle habits that will lead to more energy and an improved quality of life. Our Face2Face program is free with membership, guaranteeing results in 30 days or your money back.

What is Face2Face?

Universal's Face2Face is a series of five consultations by our qualified team of Fitness Coaches who will hold your hand through your journey to fitness programs, proper nutrition, and overall health. We will then be available for the life of your membership to help with updates.

Who can join the program?

All new members are strongly encouraged to enroll in the program. It's a great way to become familiar with the club and all of our programs and equipment. Existing members are also welcome to join, so they can get a "tune up" on their current exercise program.

How do I get started?

Simply enroll through a membership representative. He or she will schedule your first consultation with a Fitness Coach. Your coach will address your goals, health issues, motivation, and general well being. Simple base-line measurements are taken at this time, and compared at structured intervals to keep you on track.

How will I benefit?

With Face2Face you will GET RESULTS if you follow the program as laid out by your Fitness Coach. Most of our participants get excellent results in as little as 30 days including:

- Improved aerobic fitness
- Weight loss and body fat reduction
- Trimmer waistline and hips
- Improved muscle tone and shape
- Increased muscular strength
- Greater mobility and flexibility

Plus check out these terrific improvements in how our members feel after 30 days with Face2Face:

- Improved stress levels – 88%
- Enhanced quality of sleep – 90%
- Increased energy levels – 93%
- Overall confidence improved 95%

Stop by or call 569-5396 today and ask about our Face2Face program. We guarantee you'll get the advice you want, the support you need and the results you've always dreamt of!

BENEFITS OF FACE2FACE FITNESS

1. Weekly consultations with highly qualified trainers
2. Time efficient training techniques
3. Information resource pack, full of great advice and tips to looking and feeling your best
4. Healthy exercise habits that fit into your lifestyle and needs
5. Improved confidence in and out of the gym
6. An understanding of why diets don't work and learning how to make easy food choices for lasting health and vitality



Universal member Bill Lininger with Fitness Coach Kristen Karl

MEMBER TESTIMONIAL:

BILL LININGER

"Exercising at Universal has been great for me. I owe a lot of thanks to my Fitness Coach, Kristen, who has helped me reach the goals I have set for myself in weight loss, strength building and conditioning. At Universal, you can work at your own pace. If you have any questions or concerns, you can always find a trainer to help. The staff is always professional, polite and helpful in every way. I can't wait to come to the gym!"

"GET SET FOR SUMMER" FITNESS INCENTIVE PROGRAM

Get in shape for the summer during this FREE fitness incentive program! Track the minutes you exercise from April 2 - June 22. Each minute of exercise completed at Universal Athletic Club is equivalent to one mile. For example, one 45-minute group fitness class is equivalent to 45 miles. All types of exercise are accepted.

Sign up for this program at the counter in the main fitness floor.

Follow these simple steps:

- Pick your destination or level.
- Complete a registration form and drop it in the designated box.
- After each workout fill out an "Exercise Log" form (also located on the counter) and drop it in the designated box.
- Each week a form will be posted on the board with your name and the miles you have traveled.
- You may log up to 90 miles per day.

Remember, all exercise must occur in Universal Athletic Club. Have fun!

April 2-June 22; FREE to all members

FITNESS CONTEST WINNERS

CONTEST WINNERS

Congratulations to Kelly Reitz and Nick Gilchrist, our grand prize winners of Universal's "Maintain Your Weight for the Holidays" contest that ran 2006. They each won Personal Training packages!

Also, Nancy Heany was the winner of the December Face2Face Group Fitness raffle. She won a \$50 gift card to the club!

LOYALTY PACKAGE WINNERS

Universal awards Loyalty Gift Packages for those with the highest attendance each month. Congratulations to our December '06 and January '07 winners!

DECEMBER WINNERS

New member - Craig Lawrence
Male member - Steven Russell
Female member - Darla Kuhns
Senior member - Regina Draude
Tennis member - Clair Hess

JANUARY WINNERS

New member - Will Johnson
Male member - Scott Ruth
Female member - Linda Nisly
Senior member - Jean Rabideau
Tennis member - Ken Hess



www.universalathleticclub.com

For more info on fitness coaches ...

stop by or call 569-5396 to speak with a membership advisor.

ALL EYES WILL BE ON YOU...

Look and feel absolutely stunning on your wedding day!



Let our staff of professionals in our fitness center and day spa help you get the look you've always dreamed of on your very special day.



"Beautiful You" Bridal Packages at UNIVERSAL!

- Personal training and nutrition consultations to get you in the shape you desire
- Manicure and pedicure for beautifully pampered hands and feet
- Make up consultation for a radiant shine and gorgeous smile
- Massage therapy for relaxation and stress-relief

All brides will receive a Day Spa gift with their package, and are eligible for our Glo Minerals Make-Up "Buy 1/Get 1 Free" promotion.



"Beautiful You"
Bridal Packages at



Open to members and the general public.

Please call a membership representative at
717-569-5396
for pricing and registration information.

Oregon Pike North, 2 miles
from Rt. 30, on right, next to Quality Inn
www.universalathleticclub.com

Exer-Strides *with baby!*

Do you want to spend time with your new baby, meet new friends, and get back into shape all at the same time? Our new Exer-Strides with Baby program is perfect for you!

Join us for this 8-week program to build your knowledge of post-partum exercise in a safe environment supervised by a qualified fitness professional.

Together, you and other new moms will participate in activities such as walking/jogging around the indoor track, lunges, squats and other strength training movements. Bring your strollers!

**Spring session starts March 13th
(Runs 8 Weeks)**

Call for times & Summer Session info.

Open to members and the general public.

Please call a membership representative at
717-569-5396
for pricing and registration information.



Oregon Pike North, 2 miles
from Rt. 30, on right, next to Quality Inn

www.universalathleticclub.com



UNIVERSAL Personal Training

PERSONAL TRAINING



Universal's Personal Training programs are open to members and non-members. We'll put together a personalized program to meet your specific needs and goals. All of our trainers are highly certified and are held to our high standards. We pledge to keep your program fun, interesting, and effective.

Personal Training Options:

INDIVIDUAL TRAINING

A personal trainer will work with you one-on-one to map out a fitness program for you, teach you specific exercises, hold you accountable, and motivate you every step of the way.

BUDDY TRAINING

You and a partner will work side by side with one of our qualified trainers in to achieve your fitness goals. The cost of a team training session is split in half.

GROUP TRAINING

Put together your own group, or let us match you with a group. Your teammates will help keep you motivated while your personal trainer provides safe, personalized workout routines that you will all enjoy together. You will receive personal attention at an affordable price.

"BASIC" GROUP TRAINING CLASSES

We offer two different Small Group Personal Training classes several times during the week to introduce you to effective cardio and weight training techniques.

Morning and evening classes available, Monday-Friday

Each class is 30-minutes long

Maximum 4 participants per class; please see the front desk for schedule/pricing and to register

PRE/POST NATAL TRAINING

This personal training, nutrition and stress management package is designed especially for the expecting mother or new mother. It includes personal training sessions with a certified pre/post trainer, massage therapy, and nutritional counseling from a registered dietitian. Let us help you and your baby stay healthy!

For pricing details on all of our Personal Training programs, please see a membership representative or call 569-5396.

FIT FORCE TRAINING



Get ready to be transformed! This 10-week program will change the way you eat, look, feel and think. Master Trainer Sheldon McBee will help mold the lifestyle change you are looking for through nutrition, cardio and strength training. This program is usually set up as "Buddy Training" so that you can train with a partner.

FIT FORCE INCLUDES:

- Two training sessions per week

- One 30-minute nutrition and weigh-in consult per week
- Weekly fitness missions and nutrition tasks to keep you highly involved in improving your overall fitness and condition

Program runs 10 weeks

Choose your starting date; flexible times available

Open to members and non-members – call for pricing and details.

UNIVERSAL'S BIGGEST LOSER

SPRING 2007 CONTEST

"This not a gimmick or a new fad diet; it is a kick start to a healthy lifestyle change. With the program's "get real" approach, you learn to be honest with yourself and establish new habits that lead to a healthier you!"

– Kim, former UBL participant

If you're overweight and ready to take action, we've got the program for you. You'll be amazed by what 10 weeks can do!

- Lose weight and inches
- Lower your blood pressure and cholesterol
- Increase your energy and endurance
- Make lasting lifestyle changes

Join us for weekly meetings and personal training in small groups, one-on-one nutrition counseling, friendly challenges, prizes and so much more!

Choose Thursday evenings OR Saturday mornings:

Thursdays: March 29 – May 31, 6:45 pm to 8:00 pm

Saturdays: March 31 – June 2, 9:00 am to 10:15 am

Open to members and non-members. Please call a membership representative for pricing and details.



BOXING WORKOUT

Join Master Trainer Sheldon McBee for this intense 55-minute workout for the champion at heart. You'll learn every element of boxing in each fun and challenging fitness-based session. Workouts include the heavy bag, focus mitt, boxing circuit, footwork and agility training, and much more. You'll never experience exercise like this. Bring your gloves, plenty of water, and lots of attitude.

