

# THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

FEBRUARY 2018

## Parking

To Our Capital Athletic Club Membership:

**Important Club Parking Update  
Wednesday, January 24, 2018**

Hello valued members of the Club, we want to thank you all for your patience as the club is working through the process of securing new parking options for our members. We apologize for how long this process is taking. Please know that we spend major time and energy on this issue every day. First, short-term good news: The State of CA and the contractor of the project have given the club an extension for use of our current parking lot. Members will be able to continue to use the club lot through February 16, 2018. Second, we are working hard with the State of CA to work out the details for access to a parking garage 1.5 blocks from the club. Access to this garage will come with large extra operating expenses for the club. As of this writing, members may have to pay a small parking fee per visit to access this garage. The details are not final and we are working hard to keep this fee as small as possible or eliminate the parking fee if possible. We are also working hard on receiving access to other parking lots close to the club to facilitate our members. Again, as of this email members can continue to use the current club parking lot through February 16, 2018. We will give members updated information and final details of the final solution as soon as possible. Thank you for your patronage and patience. Sincerely,  
Capital Athletic Club Management

## President's Day Holiday

The Club will be operating on a holiday schedule Monday Feb. 19th 8 am – 6pm. The Club holiday schedules are treated like the week ends, where your children are welcome free of charge ages 12-21 but must be accompanied by the member. There will be a modified group exercise schedule.

## Hydrostatic Body Composition Testing

Wednesday, March 7th  
from 6 a.m - 6 p.m.

Long held as the gold standard of body composition assessments, hydrostatic weighing gives us the best look at what makes up our body and how that relates to our metabolism. Three to four times each year, the Club invites Mike Hickok to give our members a chance to undergo this invaluable assessment. Testing results will give you a tool that you and your trainer can use to better plan and track your progress toward your goals. Initial tests are \$49 and re-tests are just \$39. Fees are payable directly to the vendor. A registration binder is located at the front desk.

## Volleyball News

The Winter 2018 Volleyball Season is underway! Thank you to all of our participants for committing your time to stimulate growth and camaraderie within CAC's tightly-knit volleyball community. The league is officially closed to any new players until this season's end. If you missed the cut-off time for sign-ups, please stay tuned for our upcoming weekend Reverse-Coed Tournament, open to new players and guests. We will cap the amount of players and charge a \$5 buy-in for

a winner's pot at the end of the tournament! We hope that you will consider joining us! For more information on CAC's Volleyball program, please contact one of our two Coordinators, Ray Vigil and Fred Balcom!

## Go Green

### PAPERLESS BILLING

Would you like to stop receiving paper statements in the mail? Please tell anyone in our membership or administration departments that you would like to turn off paper statements. You can also email [vgomez@capitalac.com](mailto:vgomez@capitalac.com) or [jcoolidge@capitalac.com](mailto:jcoolidge@capitalac.com) to turn off the paper statement. Please email us from the address that you have given the club or where you want your monthly statement sent. Your statements will be emailed to you at the address that you have given us each month. You might want to look at your account and make online payments. For that you will need to create your online access.

### Creating Online Access to Your CAC Account:

Go to our website [www.capitalac.com](http://www.capitalac.com), Select RESOURCES tab at the top of the page, Select MY ACCOUNT from the drop down menu, Select ACCESS MY ACCOUNT (under First time here?)

Follow the prompts to create a user name and password. You will need to use the same email address that you have given the club to contact you.

## Morgan with MM Beauty Cherry Chocolate Facial Special

\$70 with a free gift

Love is in the air with this "made-for-each-other" cherry and chocolate duo. This perfect

couple will warm your skin and tantalize with the indulgent scents of cherry and chocolate. This is Cupid's favorite! Exfoliate and brighten the skin with the antioxidant and brightening benefits of the cherry enzyme. It promotes deep hydration that protects from environmental damage while relieving the surface signs of aging. Arbutin and kojic provide extreme lightening capabilities. Cocoa, glycerin and squalane are excellent emollients, lubricants and humectants to draw moisture to dry, flaky skin. Vitamin E is an excellent anti-aging antioxidant.

Gift Certificates are also available for purchase, give your loved one a facial for Valentine's Day!

Call 916-520-9310 or book online at [www.vagaro.com/mm\\_beauty](http://www.vagaro.com/mm_beauty) to schedule. Contact Morgan at MM Beauty, 916-520-9310 or [Morganmerrillbeauty@gmail.com](mailto: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](http://www.vagaro.com/mm_beauty). MM Beauty also offers facials, waxing, spray tanning and makeup services! Book now for that party makeup application and receive \$10 off! Facebook: /morganmerrillbeauty. Instagram: @mmartistry.

