

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

GROUP FITNESS/SPECIALTY CLASSES

MONDAY			
	Studio		
6:00am-7:00am	I	Breakfast Club	Janelle
11:00am-11:45am	III	Mat Pilates	Sabin
12:00pm-1:00pm	II	Cap City Cycle	Bernadette
12:00pm-1:00pm	III	Power Yoga	Paige
12:10pm-1:00pm	I	Hi/Low	Bonnie
5:00pm-5:30pm	III	Ab Blast	Bernadette
5:15pm-6:00pm	Pool	Water Fit	Doug
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	*Staff
12:00pm-1:00pm	III	Kenpo Karate	Bob Y.
12:10pm-1:00pm	II	Cycle	*Kristen M
12:10pm-1:00pm	I	Power Pump	Bonnie
5:30pm-6:30pm	I	Power Pump	Kristen M
6:00pm-7:00pm	Pool	Water for Athletes	Bruce
6:00pm-7:00pm	III	Vinyasa Flow Yoga	Heather
6:00pm-7:00pm	II	Cycle	Richard
WEDNESDAY			
	Studio		
6:00am-7:00am	I	Breakfast Club	Bernadette
7:00am-8:00am	II	Cap City Cycle	Bernadette
11:00am-11:45am	III	Mat Pilates	Sam
12:00pm-1:00pm	III	Yoga	Sam
12:10pm-1:00pm	I	Cardio Conditioning	Jonna
5:00pm-5:30pm	III	Abs Blast	Jonna
5:15pm-6:00pm	Pool	Water Fit	Doug
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
5:30pm-6:30pm	II	Cap City Cycle	Matt
6:00pm-7:00pm	Pool	Water for Athletes	Bruce
6:00pm-7:00pm	III	Gentle Yoga	*Heather
FRIDAY			
	Studio		
6:00am-7:00am	I	Breakfast Club	Scott
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
5:15pm-6:00pm	Pool	Water Fit	Liz
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 8/12,26 Doug 8/19
10:30am-11:30am	I	Ballet Pilates	Bonnie 8/12,26 Sabin 8/9
11:15am-12:00pm	Pool	Water Fit	Liz
SUNDAY			
	Studio		
*9:30am-10:30am	I	Power Pump	Kristen F
*10:45am-11:15am	II	*HIIT Cycle	Kristen F
2:00pm-3:00pm	III	Gentle Yoga	Aviv

* Identifies a new class or a change to a current.
Bold - Denotes Fee Based Class

ACTIVITIES SCHEDULE

MONDAY	
4:00pm-7:00pm	Handball Challenge & Lessons
4:00pm-6:00pm	40+ Basketball
6:00pm-7:00pm	Masters Swim
6:00pm-Close	A-League Basketball
TUESDAY	
4:00pm-7:00pm	Racquetball Challenge & Lessons
5:00pm-6:00pm	Masters Swim
until 6:30pm	Open Basketball
6:30pm-Close	Volleyball League
WEDNESDAY	
4:00pm-7:00pm	Handball Challenge & Lessons
6:00pm-7:00pm	Masters Swim
6:00pm-Close	B-League Basketball
THURSDAY	
11:30am-1:30pm	40+ Basketball
4:00pm-6:00pm	Racquetball Challenge & Lessons
5:00pm-6:00pm	Masters Swim
6:30pm-Close	Volleyball League
until 6:30pm	Open Basketball
FRIDAY	
until Close	Open Basketball
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 (CAC Two-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		
7:00am-7:45am	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	*Staff
6:30pm-7:15pm	Level I	*Staff
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	*Sabin
12:00-12:45pm	Level I	*Sabin
5:30pm-6:15pm	Mixed Level	Jose
SATURDAY		
9:00am-9:45am	Level I	Liz
10:00am-10:45am	*Mixed Level	Liz
SUNDAY		
10:00am-11:00am	Tower/circuit	Vicki



MONTHLY

Sacramento's Premier Full Service Athletic Club

AUGUST 2017

PLEASE SHOWER BEFORE ENTERING THE POOL

We ask everyone to shower immediately before entering the pool. The pool activity increases in the summer and it seems like we have to address this issue much more often. Many times when addressed a person will say I showered this morning. If that is the case then most likely you placed deodorant, perfume, lotions etc. on afterwards which will wash off in the pool making it difficult to clean and unpleasant for others.

Annual Close-down set for July 29-Aug. 6

The Club's annual close-down to accomplish maintenance, renovations and deep-cleaning is set to begin July 29. This year, we ask members' patience as we plan a longer close-down, lasting nine days through Aug. 6th, in order to do some extensive maintenance and renovations necessary to continue providing our members the best club experience in Sacramento.

