

# THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

JULY 2017

## Independence Day



The Club will be working on a modified holiday schedule 8am-6pm Tues July 4th in observance of the independence Day Holiday. Your Children are welcome 12-21 years of age at no charge, but must be accompanied by you while they are at the Club. Please check the group X schedule as it will be modified.

## Member Appreciation

We have a number of member appreciation events planned for you in July. Tuesday, July 25 - continental breakfast 6am-9am. Wednesday, July 26 - BBQ lunch 11:45 am - 2pm. Thursday, July 27 - BBQ dinner 4:45 pm - 7:30pm. You are allowed one free guest for one of these planned events and a workout.

## Paddling Day on Lake Natoma

Saturday, July 29th

If you like to paddle or are just looking for an excuse to get wet on a hot summer day, you should join CAC for a Paddling Day on Lake Natoma. The Club will host paddlers of all types (kayaks, canoes, SUPs) for this day of fun in the sun. Food and beverages will be provided though you are encouraged to BYOB (bring your own BOAT, or rent one from the CSUS Aquatic Center). There will be paddling tips, games and a fun atmosphere for all. Fees for the event are \$14 (but do NOT cover parking (\$10) or rentals from the CSUS Aquatic

Center) Look for the Paddling Day binder at the CAC Front Desk for more information and registration sheets.

## 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.

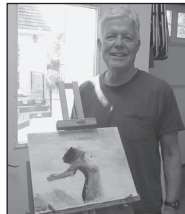
We know members have appreciated our shorter close-downs in recent years. But this year, our goal is to invest in and complete several bigger projects at one time. For you, it will be a short-term sacrifice of a few extra days in exchange for long-term benefits. Among the needed projects we are going 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 15th and 16th of August.

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.

## July Art Show

Friday, July 7th at 6pm



Join us on Friday, July 7th at 6:00 p.m. as we showcase member Bud Leland's oil paintings here at the Club! At an early age his interest for art started when his mother shipped him off to the Toledo Ohio Museum of Art for classes. At the time, he would have preferred to be outside with his brothers and friends playing ball and other games but in the end, he was able to take away a lot from those classes and has stuck with him throughout the years. Now that he has retired, he has more time to create and paint. He has been inspired by Scott Martin of Patris Studio in Oak Park and Jake Gaedtke who recently relocated to Montana. He hopes that you will enjoy his rediscovered journey in painting!

## Cap City Cycle

Heart Zone Studio at The CAC

Cap City Cycle, a cycling studio

within Capital Athletic Club for both members and non-members. It's performance driven cycling with real time data display. Matt and Bernadette, our Heart Zones certified instructors, lead you in high intensity interval, endurance and steady state rides with heart rate training. You'll experience virtual riding in Spain or Hawaii, profile rides and power rides. Choose your experience.

## 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](http://www.wellnessliving.com/schedule/the_capital_athletic_club)

## Hydrostatic Body Composition Testing

Wednesday, July 12th

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.

## Welcome Bernadette Rose to the Fitness Staff



Bernadette comes from the University of Dayton in Ohio and is also one of the Club's Group Fitness Staff as well as one of the Cap City Cycle instructors.

She is training for half marathons and likes acting, soccer, and coed softball.

Stop by and say hi and be sure to ask questions or sign up for a fitness program.

## Esthetician

Morgan with MM Beauty

### July Special!

Enjoy a 30 minute Customized Facial with full consultation of current skin care products and skin care needs. If you bring in empty bottles of current skin care products, you will receive 10% off any retail purchase!

Call 916-520-9310 to schedule or book online at [www.vagaro.com/mm\\_beauty](http://www.vagaro.com/mm_beauty)

Contact Morgan with MM Beauty at 916-520-9310 or book online at [www.vagaro.com/mm\\_beauty](http://www.vagaro.com/mm_beauty). Facebook: /morganmerrillbeauty. Instagram: @mmartistry. Text her at 916-520-9310 or email her at [morganmerrillbeauty.com](mailto:morganmerrillbeauty.com) to schedule your appointment or purchase gift certificates!

## Small Group Training

### Summer Series 2017 Demo Weeks

Demo Weeks—July 3-15; Summer 2017 Series begins July 17

Has the Sacramento heat put a crimp in your workout intensity? Have you wondered about all the

ruckus from Studio X (the old racquetball court across from the gym)? Do you just want a boost to your active lifestyle? 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!! These classes add a new spark to your workouts and there is a class suited to what you need regardless of your current level. 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 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, the eight-class Summer series runs through the end of September. While the Demo Week classes are FREE, the class series fees run \$200 for the eight-week series. To register for the Demo Week classes (or the upcoming Summer 2017 Series), look for the Demo Week Binder on the SGT table in the club lobby.

