

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	Power Pump	Bobbie
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	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	III	Vinyasa Flow Yoga	Heather
6:00pm-7:00pm	II	Cycle	Richard
<b>WEDNESDAY</b>		<b>Studio</b>	
6:00am-6:45am	I	H.I.I.T.	Bernadette
11:00am-11:45am	III	Mat Pilates	Sam
12:00pm-1:00pm	III	Yoga	Sam
12:10pm-1:00pm	I	H.I.I.T.	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	Jonna
12:00pm-1:00pm	III	Power Yoga	Paige
5:30pm-6:30pm	I	Power Pump	Bobbie
6:00pm-7:00pm	III	Gentle Yoga	*Robert
<b>FRIDAY</b>		<b>Studio</b>	
6:00am-7:00am	I	Power Pump	*Staff
11:00-11:45am	III	Mat Pilates w/ props	Paige
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	Revolving Staff
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 3/11,25 Doug 3/4,18
10:30am-11:30am	III	Ballet Pilates	Bonnie 3/11,25 Sabin 3/4,18
<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

<b>MONDAY</b>	
4:00pm-7:00pm	Handball Challenge & Lessons
5:00pm-7:00pm	Masters Swim

### Activities Schedule Continued...

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>		
*6:00am-6:45am	*Mixed Level	*Mari
11:00am-11:45pm	Yo/Reformer I	Pam
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
12:00pm-12:45pm	Level II	Sabin
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	Level II	Liz
<b>SUNDAY</b>		
10:00am-11:00am	Tower/circuit	Vicki



# MONTHLY

Sacramento's Premier Full Service Athletic Club

MARCH 2017

## Important Parking Notice!

Club members should note that there will be a minor disruption in our parking lot on Thursday, March 9 and Friday, March 10 while the State has soil testing done on the site, which the State owns. The testing will require some heavy equipment and unfortunately, is scheduled to take up fourteen parking spots for both of those days. We ask for members' patience during those two days. One important strategy may be to plan your workouts around this inconvenience, trying to visit the Club at non-peak hours if possible.

Many of you are likely aware that the State is planning to build high-rise office building on the site, which we lease for Club parking. Other parking sites and alternatives for the Club are being considered in advance.

Meanwhile, the Club is experiencing unusually high attendance in recent months, which is always terrific news. However, it does add to the parking frustrations during peak periods such as early morning, lunch and immediately after work hours. Everyone has to practice patience to make the parking work – even with the additional spaces we leased some time ago. Sean Elliott, our parking guru, does a great job of keeping all the cats herded and accommodating as many cars as possible during peak hours. He has a few simple tips that can make it all go smoother for everyone during those busy times:

- If possible, come early during peak hours. Give yourself ample time before a class in case you have to wait for a parking spot.
- When pulling in, please check

that you are squarely between the white lines and have pulled forward to the front of a spot. Cars carelessly parked can render several spots unusable by taking most of two spots, then creating the domino effect down the row. Especially large trucks and vehicles not parked properly are particularly problematic, and we've all seen it too often.

- Be patient. During the busiest times, we are trying to accommodate as many cars as possible, but it may mean waiting for a few minutes and perhaps even leaving your keys with Sean.
- Spring will be here soon, and hopefully, more members will choose to walk to the Club from downtown offices.
- Finally, Sean asks us to please exercise basic parking courtesy. Be considerate of your friends at the Club as you would hope for when it is you trying to get in for that badly-needed workout. The Golden Rule goes a long way here.

## Hydrostatic Body Composition Testing

Wednesday, March 15th  
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.

## Heart Zone Training Cycle Classes

A Heart Zones Cycling Studio – Opening Soon

Do you want to get more from your cycle training class? Beginning mid-March, we'll launch our new indoor cycling program. The program offers fun, media-rich ride formats with advanced, performance data technology, the Heart Rate System. You'll see a personalized snapshot of your ride workout: heart rate, time in zones, calories burned and more.

During the program's 6-week launch period all members ride for free, a minimum \$200 value. Places are limited. Register at the front desk to sign up for the 6 weeks and to receive schedule information. Come experience a new way to ride indoors!

## SPCA DOGGY DASH:

Sat, April 8th



Join Jonna and her Capital Canine Team for the 2017 Doggy Dash on: Saturday, April 8th.

They will be walking to support the Sacramento SPCA at Land Park. Bring your furry friends

And join us for the 2 mile walk. Contact Jonna for information on team Sign-ups.

## Esthetician

Morgan with MM Beauty

"Spring into Action"

Get rid of the winter skin with a revitalizing peel! Peels are stronger than regular exfoliation and can go deeper in the skin to help remove dead skin, speed up the cell renewal process and reveal brighter, tighter, glowing skin!