We know members have appreciated our shorter close-downs in recent years. But this year, our goal is to invest in and complete several bigger projects at one time. For you, it will be a short-term sacrifice of a few extra days in exchange for long-term benefits. Among the needed projects we are going to cram into nine days of closure are painting, refinishing the courts, replacing coping stones and tiles, and re-plastering the pool. That last project will require 14 days to complete and a few more

to brush, balance and filter the newly-plastered pool. It is likely to remain unavailable for swim until the 18th of August. The men's steam room downstairs shower and dry sauna will also be under repair and open as soon as possible.

We hope our members will stay motivated and find alternate activities to stay healthy and get their exercise during those days. Thank you for your understanding and cooperation as we work hard to enhance your club.

Cap City Cycle

Heart Zone Studio at The CAC

Train Smarter with Cap City Cycle located in Capital Athletic Club's Cycle Studio! These specialized classes simulate real outdoor cycling indoors with our technology based results all while promoting countless health benefits, such as slowing the aging process. Whether you're a runner, cyclist, or avid exerciser our performance driven cycle training can provide multiple proven results displayed on our large projector screen during the ride. Our certified Cycle Instructors, Matt Brown and Bernadette Rose strive to provide all Cap City Cycle riders with a collection of various cycle formats while providing each individual rider with their class ride results. Throughout each ride, live feedback is provided for each rider by their personal heart rate sensor. Each rider can track their heart rate, calories burned, fitness points, and working time in zones, therefore determining their heart health and overall performance. Here at the Cap City Cycle Studio, our priority is the

riders and their personal progress found through each performance class! Try out the studio for free! All you have to do is show up!

Check out our Cap City Cycle Facebook Page for updates and upcoming classes!

RIDE SMARTER. TRAIN BETTER. GET FITTER. GET FASTER.

Classes are;

Monday at 12pm

Wednesday at 7am

and Thursday at 5:30pm.

Schedule your rides and reserve your bike all on line. Your concierge has your sensor and towel on your bike when you arrive ready to ride! First rides are always FREE. Plus, bring a friend or colleague to share the ride.

Like us on Facebook - Cap City Cycle

Sign up at www.wellnessliving.com/schedule/the_capital_athletic_club

Esthetician

Morgan with MM Beauty

Call 916-520-9310 to schedule or book online at www.vagaro.com/mm_beauty

Contact Morgan with MM Beauty at 916-520-9310 or book online at www.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

Who is Joseph Hubertus Pilates?

A fascinating article about Joe, the man behind the name of an

international fitness phenomenon, and how he developed his unique exercise system and equipment.

By Sabin Morris, Pilates Director
Excerpt from: <http://www.pilates.com/BBAPP/V/pilates/origins-of-pilates.html>

Pilates Origins.

What's all the fuss about? After decades as the workout of the elite, Pilates has entered the fitness mainstream about a decade ago and has been going strong ever since. What's the fascinating story behind how Pilates started? Here's a brief look at its history.

How it all began.

Joseph Hubertus Pilates was born in Monchengladbach Germany in 1883. As a child, Joe had asthma and other ailments. He turned to exercise and athletics to battle these ailments and was always studying various exercise regimens to expand his knowledge base. He became enamored by the classical Greek ideal of a man balanced in body, mind, and spirit, and he began to develop his own exercise system based on this concept.

Growing into adulthood, Joe was no longer the sickly child he had once been as he became an avid skier, diver, gymnast, and boxer.

In 1912 Joe went to England, where he worked as a self-defense instructor for detectives at Scotland Yard. At the outbreak of World War I, Joe was interned as an "enemy alien" with other German nationals. During his internment, Joe refined his ideas and trained other internees in his system of exercise. He rigged springs to hospital beds, enabling bedridden patients to exercise

Continued on the next page

against resistance, an innovation that led to his later equipment designs. An influenza epidemic struck England in 1918, killing thousands of people, but not a single one of Joe's trainees died. This, he claimed, testified to the effectiveness of his system.

After his release, Joe returned to Germany. His exercise method gained favor in the dance community, primarily through Rudolf von Laban, who created the form of dance notation most widely used today. Hanya Holm adopted many of Joe's exercises for her modern dance curriculum, and they are still part of the "Holm Technique." When German officials asked Joe to teach his fitness system to the army, he decided to leave Germany for good.

Pilates comes to the U.S.

In 1926, Joe emigrated to the United States. During the voyage he met Clara Zeuner, whom he later married (many people don't know that Clara was Joe's third wife). Joe and Clara opened a fitness studio in New York, sharing an address with the New York City Ballet.