Cost: \$31.50/session

Flexible times can be arranged to meet your schedule



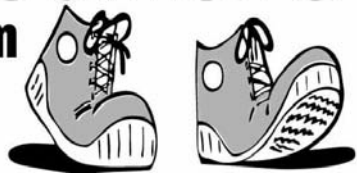
www.universalathleticclub.com

For more info on weight loss programs ...

stop by or call 569-5396 to speak with a membership advisor.

UNIVERSAL Silver Sneakers

The Silver Sneakers® Fitness Program



The SilverSneakers® Fitness Program gives seniors the opportunity to participate in fun exercise classes and social gatherings as they improve their health and physical activity.

CLASS DESCRIPTIONS

SilverSneakers® I –

Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SilverSneakers® YogaStretch

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

SilverSneakers® II – Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work and hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Back to Basics

This introductory class incorporates lots of low impact movements to motivating music. No previous experience is required. Modifications and options will be shown for those with limitations.

Monday		
7:30-8:15 am	SilverSneakers I – Muscular Strength & Range of Movement	Studio A
8:30-9:15 am	SilverSneakers I – Muscular Strength & Range of Movement	Studio A
10:45-11:30 am	SilverSneakers I – Muscular Strength & Range of Movement	Studio A
1:00-1:45 pm	SilverSneakers I – Muscular Strength & Range of Movement	Studio B
Tuesday		
8:15-9 am	SilverSneakers II – Cardio Circuit	Studio B
10:45-11:30 am	SilverSneakers I – Muscular Strength & Range of Movement	Studio B
Wednesday		
7:30-8:15 am	SilverSneakers I – Muscular Strength & Range of Movement	Studio A
10:30-11:15 am	Back to Basics	Studio B
1:00-1:45 pm	SilverSneakers I – Muscular Strength & Range of Movement	Studio B
Thursday		
8:15-9am	SilverSneakers II – Cardio Circuit	Studio B
10:45-11:30am	SilverSneakers I – Muscular Strength & Range of Movement	Studio B
Friday		
7:30-8:15 am	SilverSneakers I – Muscular Strength & Range of Movement	Studio A
8:30-9:15 am	SilverSneakers I – Muscular Strength & Range of Movement	Studio A
10:45-11:30 am	SilverSneakers I – Muscular Strength & Range of Movement	Studio A
1:00-1:45 pm	YogaStretch	Studio B

SilverSneakers® FITNESS PROGRAM SPOTLIGHTS

Erica Wiessner was selected by the SilverSneakers® Advisory Board as the spotlight senior for December 2006. Erica and her husband, Lutz, and her sister, Evelline, have been Universal members for over two years after moving into the area. She has two sons and two granddaughters. She is retired from the insurance business.



Erica Wiessner

Erica enjoys the classes, instructors and other class members. She takes the SilverSneakers® I class and Back to Basics. She also uses the strength circuit. Her goal is to maintain her muscle tone, stay at a healthy weight, and keep in shape.



Carroll Boughter Jr.

Carroll Boughter Jr. was selected by the SilverSneakers® Advisory Board as the spotlight senior for January 2007. Carroll has been a member at Universal for more than two years. He joined the club to stay in shape and "remain limber." He feels he has met this goal and continues to strive to lose weight. He regularly attends SilverSneakers® I and SilverSneakers® II classes and uses the strength circuit. Carroll is married to Lois and they have two sons and one grandson. He is retired from A.M.P. Incorporated. He enjoys the instructors and meeting new people as well as seeing old friends at the club.

We wish Erica, Carroll and all our seniors the very best with their fitness and wellness endeavors!

UPCOMING SilverSneakers® SPECIAL EVENTS

CONGRATULATIONS TO ALL "WARM UP YOUR WINTER" WINNERS!

We'd like to congratulate all senior members who completed their 12 visits in December and earned their SilverSneakers® mug. Congratulations to our grand prize winner, Jane Koller. She won a duffle bag full of SilverSneakers® goodies.

MONTHLY LUNCH

Enjoy lunch and great company at Bloomsfield Square Restaurant.
 Monday, March 5, 2007, 11:45 am
 Monday, April 2, 2007, 11:45 am
 Monday, May 7, 2007, 11:45 am

"Commit to be Fit"

INCENTIVE PROGRAM

During the month of March, visit Universal 12 times and earn a free t-shirt!

BINGO Day

Join us for an afternoon full of bingo, fun, and friends. Bring a snack or drink to share with the group. Win prizes!
 Tuesday, April 17, 12:00 pm

ST. PATRICK'S DAY CELEBRATION

Wear your best display of green to class. Prizes will be awarded to the best "Irish" outfit!
 Friday, March 16, all classes

NATIONAL ACTIVE ADULT ACHIEVEMENT WEEK

Universal will celebrate your commitment to wellness by hosting a week full of special events. More details to follow.
 Monday, April 23 - Friday, April 27

NATIONAL SENIOR HEALTH & FITNESS DAY

Bring a friend for free to celebrate this special day. This year's theme is "Fitness: A Lifetime of Benefits."
 Wednesday, May 30

MOTHER'S DAY CELEBRATION

Join us in class as we recognize all of our mothers and grandmothers. Prizes will be awarded.
 Friday, May 11

MEMORIAL DAY CLASS

Join us for a special patriotic SilverSneakers® I – Muscular Strength & Range of Movement class. Special class times will be posted in May. Wear your most patriotic outfit!
 Monday, May 28

Please sign up for all of our SilverSneakers® events in class. For additional information, please contact Katy Moline at 569-5396 or katym@universalathleticclub.com.



www.universalathleticclub.com

For more info on senior fitness ...

stop by or call 569-5396 to speak with a membership advisor.

UNIVERSAL Group Fitness

TO GET YOU STARTED...

If you are new to Universal, new to exercise, or just new to certain types of fitness classes, we have plenty of introductory classes to make you feel comfortable. No previous experience is necessary.

Ambassador Classes

Our "Ambassador Classes" are designed to help new or existing members feel less nervous about taking a group fitness class for the first time. A Universal staff member will greet you at the door, help you set up any needed equipment, and take the class with you. Choose from BODYPUMP, BODYCOMBAT, BODYSTEP, RPM and more.

All Ambassador classes are noted with an asterisk on the class schedule on Page 7.

BODYFLOW Technique (30 Minutes)

Learn the proper techniques for movements used in BODYFLOW. This introduction is perfect for those new to the class or for those who need extra one-on-one assistance.

Sunday, 11:30 am

BODYJAM Technique (30 Minutes)

Learn BODYJAM moves in this helpful, step-by-step class.

Saturday, 10:30 am

Back to Basics (45 Minutes)

Are you new to working out? Join us for this introductory class of low impact movements to motivating music. Modifications and options will be shown for those with limitations.

Wednesday 10:30 am

Easy Rider 101 (30 Minutes)

This class is perfect for those new to exercise or indoor cycling. You will learn how to set up an indoor bike, then cycle 15-20 minutes to music used in RPM class. We will keep the intensity level low so that you can pedal at your own pace.

Monday 9:30 am, Friday 9:30 am,
Saturday 10:15 am

Pilates 101 (45 Minutes)

This introduction to the Pilates mat work emphasizes the fundamentals of breathing, back stability and range of motion in the joints. Modified movements will help you develop strength and flexibility.

Saturday, 9 am

Step 101 (30 Minutes)

This class offers easy to follow step combinations for all levels of exercisers. Try this fun class for a taste of step!

Monday & Wednesday 9:30 am

Yoga 101 (60 Minutes)

In this class you will learn basic yoga moves and positions. This is perfect for individuals who want a slower-paced class or have physical limitations. Great for beginners!

Monday 5:30 pm, Tuesday 9:30 am,
Wednesday 5:30 pm, Thursday 9:30 am

Martial Arts 101 (45 Minutes)

Universal also offers "Martial Arts 101" for adults and youth.

Please see Page 11 for more information.

SUNDAY GROUP FITNESS SPECIALS

Join us on a Sunday afternoon to feel energized and revived, and start off your week on the right track. We offer several special Sunday afternoon classes a month.

TRIPLE PLAY SUNDAY

Every 1st Sunday of the month
3:30-5:00 p.m.

Sample some of our favorite group fitness classes. We hold three different classes back to back, each 30 minutes long. You'll get variety in your workout, and a great taste for what we're all about.

If you're new to group exercise, this is a perfect way to experience a class setting. If you're a regular group fitness enthusiast, you'll get a great workout and have a blast, too!

Sunday, March 4

BODYJAM
Stronger Body
BODY FLOW

Sunday, May 6

BODYSTEP
BODYCOMBAT
Hatha Yoga

Sunday, April 1

BODYPUMP
STEP 101
Mat Pilates

FREE to all Universal members.
\$10 per class for guests.
Registration not required.

IMMERSE YOURSELF: SUNDAY YOGA SERIES

Every 3rd Sunday of the Month
3:30-5:00 p.m.

Treat your mind and body to 90 minutes of flowing postures, restorative breathing, stretching and relaxation. We offer a different type of practice each month to help you find balance, peace and harmony.

Sunday, March 18

Sunday, April 15

Sunday, May 20

FREE to all Universal members.
\$10 per class for guests.
Registration not required.



