



Welcome to the Ottawa Athletic Club **The One and Only.**

The Ottawa Athletic Club opened its doors in 1976 with the fundamental belief that routine physical activity leads to a healthier lifestyle. Our mission is – and always has been – to enhance the quality of life by promoting and educating physical fitness, athletics and sport.

We have created an environment for you and your family to enjoy and excel in both mind and body. In promoting a balanced lifestyle of fitness and overall wellness, the OAC offers the most complete combination of programs, events, sports and activities in the National Capital Region.

Quality and excellence have been a driving force at the Ottawa Athletic Club. The OAC employs top industry professionals who are committed to helping you reach your full potential, dedicated to your success every step of the way.

The OAC did not become the best because it is the longest standing club; it has become the longest standing club because it is the best.



FACILITIES

The OAC is Ottawa's most established and unique health and fitness club – and is the only club of its kind to offer a diverse combination of sports, fitness and programming all in one facility. Built on eight acres of land, the 150,000 square foot complex includes the following facilities:

FIRST FLOOR

- 8 Indoor Tennis courts
- 6 International Squash courts
- 2 Racquetball / Handball courts
- 12,000 square foot Indoor Golf School
- 20,000 square foot training area featuring:
 - Precor Cardio (with Cardio Theatre)
 - Magnum Strength Training equipment
 - Olympic Powerlifting Platform
 - 4 power Racks
 - 143 metre banked Indoor Running Track
- Indoor Salt Water swimming pool
- Studio Cycling Room
- Just Women Studio
- Greco Lean & Fit Studio
- Peak Centre For Human Performance Studio
- DOUVRIS Karate & Fitness Studio
- Saunas, Steam Rooms and Whirlpools in both men's and ladies locker rooms
- Physio Sports Care Centre
- Sporting Life Boutique

SECOND FLOOR

- Group Fitness Studio
- Hot Yoga Studio
- Barre Pilates Studio
- OAC Health Centre & Spa
- Tennis Gallery
- Squash Gallery
- Playcare
- St-Laurent Academy Private Daycare

OUTDOORS

- 6 Fully Lit Outdoor Tennis courts
- Outdoor Salt Water swimming pool and sundeck
- Summer Camp Zone with Basketball nets and Beach Volleyball court
- Ample Free Parking



V.I.P. MEMBERSHIP OFFER FOR EMPLOYEES AND FAMILY OF WORLD of WOMEN



YOUR **HEALTHY LIFESTYLE** STARTS HERE

Join the Ottawa Athletic Club and save up to **40%**
on our Annual Platinum Membership,

Your Platinum Membership includes:

Unlimited access to all club facilities, including all racquet sports, indoor running track, exercise equipment, swimming pools, and all spa facilities. All scheduled group fitness, aquatic, indoor cycling, and yoga classes are also included. (A fee is charged for all indoor tennis court time.)



Plus... Join by January 31 and Receive a Gift Value of \$300

- Pay NO initiation Fee
- Receive a \$100 OAC Gift Card
- Receive a Complimentary Fitness Orientation
- Receive a V.I.P. Rate for your Spouse

Contact Membership Services today at 613-523-1540

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