

# THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

MAY 2017

## Sacramento Ballet Social



We are proud to announce that the Sacramento Ballet will return to the Capital Athletic Club on Friday May 19th.

For over 20 years, the Sacramento Ballet has partnered with the Capital Athletic Club in presenting a stellar evening of eclectic dance to its members. The Ballet's annual CAC Social presents electrifying highlights from their season. Join us for a compelling evening to experience the athletic grit and artistry of the all – star dancers of the Sacramento Ballet. Dinner is served from 7 to 8pm, the performance is from 8 to 9:30pm. Each member is limited to two guests. Guests must be 16 years of age or older. Tickets will include a buffet dinner from Vallejo's restaurant, beer/wine and non-alcoholic beverages. Music provided by; Doug Pauly (guitar) and Jeanne Munoz (vocalist) . They share a love of great music from the 1960's to the present. Doug's distinctive guitar stylings underpin Jeanne's wide ranging vocal interpretations, bringing smiles to the hearts of listeners of all ages. Ticket prices are \$15 for members & \$20 for guests.

## Memorial Day

Monday, May 29th

In honor of the Memorial Day Holiday, the Club will be operating on a holiday schedule. We will be open from 8am to 6pm.

Holidays are treated like the weekend. Your children 12-21 are welcome at no additional fee.

## Doggy Dash 2017:



The Capital Canines did it again! On April 8th, members and employees from CAC joined together to support the Sacramento SPCA in their efforts to raise money for homeless animals. And although it rained, they successfully raised \$800 for the SPCA!

## Art Show Reception

May 26, 2017 at 6:00pm



We have another great art show reception just around the corner! Join artist Jessi Brooks for a night of art, appetizers, and wine on May 26, 2017 starting at 6:00 p.m. From an early age, Jessi has always considered herself an artist. After her move to California from Philadelphia, she began creating metal sculptures. She enjoys working with recycled metal such as old bike parts she found down at the scrap yard on a Saturday. She recently has been combining her metal art with ceramic and copper touches to help add a softer appeal to them.

"I have done my job as an artist if

the pieces I create bring happiness, joy, and warmth to the eye of the beholder." – Jessi Brooks

## Summer Outdoor Series 2017

Events coming soon

Each summer, as part of our commitment to your overall health and well-being, CAC puts together a series of events targeted at introducing CAC members to other members 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-May.

## What's happening in Studio II?

Recently, you may have seen members cycling in front of a large screen with a bunch of colored tiles. They're all part of Heart Zones Cycling, our newest data-driven cycling performance program. The month of April was an introductory offer for all members. We asked a few members what they thought.

## Describe your Heart Zones Cycling experience?

Keith McDonald; I'm a cyclist and generally ride outdoors when the weather's good. I'm not always sure if I'm pushing myself too much or falling off. I enjoy the Heart Zone Cycling experience because the biofeedback is outstanding for gauging my work out. Seeing a profile screen and a heart rate tile really does give me a goal to shoot for. I like getting my personal profile emailed to me to see how my strength is

trending overtime. Of course, the instructor leading the class helps with motivation.

Ani Chopourian; I have not worked out for 3 plus years so I am out of shape. Watching my performance on the screen tells me how I'm doing, allows me to adjust my resistance on my bike to get to the next zone, and most importantly makes me more focused on my performance and goals, rather than what others are doing. I know I work harder when I do a Heart Zones ride. Also, it's really cool to see how my heart reacts when I push hard and then drops 15-20 beats during a recovery.

## Stephanie Flemming [photo]

The screen lights up and the entire board lights up with everyone's first name and their respective fluctuating HR. For the next 45 or so minutes my heart rate is visible along with a color change of my personal tile to indicate the intensity with which I work during my cycle...SUPER COOL! But, there's more really. It took a ride from merely an exercise class to an exercise in gratitude for the organs inside of me working together to achieve a goal I am setting for it! Can't wait for the next class.

Heart Zones Cycling is a fee-based program, beginning May 8th. We offer 10-week passes. Ride once a week or twice a week. A 10-ride pass is \$150.00 and a 20-ride pass is \$250.00. Drop-ins are \$20 per ride. Sign up and book your next ride at [www.wellnessliving.com/schedule/the\\_capital\\_athletic\\_club](http://www.wellnessliving.com/schedule/the_capital_athletic_club).

## Brighter White returns to CAC

*Continued on the next page*

*Continued from the previous page*

## Wednesday & Thursday, May 24 & 25

Why pay a dentist hundreds of dollars when new technologies allow you to brighten your smile in a short, inexpensive visit?

