

THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

DECEMBER 2017

Parking

To Our Capital Athletic Club Membership:

We are writing you with information regarding the upcoming construction of a new State office building. Earlier this year, Club management was informed by the State of California of its intent to construct a new building to house the Water Resources Department. The Resources Building Replacement Project site will encompass nearly the entire block bordered by 7th and 8th Streets (on the West and East) and O and P Streets (on the North and South). The construction project will be managed by the State Department of General Services. This construction will eliminate the current parking lots on that site, including the approximately 101 spaces leased by The Club.

We have been given a notice to vacate these spaces effective January 31, 2018.

From the earliest date, The Club management and its representatives have met extensively with all the involved parties (The State of California, the City of Sacramento, the Capital Area Development Authority (CADA) and private sources) seeking solutions for parking once this project gets underway. While a long-term solution will be covered by the construction of a CADA parking structure set for construction at 8th & R Streets, there will be a significant gap between the start of the Resource Building Replacement Project and the completion of the new parking structure.

The Club has been diligently seeking and will continue to search for the most convenient

parking and transportation options for our membership. While several temporary solutions have been proposed and eliminated for various reasons, we are still actively working with all the involved parties to find the best short-term solution.

Along with seeking spaces in nearby parking structures and lots, The Club is also investigating options for alternative transportation, expanded bike parking and other measures to provide for the access needs of our members. Once new parking arrangements are finalized, we'll be in contact with you with the specifics so your access to CAC will continue with the least degree of disruption possible.

In keeping with our mission to provide our members with the very best fitness facilities and top-tiered customer service combined with our gratitude for your patronage, know we are working exhaustively to solve this issue and continue to provide you with the convenient workout opportunities The Club has provided on this site over the last 32 years. Your understanding and patience in this undertaking are greatly appreciated and we thank you in advance for all of your support.

Rick Leonard

G.M. The Capital Athletic Club

December Holiday schedule

Christmas Eve Sunday December 24th; 9am- 2pm

Christmas Day Monday December 25th; Closed

New Years Eve Sunday December 31st; regular hours 9am – 4pm

New Years Day Monday January 1st 8am – 6pm

Holiday Animal Bake Sale: 4R Friends



December 12th and 13th

Join Jonna in her annual holiday bake sale to support homeless animals in our community. All proceeds will be donated to the local animal rescue group: 4RFriends. Bake sale dates will be on: Tuesday, December 12th and Thursday, December 13th. Please contact Jonna if you are interested in donating any baked goods, or would like to help run the table Jedwinson@capitalac.com.

Blood Drive/Marrow Donor Drive

Tuesday, 12/12; 3-7 p.m.

Recently, a long time CAC member was diagnosed with multiple myeloma, a potent form of blood cancer. This reminded us all here at CAC of the necessity of keeping local blood banks stocked with all forms of blood components. It also reiterated the need for donors registering for Be the Match, the national registry for bone marrow and stem cell donors. This approach is helping us get the upper hand on many forms of cancer, especially blood cancers. To that end, we have contacted the wonderful folks at Blood Source and set up both a blood drive and a marrow donor drive. The drives will be held concurrently on Tuesday, December 12th, 3-7 p.m. Drawing blood involves 30-45 minutes

and can help save as many as four lives. Registering for Be the Match is even faster. After completing a questionnaire, a simple cheek swab is all that is necessary to register. If you have any questions about the processes, please contact CAC's Bruce Coolidge at bcoolidge@capitalac.com. Registration forms and donation criteria for the two drives can be found in the Blood Drive binder at the CAC Front Desk.

Toy Drive to Benefit Shriner's Hospital for Children



Shriners Hospitals for Children™

The CAC, in conjunction with Sacramento's Boy Scout Troop 1, will be accepting donations of new, unwrapped gifts, for the kids receiving treatment at the Shriner's Hospital. Please bring your gifts and place them under the tree in the lobby. The Boy Scouts will pick up the gifts and take them to the Shriner's Hospital on Monday, December 18. Happy Holiday to everyone and thanks for helping make a child's day better. Please, no stuffed animals or plush toys, no glass, latex or live plants because of allergy issues.

