

## December Holiday Schedule

As we approach the holiday season the Club has a number of adjusted hours in this month  
 Saturday, the 24th 8am – 3pm  
 Sunday the 25th we are Closed  
 Monday the 26th 8am – 6pm  
 Saturday the 31st REGULAR HOURS 8am – 6pm  
 Sunday, January 1st REGULAR HOURS 9am – 4pm  
 Monday, January 2nd 8am – 6pm

## Bake Sale

December 14th and 15th



Our annual Holiday Bake Sale for homeless animals will be happening: Wednesday, December 14th and 15th. All proceeds will go to benefit Red Rover. A non profit organization bringing animals out of crisis and strengthening the bond between people and animals through emergency sheltering, disaster relief services, financial assistance and education. To donate baked goods or to help work the table, please contact Jonna Edwinson. jedwinson@capitalac.com

## Holiday Fitness Challenge

Motivational Program

December 1st - 23rd

The Capital Athletic Club is challenging our members to continue their workouts throughout the busy holiday season. Sign up at the Front Desk and record

your workouts in the binder provided. Workouts can be done at the club or away from the club. A minimum of 8 workouts gets you a prize and the top 10 with the most workouts will be entered into a special raffle for additional prizes.

The challenge starts December 1st and continues through the 23rd.

## Toy Drive Project



The Sacramento Sheriff Toy Project is going on at the Club until December 16th. If you are interested in donating a toy, please bring an unwrapped gift to the Club and place it in the bin or under the tree.

## Polar Swim Cub

Begins December 5th

No, that IS NOT a typo. We needed a smaller name to match the smaller version of this year's Polar Swim Club. What better way than to think of our Polar Bear swimmers...only smaller. Yah, we get it; it's hokey as heck but if it even nudged the corners of your mouth upward, it's served its purpose. Now to the real deal. This year's Polar Swim Club was destined for hiatus because of some transitions in our coaching staff. Yet the collective roar of our Polar Bears poured in and brought it back in a smaller condensed form. Here's the specs—begins December 5th (ends March 5th); straight forward recording of time or yard-

ages; awards to top performers; t-shirts to everyone; dinner at the end--\$25 to participate. Detailed packets and registration forms will be available at the front desk.

Looking forward to seeing all of you in the water soon!!

## Nutritional News

The Capital Athletic Club is happy to announce the introduction of a Registered Dietician to our family of healthy options.

Please watch for seminars, dietary programs, and other nutritional activities in the coming months.

## Esthetician

Morgan with MM Beauty

Morgan with MM Beauty is offering an amazing special this holiday season with an all inclusive "Indulgence Package" just for Capital Athletic Club members! The Indulgence Package includes an Oxygen Facial, brow wax and spray tan all for only \$100! That is a \$70 savings!

The Oxygen facial infuses oxygen, plant derived stem cells, peptides and high concentrations of enzymatic botanicals into the skin, which leave it luminous, refreshed and rejuvenated. Exactly what tired, aging, dry skin needs!

The Oxygen facial instantly brightens, speeds up healing and circulation by bringing nutrition to the skin, fights toxins and reduces stress, to name but a few – all-in-all making this a treatment which absolutely everyone would benefit from. Requiring no pre-treatment and no down time afterwards. It has been called the "Red Carpet Facial" and the perfect gift to give yourself or a loved one this holiday season!

Gift Certificates are available for

purchase through Morgan. Call/text her at 916-520-9310 or email her at morganmerrillbeauty.com to schedule your appointment or purchase gift certificates!

## Basketball Notes

...Fall League 2016's regular season is wrapping up as press time hits. Thanks to all who've made it a great season.

...with the end of one league come the registration for the next—Winter 2017 League registration binders will go out mid-December with the draft following MLK weekend and play beginning the last week of January or first week of February and playing until late April/early May (dependent on registration numbers).

## Small Group Training Winter Series Demo Weeks

January 2-14; Winter 2017 Series begins January 16th

Have you wondered about all the ruckus from Studio X (the old racquetball court across from the gym)? Does your New Year deserve a new spark for your workouts? 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!! 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

*Continued on the next page*

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, ten-class series run over the length of each 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 Winter 2017 Series), see the Demo Week Binder on the SGT table in the club lobby beginning mid-December.