Enter the staff of Brighter White and their patented Blue-Ion Light. Their revolutionary new technology gets you immediate results of three-eight shades improvement without sensitivity. The process takes just 20 minutes and can last for up to a year. Best of all, the cost is markedly lower than dental office treatments, just \$99, when compared to other treatments costing four-six times more. Register at the CAC front desk. A \$20 deposit holds your reservation time and you just pay the balance when you arrive for the treatment. We hope you'll plan on joining us—it'll surely put a brighter smile on your face.

## Summer 2017 Basketball 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.

## Esthetician

### Morgan with MM Beauty

### Mother's Day Special

Treat Your Mother or Yourself to a 60-Minute Customized Facial  
Buy 2 60-Minute Facials for \$120 (\$30 savings)

\*price valid for 2 only, can't be combined with any other offer\*

\*Know someone getting married? I'm also available for wedding makeup, on location.

www.morganmerrillbeauty.com  
Book Now @ [https://m.vagaro.com/mm\\_beauty](https://m.vagaro.com/mm_beauty)

com/mm\_beauty

Facebook: /morganmerrillbeauty

Instagram: @mmartistry

Text her at 916-520-9310 or email her at morganmerrillbeauty.com to schedule your appointment or purchase gift certificates!

## Pilates News

### Precision and Control: Advancing Your Pilates Practice

Continuing the exploration of the Pilates Principles, Precision and Control are markers of students' progress with the Pilates exercises. In both Reformer and Mat classes, the ability to perform each exercise with greater precision and control is a great way to measure success.

The Capital Athletic Club offers several levels of Pilates Reformer classes for this very purpose. When students begin their Pilates Practice, they attend the Pilates Principles and Reformer 1 classes. Principles focuses on the correct form of each exercises, how to align the pelvis, rib cage and spine before executing the move, how to move the legs and arms in proper alignment and sequence and when to inhale and exhale throughout the exercise. The Reformer 1 classes build upon this foundation allowing students to perform more complicated exercises that challenge coordination, strength, endurance and flexibility.

But how do we know when it's time to move into the Mixed Level or Reformer 2 classes? Instructors look for the following markers, which demonstrate how precisely and controlled a student performs each exercise, when assessing a students' level of expertise:

- The student becomes more rhythmic in each set of exercises, flowing through each repetition at a consistent pace. They will often complete a set of 8-12 repetitions before newer students complete the same set.
- They transition from one position to another smoothly and

effortlessly.

- They have improved in both strength and flexibility and have begun to increase or decrease spring tension to challenge the body more often.
- They are performing more challenging variations of exercises in class.
- They have completed 20 or more Principles and/or Reformer 1 classes and has excellent body awareness.

If you are an experienced Reformer 1 student and the markers above describe where you are in your Pilates Practice, you are ready for Mixed Level classes! If you have been attending Reformer 1 and Mixed Level classes and you feel ready to go to Reformer 2 classes, contact Sabin at [smorris@capitalac.com](mailto:smorris@capitalac.com) to set up your Level 2 assessment today!

## From the Dietician Desk

### How to Fuel your Run

Many active people in this area are runners which is likely due to the fact that there are so many amazing races hosted in Sacramento throughout the whole year. While training and developing your physical fitness is vital to completing a race, nutrition plays a key component and can be the difference between feeling great at the finish or bonking half way through. It is important to eat the correct things before, during and after a race or long training run to ensure you the most success. Here is a basic breakdown of how to fuel for your next race.

**Pre-Race/Run: You should consume roughly half a gram of carbohydrate per pound of body weight, one to two hours prior to a race or run.**

A good choice is cream of wheat with raisins or fruit and yogurt. There are no recommendations for the amount of protein and fat to consume because there is no evidence that having fat and/or protein prior to a race will improve physical performance. In fact, if you consume too much of either of those nutrients, you may

find yourself sluggish or with side cramps.

Are you an early morning runner and don't have time to eat an hour before your run? No problem! The closer you get to your race/run, the simpler the carbohydrate and the less you should consume. If you only have 20-30 minutes before your run, try a handful of raisins or a gel product containing 15-20 grams of carbohydrate.

**During-Race/Run: Taking in nutrition during your run is only necessary if the run lasts longer than an hour.**

Your body is able to store up to an hour's worth of carbohydrate in the form of glycogen, which will fuel you well if you are running less than that. However, if you are running for a longer time span, it is important to properly fuel your body. The average runner should consume 30-60 grams of carbohydrate per hour of endurance exercise. If you look at gel and chew products for runners, most contain exactly that amount. They work great because provide you with one less thing to worry about during your run. It is not necessary to consume fat or protein on the raceway because they can cause stomach upset and make you feel sluggish.

Are you not a fan of gel or chew running products? No problem! Try dried or pureed fruit or a liquid hydration product that also contains carbohydrate.

