

Please scroll down to
see the rest of the news-
letter.
Thank You

GROUP FITNESS/SPECIALTY CLASSES

MONDAY		Studio	
6:00am-7:00am	I	Power Pump	Bobbie
11:00am-11:45am	III	Mat Pilates	Sabin
12:00pm-1:00pm	III	Power Yoga	Paige
12:10pm-1:00pm	I	Hi/Low	Bonnie
5:00pm-5:30pm	III	Ab Blast	Bernadette
5:30pm-6:15pm	I	H.I.I.T	Bernadette
5:30pm-6:15pm	II	Cycle	Kristen M
6:15pm-7:15pm	I	Ballet Pilates	Bonnie
6:00pm-7:30pm	III	Hatha Vinyasa Yoga	Robert
TUESDAY		Studio	
6:00am-6:45am	II	Cycle	Matt
10:00am-10:45am	III	Slow Stretch	Pam
11:00am-11:45am	III	Mat Pilates	Annie
12:00pm-1:00pm	III	Kenpo Karate	Bob Y.
12:10pm-1:00pm	II	Cycle	Annie
12:10pm-1:00pm	I	Power Pump	Bonnie
5:30pm-6:30pm	I	Power Pump	Kristen M
6:00pm-7:00pm	III	Vinyasa Flow Yoga	Heather
6:00pm-7:00pm	II	Cycle	Richard
WEDNESDAY		Studio	
6:00am-6:45am	I	H.I.I.T.	Bernadette
11:00am-11:45am	III	Mat Pilates	Sam
12:00pm-1:00pm	III	Yoga	Sam
12:10pm-1:00pm	I	H.I.I.T.	Jonna
5:00pm-5:30pm	III	Abs Blast	Jonna
5:30pm-6:15pm	II	Cycle	Bernadette
5:30pm-6:15pm	I	H.I.I.T.	Jonna
6:15pm-7:15pm	I	Step Jam	Bonnie
THURSDAY		Studio	
6:00am-6:45am	II	Cycle	Matt
11:00am-11:45am	III	Pilates on the Ball	Sabin
12:00pm-1:00pm	Court I	Kenpo Karate	Bob Y.
11:30-12:00pm	II	HIIT Cycle	Bonnie
12:10pm-1:00pm	I	Power Pump	Jonna
12:00pm-1:00pm	III	Power Yoga	Paige
5:30pm-6:30pm	I	Power Pump	Bobbie
6:00pm-7:00pm	III	Gentle Yoga	Robert
FRIDAY		Studio	
11:00-11:45am	III	Mat Pilates w/ props	Paige
12pm - 1pm	III	Yoga	*Robert
12:10pm-1:00pm	I	HIIT	Bernadette
12:10pm-1:00pm	II	Cycle	Richard
5:00pm-5:20pm	I	Upper Body Blast	Revolving Staff
5:30pm-6:00pm	II	HIIT Cycle	Revolving Staff
5:30pm-7:00pm	III	Yoga	Paige
SATURDAY		Studio	
9:00am-10:00am	II	Cycle	Matt
9:30am-10:30am	I	Step 'n' Strength	Bonnie 4/8,22 Doug 4/1,15,29
10:30am-11:30am	III	Ballet Pilates	Bonnie 4/ 8,22 Sabin 4/1,15,29
SUNDAY		Studio	
9:15am-10:10am	I	Power Pump	Kristen F
10:15am-11:15am	II	Cycle	Kristen F
2:00pm-3:00pm	III	Gentle Yoga	Aviv

* Identifies a new class or a change to a current.

ACTIVITIES SCHEDULE

MONDAY	
4:00pm-7:00pm	Handball Challenge & Lessons
5:00pm-7:00pm	Masters Swim

Activities Schedule Continued...