Pilates News

Reformer Demos in December:

Saturday December 9, 12:00pm in the Pilates Studio

Peace of Mind and Body –

10 Scientifically Proven Reasons to do Pilates

Continued on the next page

Recent studies support the following scientifically proven reasons to do Pilates:

Improves your memory and makes you smarter with improved neurogenesis (creating of new brain cells). Trains your brain, increasing white matter in the brain for better neural communication and brain fitness. Deeper muscle activation means better function of the nervous system, which releases more stress-fighting and mood-boosting hormones. Calms the mind and emotions – mindful movement and meditation relieves anxiety, depression, insomnia, stress, negative emotions, sharpens the mind, helps with chronic pain, lowers blood pressure and uncovers creative thinking. Relieves stress and tension through gentle stretching and gradual conditioning.

Pilates makes us happier!

Pilates helps us to be more creative. Helps to control our emotions with Pilates breathing techniques. “Above all, learn to breathe correctly.” ~Joseph Pilates Teaches us to be ourselves. Focusing on our own range of motion and gradually increasing our strength and flexibility improves our self-confidence, which leads to greater motivation to move to the next level in our practice.

Improves self-confidence! “Through the Pilates Method of Body Conditioning this unique trinity of a balanced body, mind and spirit can ever be attained. Self-confidence follows.” ~Joseph Pilates

Read the full article at www.pilatesbridge.com

Morgan with MM Beauty

“Holiday How To”

Monday, December 4th from 5-8pm.

I will be doing 10 minute tips and tricks for makeup and skincare. Everything from a Smokey eye to red lip! It will be in the Racquet Ball Court number 2. Sign ups will be at the front desk starting this month!!

My promotion is the Indulgence Package:

60 minute Peppermint Facial
Eye Brow Wax
And free holiday gift
All for \$80!

Gift certificates available as well for holiday gift giving! Contact Morgan at MM Beauty, 916-520-9310 or Morganmerrillbeauty@gmail.com to schedule or purchase a gift card! Call or text 916-520-9310 to schedule or book online at www.vagaro.com/mm_beauty

MM Beauty also offers facials, waxing, spray tanning and make-up services! Book now for that holiday party makeup application and receive \$10 off!

Facebook: [/morganmerrillbeauty](https://www.facebook.com/morganmerrillbeauty).
Instagram: [@mmartistry](https://www.instagram.com/mmartistry).

Winter Basketball League Registration-

Beginning mid-December

The Winter League begins in late January and runs through late April/early May. League is offered at two levels and plays on Monday (“A” Level) and Wednesday (“B” Level). The Fall League is typically 8-10 games plus playoffs. Fees are typically \$65-85 (dependent on registration and schedule) and covers officials, awards and other league costs.

Small Group Training (SGT)

Winter Series Demo Classes

January 2-14, 2018

CAC’s Studio X will be hopping with new offerings as the calendar flips to the New Year. These demo classes allow you to sample the upcoming classes before you register. Offerings range from classes to enhance mobility and injury recovery to intense, compressed workouts based on the most recent evidence-based research. Class series begins the week of January 15. Look for demo class registration binders on the SGT Demo Week table in the CAC front lobby.

SGT Program Updates

To enhance your opportunities to enjoy the special offerings found only in the CAC SGT Program, The Club offers monthly class starts. Several new classes will be offered at the start of each month while still following the 12 week cycle. Now, if you missed the start of a series, you’ll be able to start a new class in just a few weeks. This will make the enhanced offerings of CAC SGT even more member-friendly. We look forward to seeing you in Studio X.