## Training Department

### Changes to Personal Training/Small Group Training Fee Structures

For the first time in four years, CAC is making adjustments to our Personal Training and Small Group Training fee structures. These changes help us retain the best and brightest trainers in our local area.

Personal Training--Effective January 1st, the rates for CAC Personal Training sessions will increase by \$5 per session. Fees will range from \$65 per session (blocks of twelve) to \$80 for a single session. Blocks will still be available in 4, 8 and 12 session packages. Current personal training clients will have the opportunity to purchase one additional "grandfathered" package at their current rate before January 15th, 2017.

Small Group Training—Effective with the Winter 2017 Series (begins 1/16/17), CAC Small Group Training will see an adjustment in the fee structure. With the Winter Series, the fees will now be \$250 for a ten-class Series package. Each Series runs consecutive weeks over a three-month quarterly window. Second (and subsequent ) class packages in the same Series will run \$175.

## Health News

### A Visual Guide to Low Back Pain

#### What Is Low Back Pain?

Low back pain is a universal

human experience -- almost everyone has it at some point. The lower back, which starts below the ribcage, is called the lumbar region. Pain here can be intense and is one of the top causes of missed work. Fortunately, low back pain often gets better on its own. When it doesn't, there are effective treatments.

#### Symptoms of Low Back Pain

Symptoms range from a dull ache to a stabbing or shooting sensation. The pain may make it hard to move or stand up straight. Acute back pain comes on suddenly, often after an injury from sports or heavy lifting. Pain that lasts more than three months is considered chronic. If your pain is not better within 72 hours, you should consult a doctor.

#### Symptoms That Require Urgent Care

Severe back pain after a fall or injury should be checked out by a health care professional. Other warning signs include a loss of bowel or bladder control, leg weakness, fever, and pain when coughing or urinating. If you have any of these symptoms along with your back pain, contact your doctor.

#### Muscle Strain or Sciatica?

The kind of back pain that follows heavy lifting or exercising too hard is often caused by muscle strain. But sometimes back pain can be related to a disc that bulges or ruptures. If a bulging or ruptured disc presses on the sciatic nerve, pain may run from the buttock down one leg. This is called sciatica.

#### Back Pain Culprit: Your Job

If your job involves lifting, pulling, or anything that twists the spine, it may contribute to back pain. However, sitting at a desk all day comes with risks of its own, especially if your chair is uncomfortable or you tend to slouch.

#### Back Pain Culprit: Your Bag

Although you may wear your purse, backpack, or briefcase over your shoulder, it is the lower back

that supports the upper body -- including any additional weight you carry. So an overstuffed bag can strain the lower back, especially if you carry it day after day. If you must tote a heavy load, consider switching to a wheeled briefcase.

#### Back Pain Culprit: Your Workout

Overdoing it at the gym or golf course is one of the most common causes of overextended muscles leading to low back pain. You're especially vulnerable if you tend to be inactive during the work week and then spend hours at the gym or softball field on the weekend.

#### Back Pain Culprit: Your Posture

Mom was right when she said, "Stand up straight!" Your back supports weight best when you don't slouch. This means sitting with good lumbar support for your lower back, shoulders back, with feet resting on a low stool. When standing, keep weight evenly balanced on both feet.

#### Back Pain Culprit: Herniated Disc

The spine's vertebrae are cushioned by gel-like discs that are prone to wear and tear from aging or injuries. A weakened disc may rupture or bulge, putting pressure on the spinal nerve roots. This is known as a herniated disc and can cause intense pain.

#### Who's at Risk for Low Back Pain?

Most people get their first taste of low back pain in their 30s. The odds of additional attacks increase with age. Other reasons your low back may hurt include:

- Being overweight
  - Inactive lifestyle
  - Jobs that require heavy lifting
- ...continued next month...

## Recipes (Sonia Klingensmith)

Sweater weather calls for a delicious spinach, sausage, and potato soup!

Cozy up with loved ones this holiday season and enjoy a flavor-

ful soup that is sure to warm the soul!