By the early 1960s, Joe and Clara could count among their clients many New York dancers. George Balanchine studied "at Joe's," as he called it, and also invited Pilates to instruct his young ballerinas at the New York City Ballet.

Pilates was becoming popular outside of New York as well. As the New York Herald Tribune noted in 1964: "in dance classes around the United States, hundreds of young students limber up daily with an exercise they know as 'a pilates', without knowing that the word has a capital P, and a living, right-breathing namesake."

For the full article go to <http://www.pilates.com/BBAPP/V/pilates/origins-of-pilates.html>.

CAC Hoops Notes

Fall 2017 Basketball Leagues

Registration underway

The Fall 2017 edition of the CAC Basketball Leagues is right around the corner. Registration begins when we return from our annual Renovation. Register by placing your name in the registration and information binder in the CAC Gym. Fall league begins in early September and finishes between Thanksgiving and Christmas. League fees for a season of this length typically run between \$70-80 per player. Limited spaces are available, so be sure to register early.

Kudos

- A great, long, "Standing-O" Kudos to our longtime gym companion, Ron Tochterman, who just keeps amazing us. As if Ron hasn't shown enough fortitude this year, beating back an aggressive form of leukemia and awful prognosis to astound doctors when he went into full remission in late Spring, now he is busy preparing for the opening of his latest plays, a trilogy titled *The Rules of Law* that he completed during treatment. The curtain rises Sept. 15 at the Geery Theater, 2130 L Street. Ron is our Club's version of John Grisham, writing nine legal plays since retiring in 2011 after 32 years as a judge at Sacramento Superior Court and longtime teacher at McGeorge School of Law. His plays have been produced in Sacramento and various cities in the region. Let's show our support by helping fill the house with Club member groups during the production's run. Curtain goes up on Sept. 15 and runs seven nights through Sept. 24. For tickets, email alantruax@sbcglobal.net, or call 916-521-9959. Tickets are \$25, with \$5 of each ticket to be donated to the Leukemia & Lymphoma Society. Being a health club, we can't bring ourselves to issue the standard Broadway "break a leg," but we do wish Ron boffo reviews on opening night.

- Sharkfest 2017 Sunday, June 4th, Mallory Marsh

& Jose Arcilla, both long-time CAC members and swimmers, completed the 25th Annual Alcatraz Sharkfest Swim. The swim started near Alcatraz where a ferry boat unloaded the swimmers. The finish was at the shore of Aquatic Park. This was Mallory's 6th swim (7th sign-up, but the first one got fogged out) and Jose's 3rd. They both completed the 1.5-mile swim in under 50 minutes. "This swim ticks all the right boxes for me; it's challenging and the conditions are always different. Very exciting! I love that swimmers come from around the world to do this particular swim. The views of the Bay and Golden Gate Bridges from the middle of the bay is spectacular! After Alcatraz, I feel ready for any challenge!" "The most challenging part of the swim is the first 15 minutes after the starting gun goes off, and your body is in shock from the cold, you're completely out of breath, and you question if you'll be able to complete the swim. After that, you fall into your rhythm, you begin to breath with some regularity, you tell yourself 'I've done this before' and you finally get a sense of being able to go on and continue," says Jose. The total number of finishers in the wetsuit category was just over 650. Conditions for that day were pretty good: 59-degree water and sunny skies, but the current was fairly active. Although this swim was a real challenge, they had fun! Now they are seeking a new challenge swim for 2018. Any suggestions? Please let them know!

Health News

How Much Do You Know About Hydration?

...continued from last month
Drinking water can help you lose weight.

Water could help with weight loss. Studies show that by drinking water, people tended to eat and drink fewer calories, probably

because the water filled them up. As a result, they lost weight.

Both studies were short-term, however, and it's unknown if the results would have held up over a longer time.

You can't drink too much water while exercising.

It is possible to drink too much water. Healthy kidneys in an adult can process anywhere from 20 to 1,000 milliliters of fluid per hour. It's not easy to overload them, but it can happen. Getting too much water, especially in a short time, is dangerous. Symptoms of too much water include weight gain, bloating, nausea, and vomiting. Sudden cases of water intoxication can cause low blood sodium, which can result in headaches, confusion, seizures, and coma. The International Marathon Medical Directors Association recommends that athletes drink no more than 31 ounces of water per hour during extended exercise.

Which of the following is an early warning sign of dehydration?

Thirst is one of the first warning signals that you may be getting dehydrated. But don't rely on thirst alone. Other early signs are fatigue, flushed skin, faster breathing and pulse rate, and having trouble exercising. Later signs include weakness, dizziness, and labored breathing. If you think you're becoming dehydrated, you should move to a cool place and rehydrate. Drink fluids slowly -- drinking too fast can stimulate urination, resulting in less hydration.

