



partners with Lafayette's



THE DAILEY METHOD

From OAM Director Steve Haufler: "The Dailey Method of Lafayette is offering Orinda Aquatics Masters swimmers participating in the 2011 FitQuest challenge a special unlimited attendance 84-day program, January 3-March 27, at their Lafayette site located at 3471 Mt. Diablo Blvd.

The Dailey Method is a unique combination of core conditioning, strength training, stretching, and a wide variety of orthopedic exercises. I feel it is a perfect cross-training regimen for a swimmer because it will increase your flexibility, strengthen your core, and through the use of light weights, will define and tone your upper body. In addition, mat and ballet barre work target the thighs, seat and abdominals.

To realize the full benefits of The Dailey Method program it is best to attend class a minimum of 3 days a week. While attending just one day a week is better than nothing and attending twice a week is maintenance, attending 3 days a week will definitely change your body. And when you begin attending classes 4-6 days a week, you will experience amazing results.

This is why I asked The Dailey Method to provide us an unlimited attendance 84-day program to coincide with our annual FitQuest Program. You will be able to complete the challenge with just two activities, swimming and the Dailey Method.

I began The Dailey Method program in September as an experiment to see if I wanted to recommend this program to my swimmers. After the first week I was hooked. The exercise was a shock to my body and I realized it was just what I needed to improve my fitness. I lost 15 pounds of fat in 3 months (weight dropped from 184 to 169), increased my total body strength, and dramatically improved my flexibility.

You may visit their website at www.thedaileymethod.com to check the class schedules to see if this will work for you during the FitQuest challenge 2011, January 3-March 27. The total cost for the 84-day program is \$375."