Advance Peel

\$70 (\$15 savings)

Special ends March 31st! Call/text 916-520-9310 or schedule 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!\*

Morgan Merrill

[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

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 Principles of Pilates – How Pilates benefits every aspect of our lives

Sabin Morris, Pilates Director

We hear a lot about how Pilates has "made me more flexible" or how "I rehabbed my shoulder or knee with Pilates", but why, and specifically, HOW does the Pilates Method of training do all those things practitioners claim it does? This month's article concentrates on, well, Concentration. One of the most important

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### Principles of Pilates.

con·cen·tra·tion – noun, the action or power of focusing one's attention or mental effort. Concentration is the root of "Mindful Movement". All mindful movement techniques (Yoga, Pilates, Tai Chi, etc.) require us to connect our minds with our bodies during our practice. It's easy to pop our ear buds in and tune out when we exercise, but we may be short changing ourselves when we train this way. Actively focusing on how our bodies are performing each repetition, each stride or pedal stroke can increase our efficiency and our work output in every rep, run or ride! That means more calories burned, more muscle fibers recruited, more strength and endurance gained in every workout. It also means a lot less risk for injury.

Mental focus isn't easy, it takes practice, and with practice it gets easier and becomes the "habit". This type of practice bleeds into other aspects of our lives as well. Learning to and increasing our ability to concentrate will help us at work, at home, anywhere and everywhere. It can improve our memory and cognitive functions. Rael Isacowitz, founder of Body Arts and Science International, a premier Pilates educational organization, describes the Principle of Concentration like this:

"Although awareness and concentration are closely related, I regard awareness as a state of mind – of being mindful and feeling the movement. Concentration is a more cognitive process of understanding movement. Concentration, combined with awareness, not only promises precise movement but also gives the work a meditative quality. Being meditative does not imply that the work will lack challenge, physical demand, or intensity; it means ensuring a deep focus to the work that allows you to block out unnecessary thoughts and perform each movement to

the maximum of your ability..." (Isacowitz, 2006, p.9)

Capital Athletic Club offers Pilates Private and Small Group Training sessions. Our Pilates Quick Start package prepares members for group Reformer and Tower/Circuit classes. After completing the Quick Start package members may attend 2 classes/week at no additional cost. Contact Sabin Morris at smorris@capitalac.com to get started in your Pilates Practice today.

### Training News

#### Small Group Training Spring Series Demo Week

**Demo Week—April 3-8;**

**Spring 2017 Series begins April 10**

Have you wondered about all the ruckus from Studio X (the old racquetball court across from the gym)? Does your New Year's resolution need to move to stage 2? Do you just want to transition to a new 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 ten-class Spring series run over the length of the second quarter. While the Demo Week classes are FREE, the class series

fees run \$250 for the ten-week series. To register for the Demo Week classes (or the upcoming Spring 2017 Series), look for the Demo Week Binder on the SGT table in the club lobby beginning mid-March.

### Club Kudos

- Know anyone who has reached a goal or done an amazing activity that is worth hearing about. Let us know so we can give them proper praise and place an article and maybe even a picture in the newsletter.

### From the Dietician Desk

To contact Katy Tenner for individual consultations please email her at ktennerd@gmail.com or call at 916-955-8356.

### Health News

#### These Errors Can Affect Your Weight

If your favorite pair of jeans won't fit, the scale seems stuck, or your weight drops off only to bounce back up, there's a chance you could be making one of these 10 weight loss mistakes.

#### Relying on Crash Diets

Determined to lose 10 pounds fast, you turn to a crash diet. Perhaps your plan calls for nothing but grapefruit or cabbage soup each day. You slash your daily calories to fewer than 1,000, and sure enough, the pounds melt away. But when you eat so few calories, you train your metabolism to slow down. Once the diet is over, you have a body that burns calories more slowly, and you usually regain the weight.

#### Skipping Breakfast

Skipping breakfast seems like a simple way to cut calories, but it can make you hungry the rest of the day. This may lead to unplanned snacking at work and eating a supersized portion at lunch, making calorie counts soar. But breakfasts that are high in protein and fiber can curb hunger throughout the day. In fact, studies show people who eat breakfast every morning are more likely to

maintain a healthy weight.

#### Losing Track of Your Snacks

Maybe you count calories at every meal, but what about all those nibbles in between? There's the bag of pretzels at your desk, the little slice of cake at a party, the taste of your son's ice cream cone. All of this mindless munching adds up and could sabotage an otherwise well-planned diet. If you're serious about counting calories, you may want to use your smartphone or a notebook to keep track of each bite.

#### Not Snacking at All

While mindless snacking can pad your waistline, thoughtless snacking may do just the opposite. People who eat several small meals and snacks a day are more likely to control hunger and lose weight. Snacking helps keep your metabolism in high gear, especially if the snacks are protein-rich. Having a few nuts is a good, high-protein choice, and research suggests people who snack on nuts tend to be slimmer than those who don't.