## Pilates News

### Heart Health and Pilates

Sabin Morris, Pilates Director  
Did you know that February is American Heart Month? Lyndon B. Johnson proclaimed February American Heart Month on December 30, 1963 because at that time, more than half of the deaths in U.S. were caused by cardiovascular disease. Febru-

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ary 1964 was the first American Heart Month.

Risk of cardiovascular disease can be lowered with a healthy nutritional lifestyle and regular exercise. Although Pilates is not considered “cardio”, it can help manage or decrease your risk for cardiovascular events. The Cleveland Clinic offers a short article on Pilates and Heart Health:

### **Pilates and Heart Disease Prevention**

The best type of exercise for primary and secondary prevention of heart disease is aerobic exercise. Although the Pilates system is not considered to be aerobic in nature, it is an excellent adjunct to a regular aerobic program (such as walking, cycling, or swimming). In particular, its potential stress reduction features promotes long term heart health.

Other Pilates benefits are:

- Improves balance, coordination and circulation
- Improves performance in sports (e.g., golf, skiing, skating, dance)
- Streamlines and lengthens the body
- Improves postural problems; can alleviate back pain
- Increases core strength/stability and peripheral mobility
- Helps prevent injury
- Enhances ease of movement
- Balances strength and flexibility
- Heightens body awareness
- Easy on the joints because it is low impact
- Can be customized for a broad range of fitness and ability levels, from rehab patients (including cardiac rehab patients) to elite athletes
- Strengthens the immune system

(<https://my.clevelandclinic.org/health/articles/17369-pilates--heart-health/pilates-benefits>)

Add Mat or Reformer Pilates to your program this month to treat your heart right!

Reformer Demos in February:  
Wednesdays, February 7th and

21st at 1:00pm

Saturdays, February 3rd and 17th at 12:00pm

Pilates Studio Class Changes:

Mondays 11:00am Reformer with Linsey

Tuesdays 4:30pm and 5:30pm will now be Yoga/Pilates on the Reformer with Sam.

Yoga/Pilates: A functional movement and yoga-based Reformer class that combines the essential Pilates repertoire with functional movement patterns and Yoga based poses to promote better balance, core strength and flexibility. All levels welcome.

### **Swim News**

**“Why am I doing this?” when things aren’t fun.**

It’s a good question. Do you know the answer? There aren’t any magic words that I can say that will make you leap from your bed into the pool early in the morning or after a long day of work, because there are going to be days when you just don’t feel like it. Days when you can think of a long tempting list of activities other than slipping into swim gear and braving the cold air for an aquatic workout.

--**TIP 1:** If you can identify what you LIKE about swimming, why you choose swimming, and focus on that during those tough uninspired moments/days it will make it a LOT easier. I think we can all identify the toughest part is getting into the pool.

--**TIP 2:** Take a cool shower PRIOR to going out to the pool deck. I know its so inviting to take a warm shower or slip into the jacuzzi, steam room, or sauna for a minute or two. One word: DON’T! If you take a cool pre-swim shower the burst of chilled air as you walk through the the pool side doors will provide plenty of motivation to quickly get into the water without procrastination and the water temperature in contrast will provide a warm welcome. Motivation is an interesting thing. I believe that it

comes from within. The “motivation” that we get from others is more like a reminder of something that we know to be true, that just feels right. When we listen to that inner truth we build self confidence and self respect; we achieve one through the other. Most won’t even realize the valuable life lessons that a disciplined aquatic program can provide...

--**TIP 3:** When the going gets tough follow TIPS 1 & 2!

### **Health News**

**Exercise: What’s In It for You?**

**Better Mood**

Cranky? Get moving. Exercise makes you feel happier. When you work out, your body makes endorphins -- “feel-good” chemicals in the brain. You can actually start to feel better within a few minutes of moving, but the effects of regular exercise can last for a long time.

**More Energy**

You might not expect it, but using energy to exercise gives you more get-up-and-go. Sometimes when you’re tired, the last thing you want to do is move. But when you exercise regularly, that fatigue goes away and you find yourself with a lot more pep.

**Good Night’s Sleep**

Get regular exercise to help you fall asleep faster and sleep more soundly. The harder you exercise, the more likely you are to have a good night’s sleep. It doesn’t matter when you exercise, as long as you don’t have trouble sleeping. If you do have problems, though, work out earlier in the day.