PILATES PROGRAM AT UNIVERSAL CREATING STRONG AND FLEXIBLE BODIES

INCLUDED IN MEMBERSHIP:

Pilates 101 (45 Minutes)

In this introduction to Pilates mat work, you will learn the fundamentals of breathing, back stability and range of motion in the joints. Modified movements will help you develop strength and flexibility.

Saturday, 9 am

Beginner/Intermediate Mat

Students will incorporate traditional Pilates mat work with intermediate movements.

Wednesday 6:30 pm and Friday 9:30 am

Intermediate Mat

This more challenging mat class is for those ready to layer more advanced movements into their Pilates work. Previous Pilates experience recommended.

Monday 9:30 am

ADDITIONAL SPECIALIZED CLASSES

Pilates Group Reformer

Your instructor will guide you on the Reformer, which supports the back while you strengthen the body. The exercises allow the body to work efficiently while using spring resistance.

Morning & evening sessions available

Private and Semi Private Lessons

Utilizing the Reformer and the Cadillac system, an instructor will help you create balance and tone with increased flexibility. Open up tight muscles of the chest, shoulders and back while you strengthen the abdominal and back muscles. Call to arrange a schedule for your convenience. Additional fees apply. Please call a membership representative for details.

NEW STUDENT SPECIAL!

5 Group Reformer Sessions for just \$75 (a \$50 savings)



www.universalathleticclub.com

To register for Universal's group fitness classes ...

stop by or call 569-5396 to speak with a membership advisor.

UNIVERSAL Athletics

YOUTH ATHLETIC CLUB FOR BOYS AND GIRLS AGES 7-12

Included in your family membership!

Kids love Youth Athletic Club (YAC), where playground games happen Monday-Saturday in our Back Basketball Court. Boys and girls of all athletic ability levels play a variety of fun activities in this non-competitive, supervised environment. Kids can attend as much as they would like, six days a week!

No pre-registration is necessary. Parents, please sign your child in at the Back Basketball Court. Or, you may sign your child in at the Kidz Klub and our staff will transport him/her to and from YAC.
Monday-Friday, 4:30-7:30 pm; Saturday, 9:30 am-12:30 pm
 Location: Back Basketball Court
 Universal Members: **FREE**; General Public: **\$49/month**

YOUTH ATHLETIC CLUB (YAC) APRIL SCHEDULE

SCHEDULE REPEATS IN MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			4:30 - 7:30 Back B-Ball Court: Incredible Inflatable Front B-Ball Court: Open Basketball	4:30 - 5:30 Soccer 5:30 - 6:30 Dodgeball 6:30 - 7:30 Kickball	9:30 - 10:30 Soccer 10:30 - 11:30 Dodgeball
4:30 - 5:30 Football 5:30 - 6:30 Dodgeball 6:30 - 7:30 Wiffleball	4:30 - 5:30 Floor Hockey 5:30 - 6:30 Kickball 6:30 - 7:30 Kidz Choice	4:30 - 5:30 Wiffleball 5:30 - 6:30 Soccer 6:30 - 7:30 Dodgeball	4:30 - 7:30 Back B-Ball Court: Incredible Inflatable Front B-Ball Court: Open Basketball	4:30 - 5:30 Football 5:30 - 6:30 Kidz Choice 6:30 - 7:30 Floor Hockey	9:30 - 11:30 Incredible Inflatable
4:30 - 5:30 Kickball 5:30 - 6:30 Floor Hockey 6:30 - 7:30 Soccer	4:30 - 5:00 Football 5:30 - 6:30 Dodgeball 6:30 - 7:30 Kidz Choice	4:30 - 5:30 Floor Hockey 5:30 - 6:30 Soccer 6:30 - 7:30 Wiffleball	4:30 - 7:30 Back B-Ball Court: Incredible Inflatable Front B-Ball Court: Open Basketball	4:30 - 5:30 Soccer 5:30 - 6:30 Dodgeball 6:30 - 7:30 Kickball	9:30 - 10:30 Kickball 10:30 - 11:30 Dodgeball
4:30 - 5:30 Football 5:30 - 6:30 Dodgeball 6:30 - 7:30 Wiffleball	4:30 - 5:30 Floor Hockey 5:30 - 6:30 Kickball 6:30 - 7:30 Kidz Choice	4:30 - 5:30 Wiffleball 5:30 - 6:30 Soccer 6:30 - 7:30 Dodgeball	4:30 - 7:30 Back B-Ball Court: Incredible Inflatable Front B-Ball Court: Open Basketball	4:30 - 5:30 Football 5:30 - 6:30 Kidz Choice 6:30 - 7:30 Floor Hockey	9:30 - 11:30 Incredible Inflatable
4:30 - 5:30 Kickball 5:30 - 6:30 Floor Hockey 6:30 - 7:30 Soccer	4:30 - 5:00 Football 5:30 - 6:30 Dodgeball 6:30 - 7:30 Kidz Choice	4:30 - 5:30 Floor Hockey 5:30 - 6:30 Soccer 6:30 - 7:30 Wiffleball	4:30 - 7:30 Back B-Ball Court: Incredible Inflatable Front B-Ball Court: Open Basketball	4:30 - 5:30 Soccer 5:30 - 6:30 Dodgeball 6:30 - 7:30 Kickball	9:30 - 10:30 Soccer 10:30 - 11:30 Dodgeball

OPEN YOUTH BASKETBALL (AGES 8-15)

Included in your membership! Join others to shoot hoops, pass drills and play games on our front basketball court, at a time specially reserved for youth.

Every Thursday, 4:30 pm

Parents of children ages 8-12 are asked to sign their son or daughter in upon arrival.

Members: FREE

General Public: \$10 per visit



PRIVATE BASEBALL AND BASKETBALL LESSONS (Ages 8 & Up)

Perfect your skills before game season starts by working one-on-one with former professional baseball scout Troy Steffy. During Universal's private baseball lessons, you will also receive tips and training from Lancaster Barnstormers Jeremy Todd and Steve Van Note, as well as Atlantic League Pitcher Matt Scheuing!

Private basketball lessons can also be arranged for girls and boys of all ages and ability levels. For more details, please contact Troy Steffy at 569-5396.

SPEEDSCHOOL ATHLETIC TRAINING (AGES 8-ADULT)

Train like the pros! SpeedSchool at Universal is designed to help new or experienced athletes improve speed, power, agility, quickness, and upper and lower body strength.

One of our certified trainers or sports performance coaches will help you gain the competitive edge in the sport you love.

Appropriate for males & females of all athletic ability levels, ages 8-adult. Take advantage of our Gold Medal package, and we guarantee you will see improvements.

Monday, Wednesday, Friday, 4-5 pm

Members: \$15 a session

General Public: \$20 a session

Private training can also be arranged; please call for pricing.



www.universalathleticclub.com

For more info on Universal Sports ...

stop by or call 569-5396 to speak with a membership advisor.

UNIVERSAL *Teens*

Universal offers several fun and exciting programs and events just for the teen or "tween" age group!



JUNIOR FITNESS CERTIFICATION

(AGES 12-15)

Our Junior Fitness Certification program is designed specifically to youth ages 12-15 the basics of proper youth weight training, fitness center etiquette, and the safe and productive use of cardiovascular equipment.

Student must complete two classes within a session and test successfully in specified fitness areas. After completing both classes, a Junior-Certified teen may use selected fitness equipment without direct parental supervision. The teen must wear his or her Junior Certification badge while using the fitness centers.

Choose one of the following sessions:

Session 1: March 1 & 8, 4-6 pm

Session 2: April 12 & 19, 4-6 pm

Session 3: May 3 & 10, 4-6 pm

Cost: \$40 per student

Please register with a membership representative.

UNIVERSAL TEEN HAPPENINGS

UNIVERSAL TEEN LOUNGE

(AGES 12-15)

Included in your membership!

Our teen lounge provides a place for the "tween" age group to socialize, play games, and 'hang out' with their peers after school or in the early evenings. We provide comfy chairs & sofas, music, games and magazines.

Activities include:

Σ Air hockey • Foosball • Ping pong

Σ Dance Dance Revolution (DDR)

Σ And more!

Monday-Thursday, 4:30-7:30 p.m.

FREE to members; \$10 daily guest fee for friends

SATURDAY NIGHT TEEN JIVE

(AGES 11-14)

For teens looking for something cool and safe to do with their friends on a Saturday night, Teen Jive has it all! It's an open gym, with dodgeball, basketball, swimming, and more. Teens can participate in one activity or a little of each. Our Café U and new teen lounge will also be open for this special time.

March 17, April 21, & May 19, 7-10 p.m.

\$10 admission for members and the general public



www.universalathleticclub.com

For more info on Universal's kids' programs and events ...

stop by or call 569-5396 to speak with our children's program director.

UNIVERSAL Group Fitness

All Group Fitness classes are included with a Universal membership. Not a member? Not a problem! Ask us about our 8-week class memberships or one-day guest passes!

For SilverSneakers® class times and descriptions, please see page 5. For "101" class descriptions, please see page 6.