4:00pm-6:00pm	40+ Basketball
6:00pm-Close	A-League Basketball

TUESDAY

4:00pm-7:00pm	Racquetball Challenge & Lessons
6:00pm-7:00pm	Masters Swim
until 6:30pm	Open Basketball
6:30pm-Close	Volleyball League

WEDNESDAY

4:00pm-7:00pm	Handball Challenge & Lessons
5:00pm-7:00pm	Masters Swim
6:00pm-Close	B-League Basketball

THURSDAY

11:30am-1:30pm	40+ Basketball
4:00pm-6:00pm	Racquetball Challenge & Lessons
6:00pm-7:00pm	Masters Swim
6:30pm-Close	Volleyball League
until 6:30pm	Open Basketball

FRIDAY

until Close	Open Basketball
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SATURDAY

8:00am-12:00pm	Child Care 2 hour maximum
8:00am-12:00pm	Power Basketball (winner retains ct. to 3 games)
2:00pm-Close	Open Basketball (CACTwo-and-Off Rotation)

SUNDAY

9:00am-4pm	Open Basketball
9:00am-1:00pm	Child Care 2 hour maximum

PILATES SCHEDULE

Pilates Reservation Numbers: (916) 442-3956 & 442-3957

MONDAY		
11:00am-11:45am	Mixed Level	Pam
12:00pm-12:45pm	Level I	Mari
4:00pm-4:45pm	Level I	Sabin
5:30pm-6:15pm	Level II	Jose
6:30pm-7:15pm	Level I	Jose
TUESDAY		
6:00am-6:45am	Mixed Level	Mari
11:00am-11:45pm	Yo/Reformer I	Pam
*12:00pm-12:45pm	Level II	Sabin
4:30pm-5:15pm	Level I	Kristen M
5:30pm-6:15pm	Principles	Sam
6:30pm-7:15pm	Level I	Sam
WEDNESDAY		
10:00am-10:45am	Level I	Jonna
4:00pm-5:00pm	Level I	Sabin
5:30pm-6:15pm	Level I	Vicki
6:30pm-7:15pm	Level II	Vicki
THURSDAY		
7:00am-7:45am	Mixed Level	Mari
11:00am-11:45am	Level I	Jill
12:00pm-12:45pm	Level II	Sabin
4:30pm-5:15pm	Level I	Liz
5:30pm-6:15pm	Level I	Liz
FRIDAY		
11:00am-11:45am	Principles	Sam
12:00-12:45pm	Level I	Sam
5:30pm-6:15pm	Mixed Level	Jose
SATURDAY		
9:00am-9:45am	Level I	Liz
10:00am-10:45am	*Mixed	Liz
SUNDAY		
10:00am-11:00am	Tower/circuit	Vicki



MONTHLY

Sacramento's Premier Full Service Athletic Club

APRIL 2017

Sacramento Ballet Social



We are proud to announce that the Sacramento Ballet will return to The Capital Athletic Club on Friday May 19th.

For over 20 years, the Sacramento Ballet has partnered with the CAC in presenting a stellar evening of eclectic dance to its members. The Ballet's annual CAC Social presents electrifying highlights from their season. Join us for a compelling evening to experience the athletic grit and artistry of the all - star dancers of the Sacramento Ballet. Dinner 7-8pm/ performance 8-9:30pm. Reserved seating will go on sale Monday April 10th at 9am. You must be present to purchase tickets. Phone reservations will be excepted after 11 am. Each member is limited to two guests. Guests must be 16 years of age or older. Tickets will include a buffet dinner from Vallejo's restaurant, beer/wine and non-alcoholic beverages 15 dollars for members & 20 dollars for guests.

Heart Zone Training Cycle Classes

A Heart Zones Cycling Studio

Starting Monday, April 3rd at 12pm and Thursday April 6th at 4:30pm

Do you want to get more from your cycle training class? Beginning April 3rd, we'll launch our new indoor cycling program. The program offers fun, media-rich ride formats with advanced,

performance data technology, the Heart Rate System. You'll see a personalized snapshot of your ride workout: heart rate, time in zones, calories burned and more.

During the program's 4-week launch period all members ride for free, a minimum \$200 value. Bikes are limited. Register at the front desk to sign up for the 4 weeks and to receive schedule information. Come experience a new way to ride indoors!

SPCA DOGGY DASH:

Sat, April 8th

Join Jonna and her Capital Canine Team for the 2017 Doggy Dash on: Saturday, April 8th.

They will be walking to support the Sacramento SPCA at Land Park. Bring your furry friends

And join us for the 2 mile walk. Contact Jonna for information on team Sign-ups.

Small Group Training Spring Series Demo Week

Demo Week—April 3-8;

Spring 2017 Series begins April 10

Have you wondered about all the ruckus from Studio X (the old racquetball court across from the gym)? Does your New Year's resolution need to move to stage 2? Do you just want to transition to a new active lifestyle. Do you feel like you need closer supervision or motivation a couple of times a week?