**Post-Race/Run: Time to reward yourself!**

The hour immediately following your run is called the "anabolic window" and is an important time to refuel your body. Be sure to consume 10-20 grams of quality protein and at least 30 grams of carbohydrate. The ratio should be roughly 3:1 carbohydrate to protein. This will ensure you replenish your glycogen stores and repair your muscles. Chocolate milk has been deemed the ultimate recovery fuel because it contains roughly the proper amount of nutrition. Greek yogurt and fruit or a simple turkey sandwich

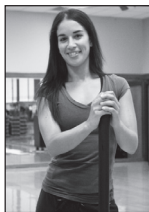
## DEPARTMENT NEWS

### Rick Leonard General Manager



- We are excited about the ever so popular Sacramento Ball Social that will be held on Friday May 19th. There are still a few tickets available so purchase your tickets now before it is too late. 15 dollars members/20 guests includes buffet dinner hosted by Vallejo's restaurant musical entertainment and beverages throughout the evening
- HeartZones cycle class- Thank you to all that participated in the state of the art Heart Zone training classes. The fee base series will begin Monday, May 8th for more information contact John O'Sullivan or Diane Lydon.
- The club will be operating on a holiday schedule 8am – 6pm Monday May 29th in honor of the Memorial Day holiday. Your children 12-21 are welcome as your guest at no extra charge.
- We are pleased to announce that we have a Lower Your Dues for Life membership promotion going. Contact Brooke or Tom for more information.

### Jonna Edwison Group Fitness Director



- Water Fit is officially here! Join Jonna, Doug, Liz, and Bruce for some fun in the sun with our water program this season!
- There will be a modified class schedule on Memorial Day.
- New 6:00am formats coming in June. Stay tuned for details.
- Like us on Facebook: Capital Athletic Group X for all updates, schedule changes, pics, and more.
- Please leave all cellphones away from class, as they serve as a distraction to other participants.
- To ensure you get a bike for cycle class, please sign up the day before at the front desk. Some classes do fill up!
- Check out our new slow stretch class on Tuesdays at 10:00am with Pam Oto inside studio 3. This class is great for anyone wanting to focus on flexibility, stretch out tired or sore muscles, of just looking for a recovery day.

### 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



### Brooke McManus Membersip

- Great news for everyone! The club has started the Lower Your Dues For Life promotion for a limited time! You need a friend, coworker or family member as a workout partner! We'll help get them started with this great offer. Refer a friend, family member, or co-worker and



receive a \$20 monthly discount for life! Your referral will receive the same discount! Don't miss out on this great opportunity! See Brooke and Tom in membership for complete details on this great offer!

### John O'Sullivan Athletic Director



- 'Growth comes from setting your goals high and reaching for the stars.' - Spencer Kimball
- The Heart Zone Cycling has begun! Get signed up now and reserve your spot in one of the most effective cycling training programs developed.
- 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.

### Morgan Merrill Beauty Esthetician



- Mother's Day Special! Treat Your Mother or Yourself to a 60-Minute Customized Facial. Buy 2 60-Minute Facials for \$120 (\$30 savings) \*price valid for 2 only, can't be combined with any other offer\*
- \*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: @mmartisty
- 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

How does massage reduce stress? Massage increases levels of the neurotransmitters serotonin, dopamine and oxytocin. Healthy, balanced levels of serotonin produce a calm, general sense of well-being. Dopamine assists the human body with mood, attention, learning and sleep. Oxytocin, dubbed the "hugging hormone," produces feelings of calm and contentment. In a study on massage therapy by the Touch Research Institute at the University of Miami School of Medicine, serotonin levels in the test subjects increased by 28 percent, dopamine by 31 percent. The bottom line is that massage can reduce stress and help you feel better both physically and emotionally. Who better to give this powerful gift of massage to than Mom. Mother's day is just around the corner and we have it on good authority that Mom would l-o-v-e a massage gift card for her special day (remember you didn't hear that from us). Massage gift cards are available at the front desk.

*Continued from the last page*

can do the trick as well.

It is important to note that consuming enough calories, nutrients and water during the other hours of the day are important to be fully fueled for your race. Any nutrition you take before, during or after a race is simply to "top off" what you have

already consumed during the rest of your day.

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

## 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	PowerYoga	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-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
*5:15pm-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	PowerYoga	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>	
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 5/6,20 Doug 5/13, 27
10:30am-11:30am	III	Ballet Pilates	Bonnie 5/ 6,20 Sabin 5/13, 27
*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

#### MONDAY

#### Activities Schedule Continued...

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
-------------	-----------------

#### 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	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	Sam
6:30pm-7:15pm	Level I	Sam

#### 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	Sam
12:00-12:45pm	Level I	Sam
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
-----------------	---------------	-------