SUNDAY

TIME	CLASS	LOCATION
8:30 AM	RPM	Cycle Studio
9:00 AM	BODYCOMBAT	Studio A
10:00 AM	BODYPUMP	Studio A
11:00 AM	BODYSTEP	Studio A
11:30 AM	BODYFLOW Tech	Studio E
12:00 PM	BODYFLOW	Studio E
1:00 PM	Jazzercise	Studio A
3:30-5:00 pm	Triple Play Sunday (first Sunday of each month)	
3:30-5:00 pm	Sunday Yoga Series (third Sunday of each month)	

MONDAY

TIME	CLASS	LOCATION
5:45 AM	RPM	Cycle Studio
6:00 AM	BODYPUMP	Studio A
8:30 AM	BODYCOMBAT	Studio A
8:30 AM	RPM	Cycle Studio
9:30 AM	BODYPUMP	Studio A
9:30 AM	Inter. Mat Pilates	Studio E
9:30 AM	Easy Rider 101	Cycle Studio
9:30 AM	Step 101	Studio B
10:00 AM	Stronger Body	Studio B
10:30 AM	RPM	Cycle Studio
10:30 AM	BODYSTEP	Studio B
10:30 AM	BODYFLOW	Studio E
12:15 PM	BODYPUMP	Studio A
4:30 PM	BODYPUMP	Studio A
4:30 PM	BODYFLOW	Studio E
5:00 PM	Butts-N-Guts	Studio B
5:30 PM	Yoga 101	Studio E
5:30 PM	BODYSTEP	Studio A
5:30 PM	RPM	Cycle Studio
5:30 PM	BODYJAM	Studio B
6:30 PM	BODYPUMP*	Studio A
6:30 PM	Hatha Yoga	Studio E
6:30 PM	Boot Camp	Studio B
7:30 PM	BODYCOMBAT	Studio A

TUESDAY

TIME	CLASS	LOCATION
5:45 AM	RPM	Cycle Studio
6:00 AM	BODYFLOW	Studio E
6:00 AM	BODYSTEP	Studio A
8:30 AM	BODYPUMP	Studio A
8:30 AM	BODYFLOW	Studio E
9:30 AM	RPM	Cycle Studio
9:30 AM	BODYCOMBAT*	Studio A
9:30 AM	Jazzercise	Studio B
9:30 AM	Yoga 101	Studio E
10:30 AM	BODYPUMP*	Studio A
12:15 PM	BODYCOMBAT	Studio A
4:30 PM	BODYSTEP	Studio B
5:00 PM	Ab Attack	Studio A
5:30 PM	RPM	Cycle Studio
5:30 PM	BODYPUMP*	Studio B
5:30 PM	BODYCOMBAT	Studio A
6:30 PM	Jazzercise	Studio A
6:30 PM	BODYSTEP	Studio B
6:30 PM	RPM	Cycle Studio
6:30 PM	BODYFLOW*	Studio E
7:30 PM	BODYPUMP	Studio B
7:30 PM	Hatha Yoga	Studio E

WEDNESDAY

TIME	CLASS	LOCATION
6:00 AM	BODYPUMP*	Studio A
8:30 AM	BODYCOMBAT	Studio B
9:00 AM	Butts-N-Guts	Studio A
9:30 AM	BODYSTEP*	Studio A
9:30 AM	RPM	Cycle Studio
9:30 AM	Step 101	Studio B
10:00 AM	Stronger Body	Studio B
10:30 AM	BODYPUMP	Studio A
10:30 AM	BODYFLOW	Studio E
10:30 AM	Back to Basics101	Studio B
12:15 PM	BODYPUMP*	Studio A
4:30 PM	BODYFLOW	Studio E
4:30 PM	BODYPUMP	Studio A
5:00 PM	Butts-N-Guts	Studio B
5:30 PM	BODYSTEP*	Studio A
5:30 PM	RPM	Cycle Studio
5:30 PM	Yoga 101	Studio E
5:30 PM	Boot Camp	Studio B
6:30 PM	BODYPUMP	Studio B
6:30 PM	Beginner/Int. Mat Pilates	Studio E
6:30 PM	BODYJAM	Studio A
7:30 PM	BODYCOMBAT	Studio A

THURSDAY

TIME	CLASS	LOCATION
5:45 AM	RPM	Cycle Studio
6:00 AM	BODYCOMBAT	Studio A
8:30 AM	BODYFLOW*	Studio E
9:30 AM	RPM*	Cycle Studio
9:30 AM	BODYCOMBAT	Studio A
9:30 AM	Jazzercise	Studio B
9:30 AM	Yoga 101	Studio E
10:30 AM	BODYPUMP	Studio A
10:30 AM	Power Yoga	Studio E
12:15 PM	BODYSTEP	Studio A
3:30 PM	Hatha Yoga	Studio E
4:30 PM	BODYSTEP	Studio B
5:00 PM	Ab Attack	Studio A
5:30 PM	RPM	Cycle Studio
5:30 PM	BODYPUMP*	Studio B
5:30 PM	BODYCOMBAT	Studio A
6:30 PM	Jazzercise	Studio A
6:30 PM	BODYSTEP	Studio B
6:30 PM	RPM	Cycle Studio
6:30 PM	BODYFLOW	Studio E
7:30 PM	BODYPUMP	Studio B
7:30 PM	Hatha Yoga	Studio E

FRIDAY

TIME	CLASS	LOCATION
6:00 AM	BODYPUMP	Studio A
7:30 AM	SilverSneakers® 1	Studio A
8:30 AM	SilverSneakers® 1	Studio B
8:30 AM	BODYCOMBAT	Studio A
9:30 AM	BODYPUMP*	Studio A
9:30 AM	Beginner/Int. Mat Pilates	Studio E
9:30 AM	Easy Rider 101	Cycle Studio
10:30 AM	RPM	Cycle Studio
10:30 AM	BODYFLOW	Studio E
10:30 AM	BODYSTEP*	Studio B
10:45 AM	SilverSneakers® 1	Studio A
12:15 PM	BODYPUMP	Studio A
1:00 PM	SilverSneakers® Yoga Stretch	Studio B
4:30 PM	BODYSTEP	Studio A
5:30 PM	BODYPUMP	Studio A
6:30 PM	BODYJAM	Studio A

SATURDAY

TIME	CLASS	LOCATION
7:15 AM	High Performance Cycle	Cycle Studio
7:30 AM	BODYPUMP	Studio A
8:00 AM	Boot Camp	Studio B
8:30 AM	BODYSTEP	Studio A
9:00 AM	Pilates 101	Studio E
9:00 AM	RPM	Cycle Studio
9:00 AM	Jazzercise	Studio B
9:30 AM	Butts-N-Guts	Studio A
10:00 AM	BODYCOMBAT	Studio A
10:00 AM	BODYFLOW	Studio E
10:15 AM	Easy Rider 101	Cycle Studio
10:30 AM	BODYJAM Technique	Studio B
11:00 AM	BODYJAM	Studio B
11:00 AM	BODYPUMP	Studio A
11:00 AM	Hatha Yoga	Studio E

GROUP FITNESS CLASS DESCRIPTIONS

AEROBICS/ CARDIO

BODYCOMBAT (60 Minutes) Explosively popular in clubs around the world, BODYCOMBAT combines kicks, jabs and strikes from a range of self-defense disciplines like karate, boxing and Tae Kwon Do into an hour long energetic routine. Try the ultimate martial arts workout.

BODYJAM (60 Minutes) This awesome workout is set to the latest music and greatest dance moves. It's cardio fun at it's best for those with a passion for movement. You will burn calories, increase fitness levels and most of all have FUN!

BOOT CAMP (60 Minutes) Come and join the fun! This high cardio workout ensures fat burning and incorporates lots of variety by using weights, bands and steps, to keep you moving and burning calories.

JAZZERCISE (60 Minutes) The world's leading dance-fitness program combines elements of jazz dance, resistance training, Pilates, yoga, kickboxing and much more to create a truly effective workout. Jazzercise is perfect for people of every age and fitness level.

MUSCLE CONDITIONING

AB ATTACK (30 Minutes) Focus on firming and strengthening your core muscles. All fitness levels can enjoy the benefits from this class. Join us before or after your workout for 30 minutes of extra ab work.

BUTTS-N-GUTS (30 Minutes) Focus on your lower body with squats, lunges and lots of leg work, add in ab and core work to finish!

BODYPUMP (60 Minutes) A revolutionary weight training workout in a group fitness setting that uses barbells with adjustable weights. Set to motivating music, BODYPUMP is a simple, athletic based workout that strengthens, tones and defines every major muscle group in the body. BODYPUMP is ideal for the beginner right through to the experienced exerciser.

STRONGER BODY (30 Minutes) A great introduction to resistance training using hand weights and bands. Perfect for those new to any type of resistance training. All fitness levels can enjoy the benefits of this class.

CYCLING

RPM (60 Minutes)

RPM is an indoor cycling program for developing cardiovascular capacity. Burning up to 700 calories in a single class, RPM is about high energy, having fun and reducing body fat. RPM provides fast improvement in general endurance and an increase in lower body strength.