**More Confidence**

You just walked a mile or ran your first 5K. Success like that can boost your self-esteem and make you ready to conquer anything. Exercise makes you feel good about yourself.

**Less Stress**

Exercise calms your body and your brain. After your body works hard, the levels of stress

hormones -- like adrenaline and cortisol -- drop. Stress and anxiety fade away, especially after aerobic exercise.

**More Productive**

Want to be more efficient at work? Take a break and get some exercise. In one study, people who got moving in the middle of the day were much more productive when they went back to work. They also were happier and got along better with their co-workers.

**Weight Control**

Exercise and diet work together to keep your weight healthy. Whether you want to lose some inches around the waist or just avoid putting on extra pounds, exercise is the key. Try to work out 30 minutes most days of the week.

**Long Life**

Regular exercise can add years to your life. And that counts even if you’re not a hard-core fitness buff. Just get moving. Even a little exercise can help you live longer than not exercising at all. The American Heart Association says that people who maintain a healthy weight and are physically active live an average of 7 years longer than those who don’t.

**Strong Bones and Muscles**

Your bones and muscles get stronger when you work out. It’s especially important to do weight-bearing exercise, such as weight-lifting, tennis, walking, and dancing. This can help build bones as you get older. And it can help ward off osteoporosis and protect your balance and coordination.

**Healthy Heart**

It’s no secret that exercise is great for your heart. Regular workouts lower your risk of heart disease, improve your blood cholesterol levels, and help control and even prevent high blood pressure.

**Lower Risk of Cancer**

Regular exercise can cut your risk of some cancers, including colon,

## DEPARTMENT NEWS

### **Rick Leonard** General Manager



- News papers \_ the Club subscribes to a number of newspapers for all members use. Please do not remove them from the Club of from the specific areas they are designated to
- During rainy weather please be careful on the tile areas as it can become slippery. If you notice wet areas please bring that to our attention so we can take care of this.
- Newsletter- beginning in Feb all of our members that have active email addresses for will be sent a copy of our newsletter

### **Jonna Edwinson** Group Fitness Director



- As a friendly reminder, we ask all cycle students to sign up the day before your class to ensure you get a bike. Please arrive 5 minutes early. Those who are late for class may forfeit their bike to someone dropping into class.
- Tuesday 10am slow/stretch will continue! We are currently working on a permanent replacement. Jonna, Sabin and Bernadette will be covering the classes until then.
- We will be on a modified group x schedule on Mon, Feb 19th for Presidents Day. Posters with schedule will be around the club.
- Friday 5pm upper body and 5:30pm HIIT Cycle are still being offered on the schedule! We need your support for both classes to continue.
- A Group X and Pilates survey regarding schedule and class times will be launched this month. Make sure to fill one out so that we can get your feedback.

### **John O'Sullivan** Athletic Director



- 'They ask me "How?", I tell them "Consistency." It goes over their head. They've heard it before. They want something new...The truth doesn't change.' - Rolsey
- Be sure to update your program regularly as lack of change creates stagnancy. Check with one of our highly trained and friendly training staff. It is free and included with your membership!

### **Brooke McManus** Membership



- Happy 2018 from the CAC Membership Department! We hope all of our members are practicing healthy habits in the New Year!
- Refer a friend, family member, or co-worker to help keep them on track for their New Year's Resolution and receive a \$50 Referral Credit for referring a new member to the Club! It's a WIN-WIN! Please contact Tom and Brooke in our membership department for the current enrollment special!
- Here's a friendly reminder for all of our members interested in taking advantage of our Annual Prepaid Dues Special- Prepay

for a full 12 months of dues and get your 13th month for FREE! Members can participate in the prepaid dues special at any time of the year and they are not locked into a 12 month commitment! Get rewarded for being a long-time member of the Club!

- Please don't forget to supply your friends and family with 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! Discounts expire April 30, 2018 \*One pass per person

### **Morgan Merrill Beauty Esthetician**



- Cherry Chocolate Facial Special - \$70 with a free gift Love is in the air with this "made-for-each-other" cherry and chocolate duo. This perfect couple will warm your skin and tantalize with the indulgent scents of cherry and chocolate. This is Cupid's favorite! Exfoliate and brighten the skin with the antioxidant and brightening benefits of the cherry enzyme. It promotes deep hydration that protects from environmental damage while relieving the surface signs of aging. Arbutin and kojic provide extreme lightening capabilities. Cocoa, glycerin and squalane are excellent emollients, lubricants and humectants to draw moisture to dry, flaky skin. Vitamin E is an excellent anti-aging antioxidant.
- Know someone getting married? I'm also available for wedding makeup, on location. Call or email for pricing!\* [www.morganmerrillbeauty.com](http://www.morganmerrillbeauty.com). Book Now @ [https://m.vagaro.com/mm\\_beauty](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](http://www.vagaro.com/mm_beauty).