### INGREDIENTS:

- 1 tbsp of olive oil
- 1 lb of spicy Italian sausage, casing removed
- 3 cloves of garlic, minced
- 1 onion, diced
- ½ tsp dried oregano
- ½ tsp dried basil
- ½ tsp crushed red pepper (optional)
- Salt and pepper to taste
- 5 cups of chicken broth
- 1 bay leaf
- 1 lb of red potatoes, diced
- 3 cups of baby spinach
- ¼ cup heavy cream (coconut milk is a great dairy-free substitute)

- Instructions:**
1. Heat olive oil in large stockpot or Dutch oven. Add sausage and cook until browned, over medium heat, for 3-5 minutes. Crumble the meat as you go and drain all excess fat.
  2. Stir in the garlic, onion, basil, and red pepper flakes. While cooking, be sure to stir frequently. Let onions cook for 2-3 minutes, or until they become translucent. Salt and pepper to taste.
  3. Add chicken broth and bay leaf, bring to a boil. Add potatoes and cook until tender, around 10 minutes.
  4. Add spinach and stir until starts to wilt. Add the heavy cream until heated all the way through. Add more salt and pepper to taste if you'd like.
  5. Dish it up!

**Rick Leonard** rleonard@capitalac.com  
General Manager



- I want to thank all of you for being a part of our CAC family. I would like to extend warm wishes to you and your family throughout this holiday season. Wishing you all the best in health and happiness this upcoming year.
- Please take note as there are a few Club operating schedule and class changes around the holidays
- I would like to personally thank Michele Langashire for once again doing an outstanding job decorating the Club and Christmas tree
- Please refrain from leaving valuables in site in your vehicle. Many criminals take advantage of this joyous time of year smashing windows to gain access to gifts.

**John O'Sullivan** josullivan@capitalac.com  
Athletic Director



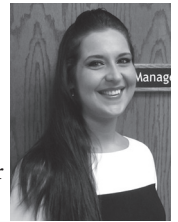
- Happy Holidays from the Training Staff! Enjoy the season...
- Remember that part of your membership includes access to the training staff. Get set up with a program, reset your current program, or just get some new exercises. It is Free!
- "Be strong enough to stand alone, smart enough to know when you need help, and brave enough to ask for it."

**Jonna Edwinson** jedwinson@capitalac.com  
Group Fitness Director



- HIIT the bike on Friday nights at 5:30pm with Kristen M., Bernadette, Annie, and Jonna. We've added a 20 minute upper body blast class upstairs in Studio 1 at 5pm, prior to the Cycle class so that you can get a total body workout before the weekend begins! Instructors rotate weekly depending on schedules. Please check our capital group x face book page for updates on instructor teaching class.
- Sam Scholtes will be taking over the Wednesday 11am Mat Pilates Class. Hit a back to back with him and take his 12pm Yoga right after Mat Pilates.
- NEW lunchtime 12:10-1pm HIIT class with Bernadette will begin Friday, December 2nd.
- 8:45am Ballet Pilates on Saturdays is being cancelled for the month of December. Please stay tuned as we bring it back in the new year at a different time.
- Doug Yee is now alternating the Saturday morning step class with Bonnie. New Time change for this class will be 9-10am starting the first week of January.
- New morning Pilates Reformer classes beginning in January, please stay tuned!
- We will be on a modified group x schedule for Monday, December 26th and 31st, and January 1st and 2nd. Please see our face-book page, and group x bulletin board for instructor line up and classes.

**STEPHANIE DIRINGER** sdiringer@capitalac.com  
Membership Director



- Happy Holidays to our CAC Family!! We are grateful to each and every one of you for your dedication to us. As a small "Thank You" gift, we have included (2) 10 day guest passes in your Holiday Appreciation Card. Keep your eyes open for club coupons and an opportunity to bring in your friends/family to workout with you. Giving the gift of motivation and health is the best thing to do...especially after that nice Thanksgiving meal! We all know it's impossible to completely stay away from splurging on all the good food/sweets this time of the year – why not balance it out with awesome workouts with awesome friends. If your guest joins, don't forget we will give you a free month. Tom and I are always available to help you if there is anything you need!

**Capital Cutters**

- You want to look your best this Holiday 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) or Mike (281-9898) today to set up an appointment.

**Morgan Merrill Beauty Esthetician**



- First time client special; 20% off Facials.
- Morgan is offering an amazing special this holiday season with an all inclusive "Indulgence Package" just for Capital Athletic Club members! The Indulgence Package includes an Oxygen Facial, brow wax and spray tan all for only \$100! That is a \$70 savings!
- Call or text Morgan at 916-520-9310 to schedule your service or book online at [www.vagaro.com/mmm\\_beauty](http://www.vagaro.com/mmm_beauty).