HIGH PERFORMANCE CYCLE (75 Minutes) This freestyle cycling class is longer in length for those who want to go the extra distance! We will add more climbs and more free spins to make this ride a super calorie burner and extreme cardio workout. We recommend that you have some cycling experience before attending this class. ** For your safety and comfort, we recommend bringing a towel and water bottle to class.

MIND & BODY

BODYFLOW (60 Minutes) This revolution in mind-body training that is changing the way people feel about their bodies. This class is a dynamic exercise-to-music program that leaves members feeling relaxed and renewed. BODYFLOW combines the best of eastern disciplines, like yoga and tai chi, with popular new methods like Pilates. Come FLOW with us!

HATHA YOGA (60 Minutes) Our most popular yoga class includes flexibility, strength and balance postures with an emphasis on deep breathing and relaxation techniques for decreasing stress. This well-rounded class, appropriate for all levels, is perfect for new exercisers as well as experienced participants.

MAT PILATES (60 Minutes)

Offered in Beginner/Intermediate or Intermediate, this mat class will take you through the teachings of Joseph Pilates to strengthen, elongate and firm the core or center of your body. All fitness levels can benefit from this wonderful and powerful class.

POWER YOGA (60 Minutes) This is an invigorating class of flowing postures and sun salutations, combined with more challenging poses using breath, movement and energy. This class is more advanced but modifications can be incorporated.

* Ambassador classes. See Page 6 for more information.



www.universalathleticclub.com

To attend a Universal group fitness class ...

stop by or call 569-5396 to speak with a membership advisor.

UNIVERSAL Aquatics

SWIMMING LESSONS

Universal offers swim lessons for those of all ages and ability levels, from 8-month-old babies to adults. All swim lessons are 30 minutes in length, and there are six lessons per session.

AQUA-SHRIMP PROGRAM (8 TO 36 MONTHS)

In Aqua-Shrimp, babies, toddlers and their parents will learn the pleasures of swimming together. Instructed in our 92-degree warm pool, this class teaches parents how to help their child become comfortable in the water. It includes playing games and singing songs. Babies and toddlers will be introduced to bubble blowing, front kicking, back floating, and other basic water skills.

Because infants and toddlers are not physically ready to master more advanced swimming skills, this should not be considered a "learn to swim" class, but preparation for future aquatic activities and an entry into the Pre-School classes.

Tuesday 9 am; Saturday 9:40 am

PRE-SCHOOL PROGRAM (AGES 3-5)

Parent accompaniment is not required. Children must be potty trained or wear swim diapers.

Pre-school class levels:

BLUE DOLPHINS (AGES 3 TO 5)

This class is for pre-school children who have not been introduced to a pool and have no swimming skills. We'll introduce skills such as submerging the face (eyes open), blowing bubbles, bobbing, floating, and using a kick board.

Monday 1 pm & 4:30 pm

Saturday 10:20 am & 11 am

SWORDFISH (AGES 3 TO 5)

This class is for pre-school children who have exceeded the Blue Dolphin level and show no fear of the water, but have minimal swimming skills. Students will learn breathing techniques, arm stroke mechanics, eliminating doggie paddle, jumping into the pool, and other techniques.

Monday 1:40 pm & 5 pm

Saturday 9 am, 10:20 am

STROKENIQUE (AGES 8 & UP)

Strokenique is designed for the competitive swimmer and is recommended for those with swim team experience. Students must be able to swim all four competitive strokes. Emphasis is placed on stroke mechanics, starts, turns, finishes, and building a mild endurance base.

Saturday, 11 am



SANDSHARKS (AGES 3 TO 5)

This is an intermediate class for swimmers who have completed the Swordfish class and have received a certificate of accomplishment, but are not old enough to join the school-age program. Acquired skills will be improved and refined in preparation for entering the Beginner Level 2 school age program.

Tuesday 4:30 pm; Saturday 9 am



BEGINNER & INTERMEDIATE LEVELS (AGES 6 & UP)

This program is for children and adults of any age who cannot swim, have never taken swim lessons, or can swim but want to improve their strokes and efficiency.

BEGINNER, LEVEL 1

This class is for children who have never been introduced to a pool and cannot swim. The goals for this class are learning the basics such as putting their face in the water and opening their eyes, blowing bubbles, breathing techniques, submerging, floating and using a kick board.

Wednesday 4:30 pm; Saturday 11 am

BEGINNER, LEVEL 2

This class is for children who have accomplished the skills of Level 1. Goals now include pushing from the wall in a prone float, kicking to the instructor, learning the four parts of the arm stroke, rhythmic breathing, eliminating doggie paddle, sitting dive from the pool deck and swimming one half of the pool width, and introduction to the back floats and kicks.

Wednesday 5 pm; Saturday 9 am & 9:40 am

BEGINNER, LEVEL 3

Students must have all the skills of Level 2. Goals now include swimming one width of the pool in freestyle with rhythmic breathing. Skills to be taught include back float with arms extended and kick, addition of the arm stroke and swim one half the width of the pool, treading water in the deep pool, and recovering an object from the four-foot main pool.

Tuesday 5 pm; Saturday 9:40 am

SWIMMER

To enroll in the Swimmer class, students must be able to swim one width of the pool freestyle with rhythmic breathing and backstroke in good form. Students will be introduced to breaststroke, and their freestyle and backstroke will be refined for smoothness and efficiency. Their goal for breaststroke is to swim one half the width of the pool.

Tuesday 5:30 pm

Saturday 10:20 am

INTRAMURAL MASTERS SWIM PROGRAM

(Ages 18 and Up)

Are you interested in achieving specific swimming goals, or just improving your fitness level through swimming? Join us for technique training, friendly competition and camaraderie in our new Intramural Masters Swim Program.

During this 8-week program, you'll work with national-level swim coach Gary Eby in a team atmosphere as you learn stroke adjustment, nutritional advice, and conditioning tips. Two additional "on your own" workouts are included each week.

Practice times:

Saturday, 7:30-8:30 am

2007 Sessions:

Session 2. March 24 thru May 12

Session 3. Sept 8 thru Oct 27

For more information and pricing, please contact a membership representative at 569-5396.

Private Swim Lessons and Adult Swim Lessons also available. Please call for more information.

SWIM LESSONS PRICING & SCHEDULE

Group Lessons (Six half-hour lessons):
Members \$55; General Public \$65
(Lesson participant must be a Universal member to receive the listed member rate)

Weekday Class Dates

Session B: February 26-April 4

Session C: April 16-May 23

Session D: June 11-June 22

Session E: June 25-July 13

Session F: July 16-July 27

Saturday Class Dates

Session 2: February 24-March 31

Session 3: April 14-May 19

Register on-line at:

www.universalathleticclub.com. Or stop at the front desk or call 569-5396 for a registration form. Payment is due at registration.

AMERICAN RED CROSS LIFEGUARD TRAINING CLASS

Our updated American Red Cross Life Guarding course is designed to prepare individuals with the skills to serve as qualified lifeguards in a swimming pool environment. This course emphasizes prevention, victim recognition, equipment rescues, first aid and CPR for the Professional Rescuer.

Participants must be 15 years old by the end of the last course date. Specific swimming prerequisites are required. (Call for more details).

Course Dates/Times:

This is the new ARC course and participants must attend all 31 hours for completion.

April 6, 2 pm - 9 pm

April 7, 8 am - 4 pm

April 11, 5 pm - 9 pm

April 13, 5 pm - 9 pm

April 14, 8 am - 4 pm

Limits and Fees: 12 participants maximum on a "first come, first serve" basis. Early registration is advised.

The fee is \$180.00 and must be paid upon successful completion of the pre-test.

Call 569-5396 for course registration and other details



www.universalathleticclub.com

For more info on Universal's aquatics programs ...

stop by or call 569-5396 to speak with our aquatics department.

UNIVERSAL Kidz Events



BIRTHDAY PARTIES AT UNIVERSAL

We've got the place & the energy! Parents, relax and enjoy your child's special day. Universal will provide the party host or hostess, paper products, balloons and juice. You just bring the cake. Best of all, we clean up for you!

CHOOSE YOUR FAVORITE PARTY OPTION:

PERFECT POOL PARTY

Specifically for children who are 6 years or older. After 30 minutes of cake and juice at your reserved tables, kids will splash and frolic in our indoor pools and play with one of our fantastic inflatables - either our friendly Lock Ness Monster, Nessie; or our super huge and wonderfully challenging obstacle course, Obie 1. Please check inflatable availability when scheduling your party. All children must be competent swimmers or accompanied in the water by a parent.

*Includes: The birthday child and 15 guests
Additional guests: \$5 each
Not to exceed 20 maximum
Members: \$165; General Public: \$180*

SPECIALTY PARTY

After 30 minutes of cake and juice at your reserved tables, our professional instructors will lead the kids through an exciting hour of karate, dance or the sport(s) of your choice. No experience in the sport necessary, just come prepared to have a blast.

*Includes: The birthday child and 15 guests
Additional guests: \$5 each
Not to exceed 20 maximum
Members: \$180; General Public: \$200*

INCREDIBLE INFLATABLE PARTY

Check out the newest party Universal has to offer! After 30 minutes of cake and juice, kids will have a blast on our new inflatable obstacle course featuring a 16-foot slide. This is a fantastic addition to the Lancaster party scene!