If you answered "yes" to any of these, you should register for a Demo Week class in CAC's Small Group Training (SGT) Program to get a taste of these wonderful offerings!! These classes add a new spark to your workouts and there is a class

suited to what you need regardless of your current level. CAC SGT classes cross the spectrum from gentle, guided workouts to intense blasts of performance exercise. With typical sizes from three to seven participants, CAC SGT classes give you the camaraderie of a small group of like-minded teammates with the focused attention of a CAC trainer to guide you safely through challenges specifically designed for the format and modified for your individual needs.

Once the Demo Weeks are done, the ten-class Spring series run over the length of the second quarter. While the Demo Week classes are FREE, the class series fees run \$250 for the ten-week series. To register for the Demo Week classes (or the upcoming Spring 2017 Series), look for the Demo Week Binder on the SGT table in the club lobby beginning mid-March.

Nutritional Seminar

Wednesday, April 19th 2017

6-8pm in The Meeting Room

Many people are trying to get into the whole meal preparation thing, but are intimidated by it. Join Katy for a class on shopping for healthy and cost-effective meal prep for the week.

Sign up in the binder at the Front Desk

Summer Outdoor Series 2017

Events coming soon

Each summer, as part of our commitment to your overall health and well-being, CAC puts together a series of events targeted at introducing CAC members to other members with

similar outdoor interests. We're looking at some hiking, paddling, mountain biking and maybe even some inline skating events and trips. We hope you'll join us for these activities and look for event binders mid-April.

CAC Handball Funday

April 22nd; 9 a.m.-1 p.m.

CAC, in conjunction with SAHA (Sacramento Area Handball Assn.), will be hosting a handball funday on Saturday, April 22nd. This mixed-up doubles format will feature play at three skill levels and door prizes throughout the day. Your \$10 entry fee covers play, hospitality and door prizes. Look for a registration binder on the lobby tables outside Courts 1 & 2. Bring your best game for a day of our great game.

NEW ONLINE ACCESS FOR YOUR CLUB ACCOUNT

The Capital Athletic Club has migrated to new club management software. You can log into your account and view transactions, make payments and update your information. Would you like to receive your statement each month by email? We can do that! You can change your statement delivery method in your profile. To get started, go to our website www.capitalac.com. Select RESOURCES. From the drop down, select MY ACCOUNT. This will send you to the launch page for our Club Automation management software, where your account lives. There is a section that asks "First time here?" Select ACCESS MY ACCOUNT. You will need to fill out your name

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and the email address that you have given us. Once you do that the software will search for your account and send you an email to create a login. If you had a login with our old CSI software you can create the same login and password again. We believe that Club Automation offers a much greater user experience than what we had previously. We have plans to utilize more and more features in the future. Give it a try!

Esthetician

Morgan with MM Beauty

First time client special;
20% off Facials.

“Spring into Action” - Get rid of the winter skin with a revitalizing peel! Peels are stronger than regular exfoliation and can go deeper in the skin to help remove dead skin, speed up the cell renewal process and reveal brighter, tighter, glowing skin!

Advance Peel \$70 (\$15 savings) Special ends April 30th! Call/text 916-520-9310 or schedule online at www.vagaro.com/mm_beauty.

*Know someone getting married? I'm also available for wedding makeup, on location.

www.morganmerrillbeauty.com

Book Now @ https://m.vagaro.com/mm_beauty

Facebook: /morganmerrillbeauty

Instagram: @mmartistry

Text her at 916-520-9310 or email her at morganmerrillbeauty.com to schedule your appointment or purchase gift certificates!

Pilates News

Go with The Flow – Pilates for Joint Health and Mobility

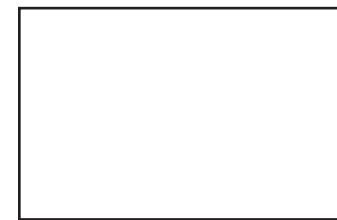
For those of us who have joint pain, discomfort or issues such as osteoarthritis, sometimes it's hard to just go with the “flow” when exercising. It hurts, and can lead to moving less, which is one of the last things we should do to maintain our joint health and quality of life.

For the last 20 years, the Arthritis Foundation has recommended movement as the best medicine for those with arthritis. Pilates training focuses on stabilization, strengthening and stretching the muscles surrounding our joints. Improving the stability of a joint with stronger and more flexible muscles that surround it create less wear and tear on that joint and lead to less pain. We can then move through exercises with more precision and a smoother “flow”.

