

Please scroll down to  
see the rest of the news-  
letter.  
Thank You

## GROUP FITNESS/SPECIALTY CLASSES

<b>MONDAY</b>		<b>Studio</b>	
6:00am-7:00am	I	*Breakfast Club	*Jonna
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	Jonna
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	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
<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
5:15pm-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
<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	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
<b>FRIDAY</b>		<b>Studio</b>	
*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
5:00pm-5:20pm	I	Upper Body Blast	Revolving Staff
5:15pm-6:00pm	Pool	Water Fit	Doug
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 6/3,17 Doug 6/10,24
10:30am-11:30am	III	Ballet Pilates	Bonnie 6/3,17 Sabin 6/10,24
*11:15am-12:00pm	Pool	*Water Fit	*Liz
<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	Gentle Yoga	Aviv

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

### ACTIVITIES SCHEDULE

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

4:00pm-7:00pm	Handball Challenge & Lessons
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
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### 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

<b>MONDAY</b>		
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
<b>TUESDAY</b>		
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	Sam
6:30pm-7:15pm	Level I	Sam
<b>WEDNESDAY</b>		
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
<b>THURSDAY</b>		
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
<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	*Mixed Level	Liz
<b>SUNDAY</b>		
10:00am-11:00am	Tower/circuit	Vicki



# MONTHLY

Sacramento's Premier Full Service Athletic Club

JUNE 2017

## 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.

## Summer Outdoor Series

### Events coming soon

Each summer, as part of our commitment to your overall health and well-being, The Club puts together a series of events targeted at introducing members to each other with similar outdoor interests. We're looking at some hiking, paddling, mountain biking and maybe even some inline skating events and trips. We hope you'll join us for these activities and look for event binders mid-June.

## Summer B-ball Leagues

### Registration underway

The summer 2017 edition of the CAC Basketball Leagues is right around the corner. Registration is under way. Register by placing your name in the registration and information binder in the CAC Gym. Summer league fees typically run between \$50-60 per player. League will run the months of June and July. Limited spaces are available, so be sure to register early.

## 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.

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. Ride packs are 20% off through June. Plus, bring a friend or colleague and they'll get 20% off too.

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.

## Esthetician

Morgan with MM Beauty

June is for Dads and Grads! Treat that man in your life or yourself to an amazing Back Facial!

Perfect treatment to cleanse and clear up the back, just in time for pool season! Back Facial Special \$70! Special ends June 30th!

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!

## Pilates News

The Pilates Principle of Breathing

By Sabin Morris June, 2017

We are down to only two Pilates Principles – Breathing and Centering. This month's article is from the book, Pilates Anatomy, by Rael Isacowitz of Body Arts and Science International and Karen Clippinger, a professor at Cal State Long Beach and faculty member of BASI. This article describes the benefits of the Pilates breath work as well as the types of breath work we use in the Pilates Method.

## Learn three ways to control breathing during Pilates

This is an excerpt from Pilates Anatomy from Rael Isacowitz and Karen Clippinger.

### Breathing During the Practice of Pilates

The belief that breathing exercises, or voluntarily controlled breathing patterns, may provide health benefits or enhance physical performance has been shared by many cultures for centuries. The proposed benefits range from enhanced relaxation and decreased stress to lowered blood pressure, improved focus, activation of specific muscles, better circulation and respiration, and even lowered risk for cardiovascular disease. Although some scientific research exists regarding the potential positive effects of various controlled breathing techniques, additional research is needed to better understand these benefits and create optimal training techniques. However, one cannot ignore the number of disciplines, both Eastern and Western, that use breath in a profound way—yoga, tai chi, aikido, karate, capoeira, dance, swimming, weightlifting, and so on. Some systems of training have endeavored to harness different effects of breath to enhance performance or foster health of the body, mind, and spirit.

Pilates uses breathing in various ways in an attempt to foster these greater benefits. Three key ways that breathing is shaped, or controlled, in Pilates is through lateral breathing, set breath patterns, and active breathing.

### Lateral Breathing

Lateral, or intercostal, breathing

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emphasizes the lateral expansion of the rib cage while maintaining a consistent inward pull of the deep abdominal muscles during both inhalation and exhalation. This is in contrast to the type of breathing that emphasizes the lowering of the diaphragm during inhalation (often called diaphragmatic breathing), with the abdominal muscles relaxed so they are allowed to push outward. A reason for using lateral breathing is to help maintain abdominal contraction while performing Pilates exercises during which keeping a stable core is important for successful performance and for protection of the body. This by no means implies that diaphragmatic breathing is negative or that the diaphragm does not still play a vital role in breathing, only that lateral breathing is the preferred mode during the practice of Pilates.