*Includes: The birthday child and 15 guests
Additional guests: \$5 each
Not to exceed 20 maximum
Members: \$190
General Public: \$205*

AMAZING MAZE PARTY

Enjoy 30 minutes at your reserved tables for cake and juice. Then it's off to a wild hour of fun in our Kidmazium!

*Includes: The birthday child and 15 guests
Additional guests: \$5 each
Not to exceed 20 maximum
Members: \$165; General Public: \$180*

YOU PICK TWO

Combine any two parties for an extra special day to remember (2 hours).

*Includes: The birthday child and 15 guests
Additional guests: \$5 each
Not to exceed 20 maximum
Members: \$230; General Public: \$245*

HOLIDAY CAMP: SUMMER FUN ALL YEAR 'ROUND!

(KINDERGARTEN – GRADE 5)

On days that Manheim Township Schools are scheduled to be off, Camp Universal is in session. Each day we'll play in the Kidmazium, create incredible crafts, swim in the indoor pool complex, play basketball and other sports, and have snacks. You can pack a lunch or order from Café U.

Holiday Camp will take place from 7 am to 6 pm on the following dates. Half day or full day options are available.

SPRING 2007 HOLIDAY CAMP DATES

March 19; *April 6; April 9; May 28

*Tentative snow make-up day for Manheim Township School District

SCHEDULE & PRICING

Half Day (7 am to 1 pm or 1 to 6 pm)

Universal Members: \$25/day;
General Public: \$30/day

Full Day (7:00 am to 6:00 pm)

Universal Members: \$40/day;
General Public: \$45/day

Please register at the front desk.

KIDMAZIUM FIELD TRIPS

Attention parents and teachers: Looking for that perfect location for your children to take a field trip? Want to keep the plans simple and stress free? We have the perfect solution! Bring your kids to Universal's Kidmazium for two hours of fun and fitness. Keep your plans simple by pre-ordering healthy bagged lunches made at our very own Café U!

Please call 569-5396 for more details.



KIDZ NITE OUT (AGES 5-10)

Parents, enjoy some Friday evenings off while your kids have a blast here at our club. Kidz Nite Out takes place every other Friday from 6:30-10 p.m. We provide safe, supervised fun within our facilities, and there is a different theme each time.

Every Kidz Nite Out includes awesome activities, a PG movie and a yummy snack.

FRIDAY, MARCH 9 – ARTS & CRAFTS NIGHT

Glitter, glue, paint and plaster. It's arts and crafts night! Make a project or two to take home; let your creative juices flow!

FRIDAY, MARCH 23 – SPORTS NIGHT

Basketball, hockey, soccer and playground games and more... We'll see you here for this night of non-stop action!

FRIDAY, APRIL 13 – MAD SCIENTIST

Join Dr. Von Eyebrow and his assistants as we make totally cool science experiments. Work hands on as we make rocket launchers, volcanoes and many other cool projects!

FRIDAY, APRIL 27 – POOL PARTY

Join us for a dip in our pool. We will flip, flop and slide on our pool inflatable. Don't forget to pack a towel, goggles and a change of clothes.

FRIDAY, MAY 11 – INCREDIBLE INFLATABLE

Come join us for a night full of hot air! We will play on our giant land inflatable, have belly bumper competitions and a beach ball relay, followed by a movie and a snack.

FRIDAY, MAY 25 – TENNIS NIGHT

Game, Set, Match! Come join us for tennis skills, games and an obstacle course! No experience is necessary. Bring a racquet if you have one, or we will have one for you to use.

NEED TIME & COST INFO

PLEASE CALL OUR SPECIAL EVENTS COORDINATOR AT 569-5396 FOR MORE INFORMATION OR TO RESERVE YOUR PARTY. DATES AVAILABLE ON A FIRST-COME, FIRST-SERVE BASIS.



www.universalathleticclub.com

For more info on Universal's kids' programs and events ...

stop by or call 569-5396 to speak with our children's program director.

UNIVERSAL Kidz Klub

KIDZ KLUB/KIDMAZIUM

Included in your family membership!

At Universal, we provide a safe, friendly environment that inspires the love of exercise, energy, and creativity in our youngest members.

Our Kidz Klub offers fun activities, supervised play time and non-stop entertainment for babies and children up to age 12. Inside the Kidz Klub is our famous Kidmazium, loaded with ball pits, tunnels, tubes, slides and a giant air bouncer; all next to a huge open playground area with ride-on toys, a basketball hoop, and a kids' climbing wall. There's something for everyone in this terrific kids' paradise.

Kidz Klub Hours:

Monday - Thursday 8:15 am - 8:30 pm
Friday 8:15 am - 7:30 pm; Saturday 8:30 am - 1 pm
Babies ages 6 weeks to 6 months:
Monday - Friday 12-2 pm

Maze Only Hours:

Saturday 1 - 5 pm; Sunday 12 - 5 pm
Children under the age of 4 must be accompanied by an adult during "Maze Only" hours.

Prices:

Included with family membership!
General Public: \$6.95 per child
2-hour maximum time limit per day

Planned Daily Kidz Klub Activities

9:10 am	Freeze Dance
9:30 am	Fun to Get Fit
9:50 am	Bear Hunt
10:10 am	Parachute
10:30 am	Limbo Rock
10:50 am	Barney Boogie
11:10 am	Beanie Bag Game
11:30 am	Chicken Dance/ Movement Medley
11:50 am	Name That Part
12:10 am	Sharks & Minnows
12:30 am	Truck Races
12:50 am	Hula Hoop Games
1:10 pm	Paper Airplane Races
1:30 pm	Potato Sack Races
1:50 pm	Story Time
4:30 pm	Potato Sack Races
4:50 pm	Freeze Dance
5:10 pm	Truck Races
5:30 pm	Sharks & Minnows
5:50 pm	Bear Hunt
6:10 pm	Limbo Rock
6:30 pm	Beanie Bag Game
6:50 pm	Red Light/Green Light
7:10 pm	Hula Hoop Games
7:30 pm	Amazing Maze Races
7:50 pm	Capture the Flag



CHILDRENS' CLASSES

Included in your family membership!

In addition to our Kidz Klub, we hold several creative classes for young children. You may sign your child in at class, or you may sign them in at the Kidz Klub and we will transport them to and from class.

KRAFT KLUB (AGES 3-7)

This story and activity time for children features a different project each week to stimulate their minds and creativity.

Monday-Thursday 5:30-6:00 pm, Learning Studio

MESS MAKERS (AGES 3-6)

Kids gather together for fun, hands-on activities like Krafty Kidz, Dress-Up & Drama, Puzzle Wars, Play-Dough Pals and "What's Cookin'?"

Monday-Friday 10:00-10:30 am, Learning Studio

RHYTHM AND MOTION (RAM) CLASSES (AGES 3-6)

Rhythm And Motion (RAM) classes are for boys and girls ages 3-6 and take place in Studio D (RAM Studio.) All classes are 30 minutes long.

MONKEY BUSINESS

Children learn specific physical skills through fun games and activities. The class is designed to improve their social skills as they work together with the other children.

Monday 9:30 am, Tuesday 10:30 am, Wednesday 10:30 am, Thursday 12:45 pm, Friday 9:30 am

MONSTER TRUCKS

Rev your engines! In this high paced class kids will run, jump and tumble their way to a new adventure every week!

Monday 12:45 pm, Tuesday 12 pm, Wednesday 12 pm, Thursday 9:30 am, Friday 12 pm, Saturday 9:30 am

GOOFY GAMES

This class is dedicated to having fun and being silly. We'll help build your child's self confidence, listening skills and self-esteem. Everyone has a good time in this class.

Monday 12:00 pm, Wednesday 12:45 pm, Thursday 12 pm, Friday 12:45 pm, Saturday 10 am

GREG & STEVE'S GREATEST HITS

We'll keep your kids movin' & grovin' to music by Greg & Steve - one of the most popular children's acts on the scene today. Their motto is "Educate, Motivate, Enrich, and Entertain." That's what we'll do in this fun filled class for kids!

Monday 10:30 am, Tuesday 9:30 am, Wednesday 9:30 am, Thursday 10:15 am, Friday 10:15 am, Saturday 10:30 am

BABY BALLET/TOT TAP (ages 3 to 6)

Young dancers will learn the basics of ballet and tap. We'll go from releve to the shuffle all in one class!

Tuesday 12:45 pm

CLASS PRICING:

Members: FREE; General Public: \$6.95 per visit



FAMILY FOCUS: THE HURLEY FAMILY

Kris and Heather Hurley and their two children, D'Artagnan (D.J.) and Kadence, have been members of Universal since January 2004. Here is what Heather had to say about their family's experience:

Why did you join Universal?

We knew that Universal would be a place for the whole family to enjoy. There are lots of great activities for every age.

How does your family utilize Universal's entire facility?

Kris and I exercise on the main fitness floor, take group fitness classes (RPM, BODYCOMBAT AND BODYPUMP) and personal train. DJ takes martial arts and swim lessons. As a family, we all enjoy the indoor pool together.