Water is usually as good for rehydration as sports drinks that have electrolytes.

Water is usually enough to rehydrate, unless you're exercising really hard or for a long time. Athletes tend to replace only about half of the fluid lost when they drink water. Sports drinks may replace more lost fluids because athletes enjoy the taste.

DEPARTMENT NEWS

Rick Leonard General Manager



- Just a reminder the Club will be closed for the annual refurbishing beginning Sat. July 29-Sunday, August 6. The pool will most likely be closed through Friday, August 18 as it requires longer time to replace the tile, coping stones and plaster. A portion of the men's spa area will be under repair as well. We appreciate your patience during this time.
- I would like to thank Matt Brown, Bernadette Rose, John O' Sullivan, Brooke McManus, Diane Lydon, and of course Head Heart Sally Edwards (founder of Heart Zones System) for making Cap City Cycle possible. If you have not tried this technology based class the first ride is free. Inquire at the Reception desk for more information.
- The Club will be having an Oktober fest social mid October we will have more information and the date locked down mid August.
- The Club would like to welcome Sabrina Riffle as a new addition to our athletic staff. Contact one of our very knowledgeable trainer for a fitness refresher, motivation, or Personal training. "Your success is our success."

Jonna Edwinston Group Fitness Director



- Our 6am Breakfast Club classes on Monday, Wednesday, and Friday are a great total body workout. Join Janelle on Mondays for Legs, Bernadette on Wednesday for Arms, and Scott on Fridays for Glutes and Core!
- Our water fit classes will be put on hold until the 18th of August due to pool maintenance.
- Please remember to call ahead to reserve a bike for any of our cycle classes. Some classes fill up on occasion, and we want to make sure you get a bike! You can call the day before as early as 6:30am to reserve a bike.
- Be sure to like us at: Capital Athletic Group X on Face Book for all updates to our program
- Wednesdays lunchtime Cardio Conditioning with Jonna is a fun class to change up your routine. This is a total body cardio workout that uses jump ropes, gliers, dumbbells, and stations to keep you sweating from head to toe!
- Heather is now teaching the Thursday 6pm Gentle Yoga Class.
- Kristen Merrill is back for lunchtime cycle on Tuesdays!

Brooke McManus Membership



- Capital Athletic Club- Best Place to Work up a Sweat! Sacramento News & Review have opened the voting for the "Best of Sacramento" and Capital Athletic Club has been nominated for the "Best Place to Work up a Sweat!" Here at CAC, we always appreciate our member support and loyalty. Please visit www.bestofsac.com and vote for us! Voting ends on August 28, 2017!

- Capital Athletic Club has hit Facebook and in a big way! Thank you to all of your members who have shared, liked, and participated in our live Capital Athletic Club Facebook video! We could not be more proud to promote such a wonderful club, with the members to prove it! Please contact Brooke and Tom in the membership department if you have any friends and family interested in joining! Check out all of our social media outlets including, Facebook, Twitter, and Instagram for club events, updates, motivational posts, and health & wellness tips!
- Student summer memberships are still available! Children ages 16-25 are welcome to join on a temporary membership during the summer months while visiting home or anticipating the start of a new school year! See Brooke and Tom in membership for the details!

John O'Sullivan Athletic Director



- Welcome Back!
- The Club offers free Karate Classes Tuesday and Thursday at Noon..
- Get your program updated or started with our training staff. It is free! We also offer top notch fee based personal training as well.

Morgan Merrill Beauty Esthetician



- 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.

Brian, Janis, Jody, and Rico Massage Department

Can improving your posture help you feel better? The answer is a resounding "Yes". Though going with gravity and slumping or slouching can feel like less work, it actually requires greater effort to maintain. Let's use our head as an example. If we bring our head forward so it sticks out in front of our bodies it causes a chain reaction. First, relative to our bodies, the weight of the head increases putting more stress on the muscles in the back of the neck. The neck muscles must work harder but they are being stretched at the same time so they become tight; then our shoulders and back become involved. The muscles in the front of our bodies shorten and become tight. This often leads to discomfort in our neck, shoulders and back and a lack of range-of-motion in our shoulders and neck.

The good news is that we can help ourselves return to a proper head position and reduce the tension in our muscles. We can do exercises that stretch and strengthen the muscles that have adapted to improper posture and we can use massage to help release the tightness in the muscles/connective tissue. Massage is an integral part of the process. When your muscles are free to move it allows the formation of new postural habits. Contact one of our massage staff if you have any questions, or the front desk to schedule an appointment and get on the road to feeling great.