Smoothly flowing through an exercise allows the joints to glide in the proper anatomical positions, allows for proper muscle recruitment and improves the quality of each exercise performed. When exercising on the Pilates Reformer and Tower, we can perform exercises with proper support for all joints, move through the best range of motion for our bodies and improve strength and flexibility without pain.

The Pilates Studio will be offering Small Group Training classes, Pilates for Joint Health and Mobility on Tuesdays and/or Thursdays at 10:00am and/or 1:00pm April 11th through June 20th. Sign up for the demo classes on April 4th and 6th at 10:00am or 1:00pm in the binder at the Front Desk!

Club Kudos



• California Mania Convention is a 3 day fitness conference running sessions on boot camp, nutrition, cycling, business, aqua and more featuring world renowned fitness educators that present and educate fitness instructors, personal trainers and anyone in the fitness industry. They held auditions as they were looking for a new presenter with

a new fitness concept for their 2018 conference. So our very own Jonna Edwinston auditioned her 3 minute format at the conference which was a cardio/strength routine and she won, winning the title of California Mania Fitness Idol!

She'll get to mentor with the top leading fitness professionals in the industry for the next year to prepare her to become a presenter next year.

Her format is called: A.R.C Athletic Rhythm Conditioning. It's an athletic rhythm based cardio class that sequences exercises together in a continuous 8 count format to high energy music

From the Dietician Desk

Eat Your Way to a Better Night's Sleep

Sleep, or lack thereof, is linked to many chronic diseases and can also affect your ability to lose weight. Many studies show that those who lack sleep (less than 6 hours per night) have a higher rate of obesity, diabetes, heart disease and depression. Most health professionals suggest eight hours of sleep as a rule of thumb, and it's for very good reason. Getting an average of eight hours of sleep per 24-hour period, has been shown to prevent some of the aforementioned health woes.

While many people find their lack of sleep is linked to too few hours in the day to complete their work and family responsibilities, many are unable to sleep enough due to ability to fall asleep and stay asleep. Did you know your diet can directly affect your sleep patterns?

Here are some ways you can eat your way to a better night's sleep:
Don't consume food three hours prior to bedtime.

It takes energy for your body to digest foods. If your body is having to work hard to digest and store energy, it is not in a full resting state. Some people find it is easier to fall asleep after consuming a large meal, which may be true, but the sleep is not

actually as deep or restful.

Avoid chocolate, coffee and other caffeinated foods at least six hours prior to bedtime.

This is obvious, but even small amounts of caffeine found in herbal teas and sodas have been shown to disrupt sleep patterns and make initiating sleep difficult. It takes about six hours for the body to metabolize caffeine. Caffeine can also cause indigestion, which can cause discomfort at bedtime.

Consider a probiotic or consume fermented foods.

Probiotics are known to balance the gut where up to 80% of the body's naturally-occurring melatonin is produced. Melatonin is a hormone, among others, that help regulate sleep and maintain the body's circadian rhythm. Consuming foods that help maintain the balance of natural flora can help with normal sleeping patterns. Try yogurt, kefir, sauerkraut or a probiotic supplement for a better night's sleep.

Watch alcohol intake.

Anyone who has had one (or three) to many drinks knows that falling asleep is not too difficult. However, alcohol effects blood sugar levels and disrupts normal sleep pattern. It can also cause somnolence the following day. If you need a way to unwind at the end of the day, consider hot (decaf) tea.

Consume foods with B vitamins.

Vitamin B-6 helps the body process the tryptophan found in foods and turn it into serotonin, another of the body's sleep hormones. Examples of foods that are high in both B-6 and tryptophan are turkey/poultry, chickpeas, fish, bananas and milk. Vitamin B-3 found in poultry, peanuts, beets and pork is also known to be an effective sleep aid.

To contact Katy Tenner for individual consultations please email her at ktennerd@gmail.com or call at 916-955-8356.