What do your kids enjoy most about the Kidz Klub?

DJ loves the wall climber and all the fun stuff in the maze, like the monkey bars and air bouncer. Kadence loves the toddler area and crawling through the castle.

What is your favorite thing about Universal?

The group fitness classes and the Kidz Klub!

STAFF SPOTLIGHT:

COURTNEY MARTIN KIDZ KLUB SUPERVISOR



The Universal staff is pleased to introduce the newest member of our Kidz Klub Management Team, Courtney Martin. Courtney began working at Universal in December 2006. She is our evening and weekend staff supervisor in the Kidz Klub and Youth Athletic Club. She is also the creative force behind Kraft Klub and Mess Makers.

Family:

Husband, Seth; Daughters, Mackenzie (age 5) and Regan (21 months)

Originally from:

Dallas, TX

Favorite pastimes:

Baking bread, sewing and home-schooling my daughters

Favorite thing about Universal:

Parents are able to take a moment for themselves knowing their children are safe nearby, playing and getting their own exercise.

Something people would be surprised to know about you:

I was Miss Mt. Vernon (Texas) in 1988

I want people to know:

I want ya'll to know that I will never lose my southern accent!



www.universalathleticclub.com

For more info on Universal's kids' programs and events ...

stop by or call 569-5396 to speak with our children's program director.

UNIVERSAL Aquatics

AQUA-FITNESS CLASSES

All Aqua-Fitness classes are included with a Universal membership! Exercising in the water offers a great, non-impact workout and gentle resistance for all ability levels. Try out these classes to improve cardio vascular endurance, muscle tone and flexibility.

Monday		
8:00 am	Hydro Flex	Warm Pool
8:30 am	Aqua Lite	Choice
9:15 am	Hydro Flex	Warm Pool
9:45 am	Aqua Energizer/Sculpt	Main Pool
11:15 am	Aqua Walk	Main Pool
5:30 pm	Aqua Deep	Deep Pool
Tuesday		
6:00 am	Aqua Deep	Deep Pool
8:00 am	Hydro Flex	Warm Pool
8:45 am	Aqua Walk	Main Pool
9:30 am	Aqua Deep	Deep pool
10:15 am	Aqua Sculpt	Choice
5:30 pm	Aqua Energizer/Sculpt	Main Pool
6:30 pm	Hydro Flex	Warm Pool
7:00 pm	Aqua Motion	Warm Pool
Wednesday		
8:00 am	Hydro Flex	Warm Pool
8:30 am	Aqua Lite Energizer Cardio	Choice
9:15 am	Hydro Flex	Warm Pool
9:45 am	Aqua Energizer/Sculpt	Main Pool
11:15 am	Aqua Walk	Main Pool
5:30 pm	Aqua Deep	Deep Pool
Thursday		
6:00 am	Aqua Deep	Deep Pool
8:00 am	Hydro Flex	Warm Pool
8:45 am	Aqua Walk	Main Pool
9:30 am	Aqua Deep	Deep pool
10:15 am	Aqua Sculpt	Choice
5:30 pm	Aqua Energizer	Main Pool
6:30 pm	Hydro Flex	Warm Pool
7:00 pm	Aqua Motion	Warm Pool
Friday		
8:00 am	Hydro Flex	Warm Pool
9:00 am	Aqua Fit	Main Pool
10:15 am	Aqua Deep	Deep Pool
Saturday		
8:00 am	Aqua Splash	Choice

AQUA-FITNESS CLASSES

WARM POOL CLASSES (Maximum capacity 15 people)

HYDRO FLEX (30 minutes)

Improve and maintain joint flexibility, range of motion and muscle strength in this low impact non-clinical class highly recommended for people with Arthritis, Osteoporosis, and other joint related conditions. This class is taught by certified instructors using Arthritis Foundation guidelines.

AQUA MOTION (30 minutes)

Relieve tension and stress on your mind and body by concentrating on stretching and increasing flexibility of major muscle groups. This warm water class will incorporate techniques from a variety of disciplines that include Tai chi, yoga, and Pilates. This is an ideal class for all levels of fitness, especially those looking for a mind/body connection.

OPEN SWIMS

When any portion of the three pools is not being used for classes, lessons or programs, they will be available for general use or "open swims." Please refer to the aquatics schedule available at the front desk or the pool office for specific dates, times and locations.

FAMILY SWIMS

Please refer to the aquatics schedule at the front desk or the pool office for designated "Family Swim Times." Friday evenings and Saturday and Sunday afternoons include our popular pool inflatables, "Obie 1" and "Nessie" the Loch Ness Monster.



LAP SWIMMING

Five lanes are roped off for lap swimming during the following dates/times:

Monday-Friday, 5-8 am
Saturday & Sunday 7-9 am

In addition, one lane is set aside all day, every day, for lap swimming. We encourage swimmers to share a lap lane when needed. Please ask if you may share, and swim down on the right side of the lane in circles.

Universal provides a large deck clock for swimmers to time their laps; however, those wanting to count their laps will need to bring their own abacus.

DEEP POOL CLASSES

(Swimming ability not necessary)

AQUA DEEP (60 minutes)

Enjoy an entertaining hi-level cardio and strength building workout with no impact exercises, using a variety of aquatic equipment. Floatation belts are used to help maintain proper alignment. Excellent program for all ability levels.

MAIN POOL CLASSES

AQUA ENERGIZER/SCULPT (75 minutes)

An action-packed choreographed class that emphasizes conditioning of the cardiovascular and muscular systems. Abdominal toning is included in this high-energy workout. This program is recommended for those looking for a challenging workout.

AQUA ENERGIZER (60 minutes)

This class is a shortened version of the morning class, focusing on the same goals and results. Come challenge and energize yourself at the end of the day.

AQUA LITE (45 minutes)

Tone your muscles and increase cardiovascular capacity while working at your own speed. This is an enjoyable class for those looking for light to moderate exercise.

AQUA SCULPT (30 minutes)

Concentrate on toning of specific body areas using various types of equipment and movements. We start with a warm up and then isolate specific muscles for a noticeable change. Recommended for all levels.

AQUA FIT (50 minutes)

Burn calories through choreographed routines in the water. Recommended for all levels.

AQUA SPLASH (50 minutes)

An instructor's choice mid-level cardio class. A great weekend wake-up call designed to get your heart beating a little faster.

AQUA WALK (30 minutes)

This shallow water class allows individuals to use the resistance of the water to get a cardio workout while stretching and strengthening muscles in the core, lower back, and legs. This is an ideal class for those suffering from joint or low back pain, recovering from injury, or looking to add an aspect of cross-training to other workouts. A variety of aquatic resistance equipment may be used.



www.universalathleticclub.com

For more info on Universal's aquatics programs ...

stop by or call 569-5396 to speak with our aquatics department.

UNIVERSAL Martial Arts

UNIVERSAL'S MARTIAL ARTS PROGRAM QUESTIONS & ANSWERS

Included in your membership!

Martial Arts classes are available for children ages 4 through adults and are designed with age-appropriate activities that help develop a strong body, mind and spirit.

Q: How do I get started?

A: Stop by the Martial Arts department or call Universal to sign up for the next session of introductory lessons. Our supportive instructors will help you step by step through our program and answer all your questions.

Q: Do I have to wear a uniform?

A: No, beginning students do not have to wear a uniform. Just wear comfortable clothes in which you can move freely. A uniform will be required later on in your training. You can purchase your uniform through the Martial Arts department.

Q: What if I'm not interested in testing or belts?

A: Then you'll love our Saturday class, called MAeXtreme, or MAX. MAX does not require uniforms or belt testing and is open to all Universal members. If you like Body Combat, you'll love MAX. You might also enjoy FORZA, our new cardio workout with wooden swords.

Q: What if I'm new to exercising or want to lose some weight? Should I do that before joining the Martial Arts program?

BELT TESTING

- Regular belt testing is held every two months, on the last Saturday of the month
- Black belt written exams are held three times a year
- Black belt testing is held three times a year
- Dan promotions are held four times a year

Next Black Belt written exam:
March 2

Next Black Belt physical exam:
April 28

Next belt testing dates:
March 31 and May 26

Please see the front desk for a complete schedule. Additional fees apply.

A: Our program includes people of all ages, sizes and abilities. EVERYONE is welcome! Practicing martial arts is one of the greatest ways to lose weight and become healthy. You'll have so much fun you won't believe you're exercising.

Q: How much does it cost?

A: The Martial Arts program is included in your membership, so there is no monthly fee to attend regular classes. If you are not a Universal member, the cost is \$55 per month for unlimited classes. For members and non-members, there are fees for belt testing, equipment, seminars and a \$25 annual insurance fee per student.

Q: How old do my children have to be to participate?

A: We offer programs for children beginning at four years old and adults of all ages.

Q: What if I'm not sure about joining; can I just watch some classes?

A: We love an audience and you are welcome to watch classes at any time!

Q: Do you have morning classes?

A: Yes! We offer morning classes for adults three times a week and weekends.

Universal is proud to provide the America's Best Karate East Coast System!