#### Loading Up on Low-Fat

Low-fat products can play an important role in your diet. Just remember that low-fat isn't the same as low-calorie, and it's not a license to take second and third helpings. If you pile your plate with low-fat cake, you may end up eating more calories than if you had a smaller slice of regular cake. The best way to know how much fat, sugar, and calories you're getting is to check the nutritional label.

#### Sipping Too Many Calories

When counting calories, many of us tend to overlook what's in our drinks. This is a big mistake when you consider that some fancy coffees and alcoholic beverages have more than 500 calories. Even the calories in fruit juice and soda can add up quickly.

...continued next month...

## DEPARTMENT NEWS

### **Rick Leonard** General Manager



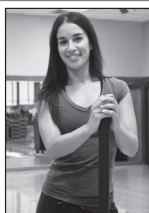
- A few Club Social events that you may want to place on your calendar. One of the highlights of the year the Sacramento Ballet Social Friday May 19th, Summer Social July 21st and our annual Oktoberfest Social Friday, October 20th.
- The Club has migrated to a new Club Automation software and you can now once again pay on line and view your statement
- The club has communication cards located at the reception counter, some of our best programs and activities come from your comments. If you have a concern or would like to acknowledge a person or program for a job well done this is very valuable to us as well.
- Your Success is our Success, If you need help getting jump started, lost your way or want a refresher we have many options available, contact someone on our athletic staff.
- Just a reminder that there will be trucks soil testing in the lot Thursday, March 9 & Friday, March 10 consuming a number of parking spaces. More detailed information is mentioned earlier in the newsletter.

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



- 'It's not about perfect. It's about effort. And when you implement that effort into your life... every single day, that's where transformation happens. That's where change occurs. Keep going. Remember why you started!' - Congratulation to all you resolutioners that are still with us. Great Job!
- Watch for the sign up binder at the front desk for Smart Heart Cycle classes soon. Just like Small Group Training, these first classes will be Demos that will lead into series.
- 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 from the best staff in the area.

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



- We have an intro to Step class with Doug happening: Saturday, March 11th 11:45-12:45pm inside Studio 1. Learn basic movement patterns and cues broken down for you step by step in this beginner step workshop. Great class for anyone interested learning how to do a step class! Sign up at the front desk.
- Cycle students: please remember that we do have a reservation policy. To ensure that you get a bike, please sign up the day before at the front desk. Students are required to be present at the start time of class to avoid bikes being given away to someone else.
- NEW HIIT Cycle with Bonnie on Thursdays 11:30-12:00pm. This new cycle format is a 30 minute high intensity interval class done on the bike.

- Join Pam on Tuesdays at 10am for a 45 minutes slow stretch class inside studio 3. Great for anyone wanting to work on flexibility, or to work out sore and tired muscles.
- Friday night 5:00pm Upper Body Blast and 5:30pm HIIT Cycle

### **MEMBERSHIP**

- I'd like to introduce myself as the new Membership and Marketing Director. I am grateful for the opportunity! I would also like to wish Stephanie Diringer all the luck in her new career change. We will miss her spunky, fun self at CAC, however we are confident that she will find nothing but success!
- Invite your friends and family! Refer a friend or family member and get a free month dues credit!
- Sponsor a new member and earn \$100! If you have a friend or co-worker that is interested, contact Tom or Brooke for free passes.



### **Nutrition**

- There is an interest binder at the Front Desk for diet program interest and suggestions. Sign up for more information.
- Contact Katy for more information about the Nutrition Department at 916-955-8356 or at [ktennerd@gmail.com](mailto:ktennerd@gmail.com)



### **Morgan Merrill Beauty Esthetician**

- First time client special; 20% off Facials.
- "Spring into Action" - Get rid of the winter skin with a revitalizing peel! Peels are stronger than regular exfoliation and can go deeper in the skin to help remove dead skin, speed up the cell renewal process and reveal brighter, tighter, glowing skin!
- Advance Peel \$70 (\$15 savings) Special ends March 31st! Call/text 916-520-9310 or schedule 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).



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

It is common for clients to share that they have been having chronic discomfort in a particular area for days, weeks or, sometimes, even months. It is also just as common for them to report that they don't know the cause of their pain. Due to a lack of time, a tendency to trivialize such things, or fear of what it might be, they have yet to seek out a diagnosis. While it is true that many of us deal with some form of discomfort in our bodies, there is value in knowing the cause of chronic pain. Finding out what our discomfort is and what it isn't, can bring us peace of mind and determine an appropriate course of action, opening the door for improvement. So, if a part of your body suffers from chronic discomfort it's a good idea to discover its source and work with your care providers to develop a treatment plan. You will be glad you did.