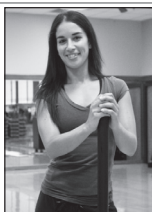
DEPARTMENT NEWS

Rick Leonard General Manager



- The Club will be closed Sunday April 16th in honor of the Easter holiday.
- Water exercise classes will resume beginning Monday May 1st.
- In all exercise areas please be considerate of others and refrain from wearing strong deodorants or perfumes.
- As the weather turns warmer many head for the pool. To assist us in keeping the pool clean we ask that you shower immediately before entering the pool. Many say that I showered this morning and then placed on perfume/ cologne, deodorant or other products leaving oils and scents in the water.

Jonna Edwison Group Fitness Director



- Join Heather for a Beginner Yoga Workshop on: Saturday, April 29th from 11:45-12:45pm inside Studio 1. This is a great class for anyone interested in starting a yoga practice. Signs-ups are at the front desk.
- Friday 6am power pump is being cancelled due to low attendance. Join Bobbie on Mondays at 6am for power pump and Bernadette on Wednesdays at 6am for HIIT. For a high energy cycle class, join Matt Brown Tuesday and Thursday at 6am.
- Interested in 6am Yoga? We are collecting interest for a morning yoga class. Sign-ups are at the front desk.
- NEW Cardio Circuit Training Class coming to the schedule this Summer! Stay Tuned.
- Our Water Fit Program is BACK starting: Monday, May 1st. Join Doug, Liz, Bruce, and Jonna for some fun in the sun this Summer with our Water Program. We will be offering a M,W,F 5:15pm Water Fit Class, Tuesday/Thursday 6:15pm Water for Athletes Class, and a Saturday 11:15am Water Fit class. We look forward to seeing our amazing students at the pool!
- Jill Madsen will be going on Maternity Leave starting this month. Robert will be taking over her Friday 12pm class while Jill is out.

Nutrition

- There is an interest binder at the Front Desk for diet program interest and suggestions. Sign up for more information.
- Contact Katy for more information about the Nutrition Department at 916-955-8356 or at ktennerd@gmail.com



Brooke McManus Membersip

- I would like to introduce myself as the new Marketing/Membership Director for CAC. I appreciate all of the support from various members and the wonderful staff we have on our team! I look forward to the future ahead.
- Coming Soon! We will be providing another opportunity for our members to Lower Your Dues For Life! Communicate to friends, family, and co-workers! A referral will benefit both your



existing membership and the new member joining the club! Stay tuned for more information coming Mid-April! Contact Tom or Brooke for details!

John O'Sullivan Athletic Director



- 'True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.' - Wilhelm von Humboldt
- Watch for the sign up binder at the front desk for Heart Zone Cycle classes soon. We launched a lunchtime class as well as an evening class. These initial classes are a free sample of what is to come. Get in and try them out now!
- Get your program updated or started with our training staff. It is free initially and if you need more help, we offer top notch fee based personal training from the best staff in the area.

Morgan Merrill Beauty Esthetician



- First time client special; 20% off Facials.
- "Spring into Action" - Get rid of the winter skin with a revitalizing peel! Peels are stronger than regular exfoliation and can go deeper in the skin to help remove dead skin, speed up the cell renewal process and reveal brighter, tighter, glowing skin!
- Advance Peel \$70 (\$15 savings) Special ends April 30th! Call/text 916-520-9310 or schedule online at www.vagaro.com/mm_beauty
- *Know someone getting married? I'm also available for wedding makeup, on location. Call or email for pricing!* www.morganmerrillbeauty.com. Book Now @ https://m.vagaro.com/mm_beauty. Facebook: /morganmerrillbeauty. Instagram: @mmartistry
- Call or text Morgan at 916-520-9310 to schedule your service or book online at www.vagaro.com/mm_beauty.

Capital Cutters

- You want to look your best this Spring Season! Stop in and we can help you with your hairstyle. Set up an appointment to style it, cut it, or color it.
- Contact Michelle (812-2352) or Linda (479-3709) today to set up an appointment.

Brian, Janis, Jody, and Rico Massage Department

Massage can be very helpful when it comes to rehabilitating an injury. By enhancing circulation it brings nutrients and life giving oxygen to damaged tissue. Massage can help reduce swelling, break down adhesions and assist in reorganizing scar tissue, thus allowing for more normal muscle functioning. Massage can also be used to re-educate damaged muscles, helping them work more closely to pre-injury levels. Plus, it can just "plain feel good" to relax the tightness which often accompanies the stress of dealing with an injury. So, if you are injured (or even if you are not) it's a good time to get a massage. Contact the front desk today and schedule an appointment for yourself, you'll be glad you did.