Club Kudos

- The peak of Kudos to member Warren Treacher, who fulfilled a dream to climb Yosemite’s Half Dome Trail this Fall. Warren spent months working with trainer Bruce Coolidge in small group and personal appointments to prepare for the grueling climb and descent. He climbed more than 5,000 feet above the Yosemite Valley and ascended the trail through the infamous Half Dome Cables, reaching the summit and proving that you are never too old to fulfill a dream. Congratulations, Warren!

Polar Swim Club

CAC’s 2017-18 Polar Aquatic Challenge
December 4th - March 4th

Program fee: \$30 (includes a dinner and Polar Aquatic Challenge shirt) Program facilitator: Ardis Bow. The Polar Aquatic Challenge Program is not only provided to encourage our dedicated CAC swimmers and aquatic exercisers through the coldest Winter months. It is actually the perfect program for those who do not have an established workout routine. When New Years Resolution time rolls round, working out needn’t be on your list!

Most people know that swimming helps you to improve heart rate and blood flow and maintain a healthy weight. What most

people don’t know are the multiple benefits that separate it from other forms of exercise. Swimming not only helps with general physical fitness, it encompasses a host of other benefits such as muscle toning, breath control, and meditative qualities. With so many peripheral benefits in one workout it’s an extremely efficient one-stop-shop form of exercise and cleanse. Throughout the program, Ardis will share with Polar Aquatic Challenge participants informative swimming tips and benefits as well as program updates via e-mail as well as in the log book. For more information look for the flyer/registration form at the front desk. Namaste, Ardis

From The Dietician’s Desk

Healthy Eating for the Holiday Season

The holiday season can wreak havoc on your health and fitness goals. Between the work parties, family gatherings and meals spent catching up with old friends, this time of year is one calorie-laden event after another. In fact, the typical American adult gains an average of six pounds during the stretch between Halloween and New Year’s Day.

If you would like to avoid the holiday hang-over, here are a few tips to help you rein-in your nutrition this winter.

Cut Back On Booze:

This might not seem like much fun, especially with all of the holiday fun you have planned. Not only are alcoholic beverages full of calories, but the more you drink, the more likely you are to make unhealthy food choices. While it’s okay to imbibe every now and then, consider a non-alcoholic, calorie-free choice (like soda water and lime) the next time you are out.

Don’t Go Hungry:

Don’t go to holiday gatherings with an empty stomach. Many people cut back on their food during the day so they can consume more “cheat” foods in the

Rick Leonard
General Manager



- We at the Club would like to wish all of you at the Club all of the best in Health & Happiness this Holiday Season and throughout the New year. Thank you for being an important part of the CAC family
- Please take the time and read the article and letter that we have sent in regards to the future status of the parking lot. As mentioned in the article we will have to vacate the existing lot 1/31/2018. We will let you know what alternative places for parking & transportation once we have them secured.
- Holiday schedule The club will operate on a 9am – 2pm schedule on Christmas eve Sat. Dec. 24th, The Club will be closed on Christmas Day 12/25, we will have regular Hours on New Years Eve and we will be open 8 am -6pm on New Years day.

Jonna Edwinson
Group Fitness Director



- Happy holidays to you and yours!
- As we get ready to bring in another fit new year, remember to give yourself variety, change up your routine, and cross train as much as possible.
- Check out our Sunday funday 90 min workout with Kristen Franz! 1 hour of strength training followed by 30 minutes of cardio interval training on the bike.
- Our Friday 11am Zumba class with Karina is a hit! Stay tuned as we add more Zumba to our program to 2018! Thank you for the support in our Zumba program!
- Please remember to sign up and reserve a bike up to one day prior to cycle class. This will ensure you get a spot. Classes do fill up!

John O'Sullivan
Athletic Director



- 'Summer Bodies are made in Winter.'
- Happy Holidays from the fitness staff. Let's get started on those new year programs early and stay ahead of the game. Set up an appointment with a trainer today.
- If you are new to the Club, please take advantage of our training staff as training program set up is included in your membership.

