

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	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	*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
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
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 1/14,28 Doug 1/7,21
10:30am-11:30am	I	Ballet Pilates	Bonnie 1/14,28 Sabin 1/7,21
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	*Level I	*Mari
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
TUESDAY		
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	Mixed	Sam
5:30pm-6:15pm	Mixed	Sam
WEDNESDAY		
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
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	*Mari
12:00-12:45pm	Level I	Mari
5:30pm-6:15pm	Mixed Level	*Liz
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

JANUARY 2018

Parking

To Our Capital Athletic Club Membership:

Parking Update

Clearly, both members and staff are anxious for updates on our parking situation as we approach January 31—the date the State expects to close our parking lot to make way for construction of its new office building. We are pleased to announce we have secured parking one block away. Please be assured that we are working every day to finalize more public and private options that will best serve the needs of our Club members. We remain highly confident that we'll reach a viable solution very soon. We hoped we could announce finalized agreements by Christmas, but a few details remain unsettled as of this writing. While these options are not across the street, they are very close by, and we're planning a combination of shuttle and/or valet parking service to maximize member convenience.

Please be assured that as the New Year opens, this remains our number one priority. As we continue talks with the State and City parking authorities, construction contractors, and private parking resources, know our members' needs and our commitment to customer service remain paramount. Please watch your email as further updates will follow as quickly as details solidify. Above all, thank you for your patience and your loyalty to the Club.

Small Group Training (SGT)

Small Group Training (SGT) Program Notes

Winter Series Demo Classes (January 2-14)—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.

Bake Sale

Holiday bake sale: 4 R Friends



We would like to thank everyone who made our annual bake sale a huge success! We raised over \$1700 for this amazing local animal rescue group!

Volleyball News

Join CAC Volleyball for another exciting league season! League play begins on Tuesday, January 9th and Thursday, January 11th! League play is 9 weeks! Registration is open for members and non-members at this time! Members can sign up for Tuesday league, Thursday league, or both for a small league fee! League fees for members are \$20/\$30. If you interested in joining us for Open gym, please stop by the gymnasium on Tuesday, January 2nd and Thursday, January 4th at 6:30pm. For more information, please contact our Coordinators, Fred Balcom, Ray Vigil, or the league Administrator Brooke McManus for more information. Welcome our new Coordinators: Fred Balcom and Ray Vigil!

Pilates News

Reformer and Pilates for Joint Health Demo Classes (all held in the Pilates Studio):

Reformer Demo Classes:

Saturdays, January 6th and 20th 12:00pm

Wednesdays, January 10th and 24th 11am

Small Group Training Pilates for Joint Health Demo Classes:

Tuesdays, January 2nd and 9th 9:30am

Thursdays January 4th and 11th 1:00pm

Sign up at the front desk in the Pilates Class Demo Binder or contact Sabin Morris at 916-670-8144 or smorris@capitalac.com

New Year, new beginnings! Kick off 2018 getting to know the Pilates equipment with our Reformer and Joint Health

Demo Classes throughout the month. Reformer Demos allow members to experience the core strengthening and deep stretching exercises seen in our weekly classes.

Pilates for Joint Health is a small group training (SGT) class that focuses on improving joint health and mobility in the spine and decreasing pain through connective tissue release to improve flexibility. The Pilates exercises offered in the SGT class strengthen the Power House (abdominals, low back, hips, chest, and shoulders), all the while focusing on lengthening and flowing movement for joint mobility.

As we move into 2018, we must say "see you soon" to Pam Oto and Jose Arcilla, two of our very talented and respected Pilates Instructors. They will continue teaching as substitutes in our program but no longer be teaching their regular classes each week. A huge Thank You to Pam and Jose for their inspiration and dedication to our members' Pilates Practice and their unique and wonderful classes!

Morgan with MM Beauty

New Year Special!

Signature Facelift - \$70 (reg. \$80) Start out the New Year right with Image Skincare's Signature Facelift. This treatment will help speed up cell renewal, detoxifies and energizes the skin. Giving noticeable results in just one treatment! Say hello to 2018 with glowing skin!

Call/Text Morgan with MM Beauty to schedule your service today! 916-520-9310 or email: morganmerrillbeauty@gmail.com. Book online at www.vagaro.com/

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mm_beauty.

Gift certificates available as well for holiday gift giving! Contact Morgan at MM Beauty, 916-520-9310 or Morganmerrill-beauty@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 makeup services! Book now for that party makeup application and receive \$10 off! Facebook: /morganmerrillbeauty. Instagram: @mmartistry.

Winter Basketball League

Winter Basketball League Registration-

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 Winter 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.