#### Set Breath Patterns

Many Pilates exercises have a set breath pattern. An inhalation occurs during some phase of the movement, and an exhalation occurs during another phase. One reason for these patterns is to keep you from holding your breath, particularly when a lot of effort is required in an exercise. Holding the breath can be associated with excessive muscle tension and an undesired and potentially dangerous increase in blood pressure (the Valsalva maneuver). Exhaling during the phase that requires greater exertion can prevent holding the breath.

A given breath pattern may also influence the muscles being recruited. For example, an exhalation can foster activation of the deep abdominal muscle called the transversus abdominis.

Lastly, the breath pattern can help establish the dynamic, or rhythm, of a given Pilates exercise. Every exercise in Pilates has a particular quality. Some exercises or phases of a given exercise

are performed more slowly and smoothly. Others are performed more rapidly and forcefully. The varying dynamics assist in giving a Pilates session variety as well as simulating daily activities more closely.

#### Active Breathing

A special case in which breathing may dramatically influence the dynamic of an exercise is active breathing. In signature exercises such as Hundred, the breath is pushed out not only more forcefully during exhalation but also with a percussive emphasis as the practitioner actively contracts the abdominals and particularly the internal intercostals in stages. On the inhale, the breath is drawn in with a percussive emphasis in stages, highlighting the external intercostals. Hundred, for example, requires five beats during inhalation and five beats during exhalation. Each beat represents further contraction of these muscles.

Use of active breathing should be individual. People who work with excessive tension are encouraged to use a more relaxed and softer mode of breathing. For some, active breathing may help activate target muscles and inject a higher energy into a Pilates session.

Ron Fletcher, an early student of Joseph and Clara Pilates and one of the foremost teachers of Pilates, developed an approach to breathing called Percussive Breathing. He explains: "The breath shapes the movement and defines its dynamic." Percussive should not be mistaken for forceful; rather, it offers a sound and rhythm to the breath that fluctuates with each exercise. Think of it as inflating a balloon and then releasing as much air as possible through a small opening in a constant, steady stream. This concept is reminiscent of Joseph Pilates' breathometer, a spinning wheel that turned as one blew at it. The goal was to keep the wheel turning at a consistent velocity. "There needs to be intention to both the inhale and

exhale," Fletcher notes, recalling Joseph Pilates saying in his thick German accent, "You must out the air before you can in the air." Fletcher adds, "Inspiration is inspiration for the movement."

#### Club Kudos

Kudos to member-since-forever, Ron Tochterman, who gave us all a mighty scare when he was diagnosed with a very aggressive form of leukemia in early February. Ron has left his doctors, friends, family and himself somewhat gob-smacked – after just three months of intensive chemotherapy, his tests show the leukemia is in complete remission, and in early May, he has been able to take baby steps toward normal life again, including the doctor's OK to come to the Club. He and his wife Linda are fixtures at the gym and they are thrilled to be back, able to "work out" and chat with so many friends. Ron's warning: NO hugs, handshakes, or kissing on the lips etc. Ron is a germ-free zone. And he warns that we may not recognize his bald head. P.S. He wants us to share his pride that he is now up to bench-pressing 25 lbs. Readers who know Ron know how totally in-character this update is, from first word to last.

#### From the Dietician Desk

Watch for the next nutrition seminar coming in July!

#### Hydrating in the Heat

During the hot months of summer, everyone is at risk for dehydration, especially athletes. Unless you are migrating to the Arctic for the next several months, you might want to take extra care with your hydration.

Dehydration is defined as the loss of fluid and electrolytes essential to maintain normal bodily function. Typical symptoms include: muscle fatigue, loss of coordination, inability to regulate body temperature, cramps, and decreased energy.

The American College of Sports

Medicine (ACSM) recommends that moderate to highly active individuals not only take in adequate hydration during exercise, but throughout the rest of the day as well.

**Pre-Workout:** Drink 16-20 fluid ounces of water at least four hours prior to exercise and "top of your tank" with 8-12 fluid ounces of water 10-15 minutes prior to exercise.