The America's Best Karate East Coast system provides high quality instruction in the Korean arts of Tae Kwon Do and Hapkido. This rank certifying program draws from Program Directors Gary and Janene Ireland's combined 22 years of experience and continued development in martial art systems such as Chinese Wushu, Kenpo Karate, Eskrima, Wing Chun Gung Fu and Chen Style Tai Chi Chuan. We also offer award winning instruction in Japanese Kobudo weaponry and American Kenpo Karate. In addition we have cardio, conditioning, and flexibility classes for those students who are not interested in black belt certification.

We provide a family-oriented training center for people of all ages, sizes and ability levels. Our trained staff members are expert motivators, and many individuals have experienced improved physical and mental well being as a result of participation in our program. Consistent practice in the martial arts can sharpen coordination, increase flexibility, speed reflexes, tone muscles and increase overall strength. Best of all, it's challenging, fun and rewarding!

Our system emphasizes individual ability, not competition, and each student progresses at his or her own rate. We strive to encourage self-discipline, respect, confidence, and motivation in our students by providing opportunities for increased knowledge, strength, courage and commitment. We see amazing results such as better grades, improved physical health and agility, sharpened mental alertness and, most importantly, increased self-esteem.

ABKEC is one of the most diversified and exciting programs available and offers something for the martial artist in everyone.

We hope to see you join us for classes soon!

-- Gary and Janene Ireland, Martial Arts Program Directors

MARTIAL ARTS FAMILY SPOTLIGHT GARY AND JANENE IRELAND & FAMILY



The America's Best Karate system is instructed by the husband and wife team of Gary and Janene Ireland. Their three oldest children, Lexi (16), Peter (13), and Chloe (11), are active participants in the program. Lexi recently joined the staff as an instructor. Their youngest son, Brandon (2), loves to practice like the big kids!



www.universalathleticclub.com

For more info on Universal's martial arts programs ...
stop by or call 569-5396 to speak with our martial arts director.

UNIVERSAL Martial Arts

SPRING '07 MARTIAL ARTS CLASS SCHEDULE

Monday		
TIME	CLASS	BELT LEVEL
4:30 - 5:15 pm	Junior/Adult	Advanced Levels (hi-blue/brown/red)
5:15 - 6:00 pm	Junior/Adult	Beginning Levels (yellow/orange/green)
6:00 - 6:45 pm	Junior/Adult	Intermediate Levels (purple/hi-purple/blue)
6:45 - 7:30 pm	Junior/Adult	MA 101 (Introduction to White Belt Level)
Tuesday		
TIME	CLASS	BELT LEVEL
9:30 - 10:30 am	Adults	Yellow - Red
4:30 - 5:00 pm	Tigers	Age 4
5:00 - 5:30 pm	Dragons	Age 5
5:30 - 6:15 pm	Juniors	Yellow - Red (Ages 6 - 11)
6:15 - 7:00 pm	Adults	Yellow - Red (Ages 12 & up)
7:00 - 7:45 pm	Junior/Adult	Dan Levels (red-black, 1st, 2nd, 3rd Dan)
7:45 - 8:30 pm	Kenpo	Ages 14 & up
Wednesday		
TIME	CLASS	BELT LEVEL
9:30 - 10:30 am	Junior/Adult	MA101 (Introduction to White Belt Level)
4:30 - 5:15 pm	Junior/Adult	Beginning Sparring (yellow/orange/green)
5:15 - 6:00 pm	Junior/Adult	Intermediate Sparring (purple/hi-purple/blue)
6:00 - 6:45 pm	Junior/Adult	Advanced Sparring (hi-blue/brown/red/red-black/Dan Levels)
6:45 - 7:30 pm	Junior/Adult	MA 101 (Introduction to White Belt Level)
Thursday		
TIME	CLASS	BELT LEVEL
9:30 - 10:30 am	Adults	Yellow - Red
4:30 - 5:00 pm	Tigers	Age 4
5:00 - 5:30 pm	Dragons	Age 5
5:30 - 6:15 pm	Juniors	Yellow - Red (Ages 6 - 11)
6:15 - 7:00 pm	Adults	Yellow - Red (Ages 12 & up)
7:00 - 7:45 pm	Junior/Adult	Dan Levels (red-black, 1st, 2nd, 3rd Dan)
7:45 - 8:30 pm	Kenpo	Ages 14 & up
Friday		
TIME	CLASS	BELT LEVEL
4:30 - 5:15 pm	Junior/Adult	Intermediate Levels (purple/hi-purple/blue)
5:15 - 6:00 pm	Junior/Adult	Advanced Levels (hi-blue/brown/red)
6:00 - 6:45 pm	Junior/Adult	Beginning Levels (yellow/orange/green)
6:00 - 7:00 pm	Adult	Forza Samurai Workout (Ages 14 & up)
6:45 - 7:30 pm	Junior/Adult	MA 101 (Introduction to White Belt Level)
Saturday		
TIME	CLASS	BELT LEVEL
8:15 - 9:00 am	Junior/Adult	Dan Levels (red-black, 1st, 2nd, 3rd Dan)
9:00 - 9:45 am	MA eXtreme	All Universal Members (Ages 12 & up)
9:45 - 10:30 am	Adult Sparring	Yellow - Black (Ages 12 & up)
10:30-11:15 am	Junior Sparring	Yellow - Black (Ages 6 - 11)
11:15-12:00 pm	Kenpo	Ages 14 & up

SPRING '07 MARTIAL ARTS CLASS SCHEDULE

INTRODUCTION/MARTIAL ARTS 101 (45 minutes)

This 8-week introductory course is held three times a week for 45 minutes. We recommend you attend two classes a week. No uniform or previous martial arts experience is required, but you do need to pre-register with the Martial Arts department. Our instructors will answer all your questions, help you feel comfortable in the training center, introduce you to basic martial arts skills, and prepare you for joining our beginning level classes.

BEGINNING LEVELS (45 minutes)

For students who have earned their yellow, orange or green belts. Students will continue their study of basic martial arts as they focus on concentration, self-discipline, flexibility and balance. Students may begin sparring at this level. Uniforms are required, and students should attend class a minimum of twice a week to advance.

INTERMEDIATE LEVELS (45 minutes)

For students who have earned their purple, high purple, or blue belts. Students will be challenged by new kicks, forms and techniques at the intermediate level. Fun-filled classes will prepare students for the more challenging advanced level. Uniforms are required; students must begin sparring and should attend class three times a week to advance.

ADVANCED LEVELS (45 minutes)

For students who have earned their high blue, brown, or red belts. In addition to sparring, new kicks, techniques, and forms, students will learn how to use the weapon called escrima. Advanced classes will continue to improve cardiovascular strength, flexibility and endurance in preparation for Dan Levels. Uniforms are required, and students must continue to spar and attend class at least 3 times a week to advance.

DAN LEVELS (45 minutes)

For advanced students who have earned the rank of Poom Dan (red-black), first degree or higher. The focus is on continued growth, refinement and advanced technique as students prepare to test to first degree and beyond.

SPARRING (45 minutes)

Sparring increases confidence, coordination and self-discipline while improving cardiovascular endurance, reaction time, and technique. These classes are open to all students who have earned the rank of yellow belt or higher. A complete set of protective equipment is required to participate in Sparring classes.

DRAGONS/TIGERS (30 minutes)

Designed specifically for four and five year olds. Exciting and fun age-appropriate martial arts activities will help students increase their focus, physical strength, and flexibility. Upon completion of this program, 6-year-old students will graduate to our junior classes.

MAEXTREME (45 minutes)

Join us for 45 minutes of fun as we utilize focus pads and kicking bags to blast your cardio conditioning to new levels. We'll incorporate speed drills, plyometrics, and slow twitch muscle drills to provide amazing results. This class is open to all Universal members and no uniform, ranking, or previous martial arts experience are required. If you like BODY-COMBAT, you'll love MAX!

NEW PROGRAMS!

FORZA

Looking for something new to challenge your cardio and strength training? Join us for the hottest class in Europe and New York - FORZA - "The Samurai Sword Workout." Featured in Fitness Magazine, Shape Magazine and Good Morning America, Forza blends elements of Japanese sword-fighting techniques with choreographed martial arts movements performed at high speed. The result is a fun, challenging and high-powered workout that burns over 500 calories per session. Forza's non-contact training sessions do not teach self-defense, but instead integrate mind, body and spirit through the sword. These semi-private sessions are open to everyone and do not require previous martial arts experience or weapon training. Additional fees apply. Please contact Janene Ireland in the Martial Arts department for more information.

KENPO

We are proud to present an additional belt ranking system known as American Kenpo Karate. Kenpo's primary focuses are Economy of Motion and Adaptability, making it suitable for everyone. Kenpo is a defense art that utilizes less kicking applications than Tae Kwon Do: If you are interested in supplementing your Tae Kwon Do training or trying an art other than Tae Kwon Do, Kenpo may be the answer. Kenpo training can increase physical and mental control and improve physical conditioning, balance and coordination.

WEAPONS

Weapons classes are offered on an individual basis through private instruction. Additional fees apply. Please contact the Martial Arts department for more information.



www.universalathleticclub.com

For more info on Universal's rhythm and motion programs ...

stop by or call 569-5396, ext. 25, to speak with our children's program director.