**Brian, Janis, Jody, and Rico**  
Massage Department



The Capital Athletic Club is pleased to announce the addition of Ricardo "Rico" Gordon to our massage staff. Rico started in September and is excited to be part of our team. In addition to his work with Club patrons, he is also active with local charitable organizations and assisting teachers in the classroom at his alma mater. Rico utilizes several modalities in his massage work, integrating Myofascial release, deep tissue therapy, trigger point release and neuromuscular re-education into his sessions. He is a resident of Midtown and the father of two children. He enjoys cycling, swimming, camping, boxing and spending time with his family. Rico is a shy and quiet soul, but don't let this "gentle giant" fool you because he loves to laugh and have a good time, just get him talking about one of his many passions! Rico will be providing massage services several days a week and doing some chair massage in the lobby as he introduces himself to Club members. Contact the front desk to schedule a massage with Rico, you will be glad you did. Welcome aboard Rico!

"Happy Holidays and Wishes for a Happy, Healthy New Year to you and those that you hold dear", from your CAC massage team!

## GROUP FITNESS/SPECIALTY CLASSES

| <b>MONDAY</b>    |         | <b>Studio</b>        |                             |
|------------------|---------|----------------------|-----------------------------|
| 6:00am-7:00am    | I       | Power Pump           | Bobbie                      |
| 11:00am-11:45am  | III     | Mat Pilates          | Sabin                       |
| 12:00pm-1:00pm   | III     | PowerYoga            | Paige                       |
| 12:10pm-1:00pm   | I       | Hi/Low               | Bonnie                      |
| 5:00pm-5:30pm    | III     | Ab Blast             | Jonna                       |
| 5:30pm-6:15pm    | I       | H.I.I.T              | Jonna                       |
| 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                      |
| <b>TUESDAY</b>   |         | <b>Studio</b>        |                             |
| 6:00am-6:45am    | II      | Cycle                | Matt                        |
| 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                     |
| <b>WEDNESDAY</b> |         | <b>Studio</b>        |                             |
| 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.             | Scott                       |
| 5:00pm-5:30pm    | III     | Abs Blast            | Jonna                       |
| 5:30pm-6:15pm    | II      | Cycle                | Jonna                       |
| 5:30pm-6:15pm    | I       | H.I.I.T.             | Sabin                       |
| 6:15pm-7:15pm    | I       | Step Jam             | Bonnie                      |
| <b>THURSDAY</b>  |         | <b>Studio</b>        |                             |
| 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.                      |
| 12:10pm-1:00pm   | II      | Cycle                | Bonnie                      |
| 12:10pm-1:00pm   | I       | Power Pump           | Jonna                       |
| 12:00pm-1:00pm   | III     | PowerYoga            | Paige                       |
| 5:30pm-6:30pm    | I       | Power Pump           | Bobbie                      |
| 6:00pm-7:00pm    | III     | GentleYoga           | *Aviv                       |
| <b>FRIDAY</b>    |         | <b>Studio</b>        |                             |
| 6:00am-7:00am    | I       | Power Pump           | Matt                        |
| 11:00-11:45am    | III     | Mat Pilates w/ props | Paige                       |
| 12pm - 1pm       | III     | Yoga                 | Jill M                      |
| 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                       |
| <b>SATURDAY</b>  |         | <b>Studio</b>        |                             |
| 9:00am-10:00am   | II      | Cycle                | Matt                        |
| 9:45am-10:45am   | I       | Step 'n' Strength    | Bonnie 112/3,17 *Doug 12/10 |
| <b>SUNDAY</b>    |         | <b>Studio</b>        |                             |
| 9:15am-10:10am   | I       | Power Pump           | *Kristen F                  |
| 10:15am-11:15am  | II      | Cycle                | *Kristen F                  |
| 2:00pm-3:00pm    | III     | GentleYoga           | Aviv                        |

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

### ACTIVITIES SCHEDULE

| <b>MONDAY</b> |                              |
|---------------|------------------------------|
| 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 |
|-------------|-----------------|

### SATURDAY

|                |  |
|----------------|--|
| 8:00am-12:00pm | Child Care 2 hour maximum                        |
| 8:00am-12:00pm | Power Basketball (winner retains cl. 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

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