Brooke McManus
Membership



- Happy Holidays to all of our beloved members! We hope that you will be surrounded by friends and family during this festive time of year! Please don't forget to use your free 10 day passes along with many other generous deals on services such as, Massage, Esthetician Services, Salon Services, Member's Café selection, Personal Training, and Small Group Training that you received in our Holiday discount card! Happy Holidays from Capital Athletic Club! Many thanks to you!
- Are you thinking about referring your friends and family to the

Club? New Year's Resolutions are right around the corner. Why not get a head start? The Club is offering ZERO ENROLLMENT for everyone in December! Treat your loved ones to savings for a new Club membership and receive ONE MONTH FREE for referring a new member! For more details, please contact Brooke or Tom in our membership department!

Morgan Merrill Beauty Esthetician



- My promotion is the Indulgence Package: 60 minute Peppermint Facial, Eye Brow Wax and free holiday gift All for \$80! Gift certificates available as well for holiday gift giving!
- 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

Brian, Janis, Jody, and Rico
Massage Department

A Holiday Poem:

With the holidays on us, growing ever more near,
Our thoughts turn to presents for those we hold dear.

What to give to those who hold our esteem?

A gift they'll enjoy, of which they dream.

A gift that is simple, one from the heart,

One they'll enjoy, right from the start.

Why, a massage gift card, what could be better then that?

Yes, give them that gift and that will be that!

That's right, massage gift cards make great holiday gifts and are available at the front desk. On behalf of the your CAC massage department we wish you and all those you hold dear a "Joyous Holiday Season and a Happy, Healthy New Year!"

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evening. If you have a sensible snack with a little protein (Greek yogurt or almond butter with an apple) prior to a dinner out or event, you will be less likely to overdo it on high-calorie appetizers.

Pass on Mindless

Holiday Snacking: Many of your work friends will likely bring in their favorite baked goods and sugary treats over the next month. Where does it end up? The break room or another high-traffic area that is nearly impossible to avoid. A cookie here and a fudge square there, and pretty soon you have added an extra 500 calories to your day. Keep healthy

snacks at your desk to avoid the 3:00pm munchies and take a walk on your breaks.

Avoid the "I'll wait until the New Year" Thinking:

Many people give up on healthy eating during the holidays because there are just too many temptations. Instead of eating in moderation most days, they give up and binge all season long with the promise that they will restart a their healthy lifestyles on January 1st. It's okay to splurge here and there, but try the 80-20 approach: make healthy choice 80% of the time and indulge the other 20%. Your health and your waistline will 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
5:30pm-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	Bernadette
12:00pm-1:00pm	III	Kenpo Karate	Bob Y.
12:10pm-1:00pm	II	Cycle	Bernadette
12:10pm-1:00pm	I	Power Pump	Karina
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-7:00am	I	Breakfast Club	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
5:30pm-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	Bonnie
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	III	Gentle Yoga	Heather
FRIDAY			
		Studio	
6:00am-7:00am	I	Breakfast Club	Scott
11:00-11:45am	III	Mat Pilates w/ props	Paige
11:00am-11:50am	I	Zumba	Karina
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	Rotating Instructor
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 12/2,16,30 Doug 12/9,23
10:30am-11:30am	I	Ballet Pilates	Bonnie 12/2,23,30 Sabin 12/9,23
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	Staff

* 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	Mixed	Sam
5:30pm-6:15pm	Mixed	Sam
WEDNESDAY		
10:00am-10:45am	Level I	Jonna
4:00pm-4:45pm	Tower Combo	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	Linsey
12:00pm-12:45pm	Level II	Sabin
4:30pm-5:15pm	Level I	Liz
5:30pm-6:15pm	Level I	Liz
FRIDAY		
10:00am-10:45am	Level I	Sabin
11:00am-11:45am	Principles	Sabin
12:00-12:45pm	Level I	Mari
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