"Forty-and-Over" on the move

The Thursday Noon "Forty-and-over" Basketball slot has been moved to 4:30 p.m. on the same day. Please make note of it in your calendar. See you on the court soon.

Congrats to Fall League Champions

The CAC Fall League held it two championship games last month. We had one upset and one epic battle. In the "A" League final, #1 seed Team Stovall (12-1) battled #2 seed Team Wiksell (7-6) hoping to avenge their only regular season loss. However this is the aforementioned upset, as Team Wiksell prevailed 72-65 behind four double figure scorers. The "B" League final featured the #2 seed Bump N Gun squaring off against #4 seed Raf's Ravens (fresh off a semi-final win over #1 seed Ricky's Rockets). The Ravens overcame a nine-point halftime deficit to tie the game

at 64 with 21 seconds left in regulation. From there, it got interesting!! Five (yes, FIVE) overtimes later, Bump N Gun secured the 82-79 victory and the championship. Thanks to all the players for a fine Fall season and congratulations to the victors: "A" League—Dave Wiksell (c), Nate Kabanuck, Glenn Maley, Chris Moenig, Ben Olson, Ray Rodriguez and Brandon Vaughn.

"B" League—Bret Bair (c), Michael Bahn, Art Ballard, Marte Castanos, Brett Owens, Patrick Riazzi and Ali Sherali.

Swim News

Swimming & The Healing Power of Water.

The human body is estimated to be between 70 and 80 percent water. Each cell, organ and system of the body consist of specific percentages of water; and the flow of that water determines whether the body expresses itself in optimal health or in symptoms of imbalance and disease. We're created in water (womb), we bath in it, cleanse wounds with it and can die if we don't have enough of it. With two thirds of the planet covered by water and our bodies containing similar proportions of it is it any wonder that it's such an amazing conduit for our thoughts, feelings and healing? Given these facts just imagine the multitude of benefits of swimming and water activities beyond exercise.

So during you're next pool workout take a few moments to check in with the following three of our five senses. Watch how the water sparkles in the sunlight, how its surface can transit from smooth stillness to ripples and waves when that surface is interrupted as your body enters the pool. Listen to the sounds of water, the splash splash as the arms stroke as well as the rhythmic pounding as feet churn through it Listen to the bubbles as you exhale your breath beneath the surface. Feel the waters sensation against your skin: smooth and silky or pound-

ing and prickly, enveloping you in a womb of buoyancy. One of my favorite times to swim is when it's raining. I find the cool drops of water as they land on my exposed skin especially invigorating.

The effects of water's presence in our lives are so obvious that many of us take them for granted, yet have you ever noticed how excited children become when they interact with it? Allow yourself that same sense of wonder and joy during your next swim!

Health News

16 Ways You May Be Hurting Your Joints

Carry Extra Weight

Your joints, which link your bones together, are sensitive to heavy loads. Every pound on your frame puts 4 pounds of stress on your knees. It also strains your back, hips, and feet. That causes wear and tear that can lead to damage, aches, and pain. Being overweight also triggers inflammation. That can make all your joints, including in your hands, stiff, painful, and swollen.

Text Too Much

'Texting thumb' is a real thing. Your tendons can get irritated and lock your thumb in a curled position. All that looking down at your phone is just as bad for your neck and shoulders, too. Every inch your head drops forward raises the load on your muscles. If you bend your neck so far that your chin touches your chest, it's as if your neck has to support the weight of 5 heads instead of just one.

Wear the Wrong Shoes

Worn-out shoes don't support your feet and ankles enough. That'll throw your knees, hips, and back out of whack. Also, make sure your sneakers are right for your sport. High tops for basketball, for example, can protect your ankles from sprains. But don't go overboard. Too much cushion or arch support means your foot can't move naturally, which could keep you in a cycle

of pain.

Crack Your Knuckles

That satisfying pop comes from tiny bubbles bursting in the fluid around your joints or from ligaments snapping against bone. Despite what annoyed adults might have warned you, it doesn't cause arthritis. Still, it might be smart to stop. One study showed that this habit may cause your hands to swell and weaken your grip.

Lug a Big Bag

Whether it's a purse, backpack, or messenger bag, packing too much can cause neck and shoulder pain. Heavy weight on one shoulder throws off your balance and your walk. If you tend to carry things only on one side, the constant pull overstretches your muscles and tires out your joints. If you do that every day, your body's going to let you know loud and clear.

Use Wrong Muscles for the Job

When you put too much load on little muscles, your joints pay the price. If you need to open a heavy door, push with your shoulder instead of your fingers. When you lift something off the floor, bend at your knees and push up with your strong leg muscles. When you carry something, hold it close to you in the palms of your hands instead of stressing your fingers.