## Pilates News

### Pilates Small Group Training Classes

The Capital Athletic Club will be offering not one, but two Pilates Small Group Training formats in July and August. Pilates for Joint Health and Mobility combines both the Reformer and the Tower exercises to improve range of motion and flexibility throughout the joints (back, shoulders, hips) and strengthen the muscles around the joints to prevent injury. Included in this class are exercises with trigger point balls to release tight muscle and connective tissue to improve

flexibility and decrease pain and discomfort. Our new format, Reformed Strength, emphasizes the strength components of fundamental and intermediate Pilates Reformer exercises. This class will develop muscular strength and endurance with increased repetitions and more fitness based movement patterns. We will still get a great core workout and the flexibility component of the Pilates repertoire!

**All levels of fitness and Pilates experience are welcome!**

Demo class schedule:

Thursday, July 6 9:30-10:20am  
Reformed Strength

Thursday, July 6 1:00-1:50pm  
Joint Health & Mobility

Tuesday, July 11 9:30-10:20am  
Joint Health & Mobility

Tuesday, July 11 1:00-1:50pm  
Reformed Strength

Thursday, July 13 9:30-10:20am  
Reformed Strength

Thursday, July 13 1:00-1:50pm  
Joint Health & Mobility

Sign up for demos at the Small Group Training Table or contact Sabin Morris at [smorris@capitalac.com](mailto:smorris@capitalac.com) or 916-670-8144.

## CAC Hoops Notes

Congratulations to the Winter League Champs... The finals of the Winter 2017 CAC Basketball Leagues were contested in mid-May and the Club would like to congratulate the teams.

In the "A" League, Mike's Moonshots eclipsed Nick's Network 71-52 in the final by dropping 13 three pointers.

"A" League—Hans' Hawks

Mike Stovall-capt., Andy Amara, Alex Arceo, Sean Filippini, Glenn Maley, Clayton Olsen, Denzel Pruitt

The "B" League finale found the hard-luck #7 seed Stoke's Fire burning Raf's Rattlers, 54-47 via some stifling second half defense.

"B" League—Rafael's ArcAngels Erik Stokes-capt., Chad Bailey, Chris Hanlon, Gary Magana, Sr.,

Mike Rawl, Ali Sherali, Herb Stonebraker.

## Health News

### How Much Do You Know About Hydration?

**You should drink at least eight glasses of water per day.**

There's no evidence to back that up. The Institute of Medicine recommends that men get about 125 ounces of water daily and that women get 91 ounces, but that includes water from all foods and beverages. Most people get enough hydration unless they're exposed to heat stress or they're very active for a long time.

### How much of their water do people typically get from food?

The average person gets about 20% of their water for the day from food. An apple is 84% water. Bananas are 74% water. Broccoli is 91% water. Even foods that you might not think of as moist -- a plain bagel (33% water), ground beef (56%), American cheese (39%) -- help.

### Exercise in hot, humid conditions can make you dehydrated in little time:

It doesn't take long to get dehydrated -- especially in hot, humid weather. So don't exercise hard, outdoors, when it's too hot and humid. You'll need to take longer breaks, shorten the workout or intensity level, and dress appropriately.

### Which of the following drinks is the most dehydrating?

Alcoholic beverages have the most dehydrating effect. Coffee and other caffeinated drinks do make you urinate more, but overall, they're hydrating because of their water content. Juices, sodas, and other sweet drinks also are hydrating. Water is usually a better choice for hydration because it doesn't have extra calories.

### The amount of fluid you need to stay properly hydrated depends on:

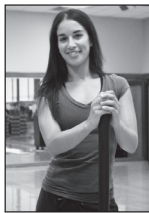
How much fluid you need depends upon several things, including: Age: Kids need plenty

## Rick Leonard General Manager



- We have a number of member appreciation events planned for you in July. Tuesday July 25 continental breakfast 6am-9am, Wednesday July 26 BBQ lunch 11:45 am – 2pm & Thursday July 27 BBQ dinner 4:45 pm -7:30pm. You are allowed one free guest for one of these planned events and a workout.
- The Club will be closed for the annual refurbishing Beginning Saturday July 29 through Sunday August 6. A few of the areas in the pool will take longer because of the length of time it takes to plaster the pool replace the coping stones complete the tile work
- The Club will be operating on a modified schedule July 4 in honor of the Independence Day holiday