**During Workout:** Drink 3-8 fluid ounces of water every 15-20 minutes during exercise, however, do not drink more than one quart per hour. For exercise lasting longer than an hour, consider a sports beverage that is 5-8 percent carbohydrate and contains electrolytes to avoid over-hydration.

**Post-Workout:** Drink 20-24 fluid ounces of water for every pound of sweat lost. If you are unsure of the amount of water weight you lost during exercise, aim for 24 fluid ounces for each hour of exercise.

Over-hydration or hyponatremia can occur in athletes who consume too much water. Symptoms of over-hydration include: changes in behavior, confusion, drowsiness, nausea, vomiting, weight gain from fluid, muscle cramps, weakness, paralysis or, in extreme cases, seizures. This can easily be avoided by limiting pure water to no more than quart per hour. The ACSM recommends a sports drink or electrolyte replenishment product that provides roughly 200 milligrams of sodium and 70 milligrams of potassium every hour. Contrary to popular belief, mild to moderate amounts of caffeine will not cause dehydration. Go ahead and enjoy your morning latte or afternoon tea, just be sure not to consume more than 400 milligrams of caffeine daily to avoid its diuretic effect. A typical 8 ounce cup of coffee contains about 100 milligrams.

To contact Katy Tenner for individual consultations please email her at [ktennerd@gmail.com](mailto:ktennerd@gmail.com) or call at 916-955-8356.

## DEPARTMENT NEWS

### Rick Leonard General Manager



- A special thank you goes out to all that have participated in the Lower Your Dues For Life special. It is a great way to share a healthy lifestyle with your friends & family and save on your monthly dues. This program will be ending soon. Please contact Tom or Brooke if you have questions or know someone that may be interested in the Club.
- The Club would like to welcome Bernadette Rose to our fitness training staff. Many of you know Bernadette from our cycle, heart Zone & group X classes.
- It is true and it is something I truly believe. Your success is our success. If you need help with anything in your fitness or nutritional program please ask. If your fitness program is in the slump or you need to get started again. Please reach out to us there are plenty of options.
- Right now the Club is planning on closing the first part of August for the annual refurbishing. We will let you know the exact dates once everything is locked in..

### 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!

### Brooke McManus Membership



- Summer is here! Students are welcome to join the club on a temporary membership while they are on summer vacation! Enjoy this summer with your family here at CAC! See Brooke and Tom for more summer membership details!
- Check your mail! We have sent out a Last Chance Lower Your Dues For Life letter to all of our valued members with guest passes included! If you have any friends and family interested in becoming a member, take advantage of your free guest passes. With only weeks left of our greatest deal of the year, you still have the opportunity to sponsor friends, family, and co-workers! This is your LAST CHANCE to refer a new member and

receive a \$20 discount off of your monthly dues FOR LIFE! If you have any friends or family interested in becoming a member, see Brooke and Tom in membership for more details and guest passes. Offer ends in June!

- Check out our Facebook and Twitter pages for upcoming events, photos of recent events, and motivational tips to assist you in reaching your health and fitness goals!

### John O'Sullivan Athletic Director



- 'The first step to achieving your goal, is to take a moment to respect your goal. Know what it means to you to achieve it.' - Dwayne Johnson
- 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.

### Morgan Merrill Beauty Esthetician



- June is for Dads and Grads! Treat that man in your life or yourself to an amazing Back Facial!
- Perfect treatment to cleanse and clear up the back, just in time for pool season! Back Facial Special \$70. Special ends June 30th! Contact Morgan with MM Beauty at 916-520-9310 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.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).

### 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 July!



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

What is the body's biggest organ? You might be surprised to find out it's the skin. Your skin is very important. It covers and protects everything inside your body. Without skin, people's muscles, bones and organs would be hanging out all over the place. Skin holds everything together. It also: protects our bodies, helps keep our bodies at just the right temperature and allows us to sense touch, among other things. Unlike other organs (like your lungs, heart and brain) your skin likes a good washing. When you wash your skin, use water and a mild soap. And don't forget to cover scrapes and cuts with gauze or a bandage. This keeps the dirt out and helps prevent infections. It's just one way to be kind to the skin you're in. Another way is with massage. Massage can enhance the circulation to your skin, while the oils and lotions that are used can be soothing. Besides, massage feels good too. So next time you are looking to be kind to yourself and your body's largest organ, get a massage. Also, rumor has it that dad would love a massage gift card this year for Father's Day. Massage gift cards are available at the front desk and remember, you didn't hear this from us!