Sleep on Your Stomach

It might help with snoring, but not so much with the rest of your body. Lying on your tummy pushes your head back, which compresses your spine. Your head also will face in one direction for longer stretches than if you sleep on your back. All that puts pressure on other joints and muscles.

Skip Stretching

You don't need to be a yogi, but regular stretching can help strengthen your muscles and tendons. It also can make them more flexible. That allows your joints to move more easily and helps the muscles around them work better. That's key to healthy and stable joints.

DEPARTMENT NEWS

Rick Leonard General Manager



- Last month we sent out a notice that the Club will need to vacate the parking lot January 31st 2018. We are pleased to announce that we have secured parking one block away and are working on more options as well. Over the next few months you may notice a few slight changes in the schedules. This can offset some of the pressure having everyone coming to the Club at the same time.
- I am proud to say that we have an outstanding training staff. They are here for your success. If you need motivation, new directions, inspiration contact any one of them remember we are here for your success.
- We have over 70 group exercise programs in four different studios ranging from yoga, mat pilates, Zumba, power pump, cycle, HIIT, ab blast, reformer pilates & more. This is all included in your membership. Try something different I bet you would be glad that you did.

Jonna Edwinson Group Fitness Director



- We had an amazing 2017 with our students. From meeting weight loss goals, to changing eating habits, to motivating each other to meet and take classes we normally wouldn't participate in; we saw results. Our journey to wellness isn't just physical, but mental and emotional. Studies show that working out in a group environment isn't only a lot more fun, but it will encourage consistency, offer a sense of team work and friendship. We are a fit family of all levels of fitness, and we strive to have real connections with our students. We look forward to being part of your 2018 wellness journey, whatever it may be, big or small, let us be part of it!
- We would like to wish Pam Oto the very best, as she is taking some time off from teaching. Her Tuesday stretch class will continue, please stay tuned for announcement of the permanent instructor.
- Sunday gentle yoga is still one of our most popular yoga classes on the schedule! Tatiana and Heather have done a great job in being long term temporary subs until we find a permanent replacement. Thank you for your patience.
- 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.

Brooke McManus Membership



- Happy New Year to all of our beloved members! We hope that 2018 will bring you good health and great fitness accomplishments here at the Club! Please don't forget to supply your friends and family with your free 10 day passes. There are 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

- Refer a friend, family member, or co-worker to help them get started on their New Year's Resolution and receive a \$50 Referral Credit for referring a new member to the Club! It's a WIN-WIN! Contact our Tom and Brooke in our membership department for the current enrollment special!

John O'Sullivan Athletic Director



- 'Exercise should be viewed as tribute to the heart.'-Gene Tunney
- Happy New Year from the fitness staff! Now is the time to get going on those resolutions. 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.

Morgan Merrill Beauty Esthetician



- Signature Facelift - \$70 (reg. \$80). Start out the New Year right with Image Skincare's Signature Facelift. This treatment will help speed up cell renewal, detoxifies and energizes the skin. Giving noticeable results in just one treatment! Say hello to 2018 with glowing skin!
- 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, Andrew, and Rico Massage Department

Please join the Capital Athletic Club Massage Department in welcoming Andrew Hardardt to our massage staff. Andrew will be working Sundays, Tuesdays and Wednesday mornings. Andrew is a Certified Massage Therapist (CMT), a long-time cyclist and former USA Cycling Certified Level 2 Coach. He has a passion to help people free themselves from physical discomfort and limitations, allowing them to live their lives and passions to the fullest. Whether for sports or walking your dog, his broad spectrum of massage techniques will help define one that is just right for you. Andrew is trained in Ortho-Bionomy™ Massage [soft tissue and energy], Deep Tissue Massage, Active and Passive Muscle Release, Myofascial Therapy, Reflexology, Sports Massage [pre-, post-, and inter-event], Cranial-Sacral Balancing, Lymphatic Massage, Medical Massage, Oncology Massage for patients with Cancer and other massage modalities, including a focus on lower-back pain. He also assists in rehabilitative therapy for people of all ages. Stop by and say hello to Andrew, or better yet, schedule an appointment for a massage with him.

"Happy, Healthy New Year" from Janis, Brian, Rico and Andrew, your CAC massage team.

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Skimp on Strength Training

Once you turn 40, your bones start to get a little thinner and more likely to break. If you build muscle with strength training,

it slows bone loss and triggers new growth. So you not only get stronger muscles, but denser bones, too. Together, they stabilize your joints so you're less likely to get hurt...

...Continued In February