## Jonna Edwinson Group Fitness Director



- NEW Format: The Breakfast Club on M/W/F from 6-7am. Join Jonna, Bernadette, and Scott for an old school boot camp/circuit class that is cardio based with each day emphasizing a different muscle group. Mondays will be Leg Day, Wednesday Arms, and Fridays Glutes/Core. We'll be launching the new format on Friday, June 2nd.
- Wednesday Lunchtime Class is now a Cardio Conditioning with Jonna. This athletic cardio class is great for all levels of fitness, focusing on circuits, across the floor drills, and other fun sport like exercises.
- We'll be taking a break from the Friday 5pm Upper Body Class after June for the Summer months. We'll bring it back this fall.
- 5:30pm HIIT cycle is still a go! Thank you for all who have been supporting the new cycle format.
- Like us at Capital Athletic Group X on Face book for all updates to our program!

## John O'Sullivan Athletic Director



- "The purpose of training is to tighten up the slack, toughen the body, and polish the spirit."
- Get your program updated or started with our training staff. It is free initially and if you need more help, we offer top notch fee based personal training as well.

## Brooke McManus Membership



- Thank you to all of our valued members that participated in the Lower Your Dues For Life promotion! The CAC family feels honored to meet your friends and family! We have been very happy to present the opportunity for our members to receive a dues discount! Lower Your Dues For Life has officially ended. We always appreciate members who refer friends and family. Starting this month, for every new member referred, you will receive One Month Free!

- Summer is here! Sign up for Student Summer Membership! Bring your children to the club during summer vacation! Children ages 16-25 are welcome to sign up for temporary membership during the summer months! Remember to stay hydrated and have fun!
- Check out our Facebook, Twitter, and Instagram pages for health and wellness tips, articles, and upcoming club events!

## Morgan Merrill Beauty Esthetician



- July Special! Enjoy a 30 minute Customized Facial with full consultation of current skin care products and skin care needs. If you bring in empty bottles of current skin care products, you will receive 10% off any retail purchase!

Call 916-520-9310 to schedule or book online at [www.vagaro.com/mm\\_beauty](http://www.vagaro.com/mm_beauty)

- \*Know someone getting married? I'm also available for wedding makeup, on location. Call or email for pricing!\* [www.morgan-merrillbeauty.com](http://www.morgan-merrillbeauty.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).

## Nutrition

- Contact Katy for more information about the Nutrition Department at 916-955-8356 or at [ktennerd@gmail.com](mailto:ktennerd@gmail.com)
- Watch for a seminar in September!



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

Receiving a massage can be a surprising event. It can leave you surprised at how good you feel. It's easy to forget that we can feel good. We get so caught up in our work, our responsibilities, trying to get in our exercise, remembering to have the oil changed in the car, etc., etc., etc. We get used to our bodies being in stress mode and think it is our normal state. Over time, stress takes its toll and we begin to just feel crummy. Massage can help bring you back to the present moment and it can leave you feeling great. It might even help improve the state of those old injuries that just keep nagging. Why wait? Contact the front desk today and schedule yourself an appointment for a massage, you'll be glad you did.

*Continued from the last page*

of fluids; they can get dehydrated much more easily than adults. Older people may need more fluids because of health conditions or because they tend to lose their sense of thirst. Gender: Men need more fluids than women. (And pregnant women need more fluids than other women.) Weight: Heavier people need more water. Health: Conditions such as diabetes, cystic fibrosis, and kidney disease can boost your need for fluids. Environment: You need more fluids

in extreme weather conditions (especially hot, humid, or cold) and at high altitudes.

**You may be dehydrated if your urine looks like:**

Concentrated apple juice

An easy way to monitor your hydration level is to check the color of your urine. The darker your urine, the less hydrated you are. Drink enough fluids to keep your urine a lighter color. If your urine is clear or pale, chances are you are well hydrated.

continued next month...

## 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
5:15pm-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	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	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
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
6:00pm-7:00pm	Pool	Water for Athletes	Bruce
6:00pm-7:00pm	III	Gentle Yoga	Robert
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 7/1,15,29 Doug 7/8,22
10:30am-11:30am	III	Ballet Pilates	Bonnie 7/1,15,29 Sabin 7/8,22
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
4:00pm-7:00pm		Handball Challenge & Lessons	

### ACTIVITIES SCHEDULE

### ...Activities Schedule Continued... MONDAY

5:00pm-7:00pm	Masters Swim
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 ct. to 3 games)
2:00pm-Close	Open Basketball (CACTwo-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