### **Brian, Janis, Andrew, and Rico** Massage Department

What better way to show that special person in your life how much you care about them than with the Valentine's Day gift of a massage. Imagine your special someone on a warm massage table receiving a fabulously relaxing gift of a massage. Massage can help you feel better both physically and emotionally. Massages are especially nice when they are received as a gift. So give the gift of touch this Valentine's Day by surprising someone you love with a massage gift card. Gift cards are available at the front desk.

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breast, and lung. And people who have cancer have better quality of life when they exercise.

#### **Less Arthritis Pain**

If you have arthritis, regular exercise can help ease your pain. And it can make your daily activities easier. Try non-impact exercises like swimming. They can be easier on sore joints.

#### **Advocare available at the pro shop;**

Spark - 29 Vitamins and minerals, energy drink (two sizes) with 3-5 hours

of focused energy - A replacement for coffee or sodas and great even your multi-vitamin.

Rehydrate - Helps replace minerals and electrolytes lost through sweat and supports recovery after a workout using vitamin, minerals and a blend of important electrolytes.

Post Workout Recovery Shake - Aids in muscle building and helps minimize occasional soreness when taken after physical activity while also helping to replenish energy levels.

Slam - A portable and quick source of energy that is perfect for the person on the go.

## GROUP FITNESS/SPECIALTY CLASSES

<b>MONDAY</b>		<b>Studio</b>	
6:00am-7:00am	I	Breakfast Club	Janelle
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
<b>TUESDAY</b>		<b>Studio</b>	
6:00am-6:45am	II	Cycle	Matt
10:00am-10:45am	III	Slow Stretch	*Staff
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
<b>WEDNESDAY</b>		<b>Studio</b>	
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
<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.
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
6:00pm-7:00pm	III	Gentle Yoga	Heather
<b>FRIDAY</b>		<b>Studio</b>	
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
<b>SATURDAY</b>		<b>Studio</b>	
9:00am-10:00am	II	Cycle	Matt
9:30am-10:30am	I	Step 'n' Strength	Bonnie 2/10,24 Doug 2/3,17
10:30am-11:30am	I	Ballet Pilates	Bonnie 2/10,24 Sabin 2/3,17
<b>SUNDAY</b>		<b>Studio</b>	
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

<b>MONDAY</b>	
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
<b>TUESDAY</b>	
4:00pm-7:00pm	Racquetball Challenge & Lessons
5:00pm-6:00pm	Masters Swim
until 6:30pm	Open Basketball
6:30pm-Close	Volleyball League
<b>WEDNESDAY</b>	
4:00pm-7:00pm	Handball Challenge & Lessons
6:00pm-7:00pm	Masters Swim
6:00pm-Close	B-League Basketball
<b>THURSDAY</b>	
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
<b>FRIDAY</b>	
until Close	Open Basketball
<b>SATURDAY</b>	
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)
<b>SUNDAY</b>	
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	Reformer 2	*Linsey
12:00pm-12:45pm	Level I	Mari
4:00pm-4:45pm	Level I	Sabin
5:30pm-6:15pm	Level II	Vicki
6:30pm-7:15pm	Mixed Level	Vicki
<b>TUESDAY</b>		
7:00am-7:45am	Mixed Level	Mari
11:00am-11:45pm	Reformer I	Sabin
12:00pm-12:45pm	Level II	Sabin
4:30pm-5:15pm	*Yoga/Pilates	Sam
5:30pm-6:15pm	*Yoga/Pilates	Sam
<b>WEDNESDAY</b>		
10:00am-10:45am	Level I	Jonna
*4:00pm-5:00pm	Tower Combo	Sabin
5:30pm-6:15pm	Level I	Staff
6:30pm-7:15pm	Level I	Staff
<b>THURSDAY</b>		
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
<b>FRIDAY</b>		
10:00am-10:45am	Level I	Sabin
11:00am-11:45am	Principles	Mari
12:00-12:45pm	Level I	Mari
5:30pm-6:15pm	Mixed Level	Liz
<b>SATURDAY</b>		
9:00am-9:45am	Level I	Liz
10:00am-10:45am	Mixed Level	Liz
<b>SUNDAY</b>		
10:00am-11:00am	Tower/circuit	Vicki