

THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

NOVEMBER 2017

Futsal Fridays

Starting November 10th

Calling all futsal fans! Starting November 10th, 2017 @ 6:30pm, we will be running open gym futsal. Both members and non-members are welcome to attend. We are trying to create as much interest as possible to make this a weekly event and need at least 8 pre-registered in order to start. All skill levels are welcome. Join Amal Torres and Chris Vega for a fun evening of indoor soccer. This is a free event! Sign up at the binder at the front desk.

Thanksgiving

The Club will be closed Thursday, November 23rd in honor of the Thanksgiving Holiday. Friday November 24th will be a modified schedule 5:30am – 6pm. We would like to extend warm wishes to you and your family at this special time of the year. Thank you for being a part of the CAC family!

Hydrostatic Body Composition Testing

Tuesday, November 14th

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.

Holiday Animal Bake Sale: 4R Friends

December 12th and 13th

Join Jonna in her annual holiday bake sale to support homeless animals in our community. All proceeds will be donated to the local animal rescue group: 4RFriends. Bake sale dates will be on: Tuesday, December 12th and Thursday, December 13th. Please contact Jonna if you are interested in donating any baked goods, or would like to help run the table Jedwinson@capitalac.com.

Healthy Holiday Seminar

Wednesday, November 8th

6:30-7:30pm

Fall into a fit new you this November by attending this seminar lead by Jonna inside studio 3. This seminar will motivate you and keep you accountable this holiday season with fun tips on healthy eating, tasty recipes, Q&A segment, and easy tricks to kick bad habits entering the new year. Sign up at the front desk.

Pilates News

What's New in the Pilates Studio this month?

The Pilates Studio is welcoming our new instructor Linsey Levy, who will be taking over the Thursday, 11am Reformer 1 class on November 9th. Linsey is a comprehensively trained Balanced Body University Pilates instructor and teaches Mat Pilates, Barre and Abs classes. Welcome to the team, Linsey! Reformer Essentials – Our new path to

getting into our Pilates Studio classes is here! Try a Reformer demo class and decide if the Quick Start package (3, 1-1 private sessions) or 6 group classes is the best path for you to learn how to set up the Reformer, and experience the exercises you will do in classes! Either way – you'll be cleared for classes and ready to attend your 2 free Reformer classes/week! Minimum number of students to run the Reformer Essentials class is 3, maximum to attend is 8. Cost for the Reformer Essentials class is \$150.00.

How it Works – attend a demo (not required), sign up for the Quick Start Package or Reformer Essentials, get cleared into Pilates Studio classes!

Reformer Demos in November:

Mon., November 6th 1:00pm

Sat., November 11th 12:00pm

Monday, November 20th 1:00pm

Sign up for Demo classes in the Pilates Binder at the Front Desk beginning November 1st! Pilatespractor & Partner Pilates Workshops with Sam Scholtes

Sam Scholtes will be hosting the Pilatespractor Reformer workshop on Sunday, November 19th from 1-3pm.

Esthetician

Morgan with MM Beauty

“Holiday How To”

Monday, December 4th from 5-8pm.

I will be doing 10 minute tips and tricks for makeup and skincare. Everything from a Smokey eye to red lip! It will be in the Racquet Ball Court number 2. Sign ups will be at the front desk starting this month!!

Fall in Love with Your Skin!

Receive a Pumpkin Spiced Facial for \$65

Pumpkin Enzymes simultaneously clarify, exfoliate and draw out impurities while nourishing skin for an immediate, radiant glow.

–Helps to reduce the appearance of fine lines and wrinkles.

–Dissolves dead skin and encourages cell turnover for a thorough chemical exfoliation with no downtime. Balances excess oil. Fights acne bacteria. Helps fade hyperpigmentation. Smells really good...like fall in a facial!

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 holiday party makeup application and receive \$10 off!

Facebook: /morganmerrillbeauty. Instagram: @mmartistry. Text her at 916-520-9310 or email her at morganmerrillbeauty.com to schedule your appointment or purchase gift certificates!

SGT News

SGT Program Updates—To enhance your opportunities to enjoy the special offerings found only in the CAC SGT Program, The Club will be moving to new monthly class starts beginning this fall. Several new classes will be offered at the start of each month while still following the 12-13 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.

Continued on the next page

Polar Swim Club

CAC's 2017-18 Polar Aquatic Challenge

December 4th - March 4th

Program fee: \$30 (includes a dinner and Polar Aquatic Challenge shirt) Program facilitator: Ardis Bow. The Polar Aquatic Challenge Program is not only provided to encourage our dedicated CAC swimmers and aquatic exercisers through the coldest Winter months. It is actually the perfect program for those who do not have an established workout routine. When New Years Resolution time rolls round, working out needn't be on your list!

Most people know that swimming helps you to improve heart rate and blood flow and maintain a healthy weight. What most people don't know are the multiple benefits that separate it from other forms of exercise. Swimming not only helps with general physical fitness, it encompasses a host of other benefits such as muscle toning, breath control, and meditative qualities. With so many peripheral benefits in one workout it's an extremely efficient one-stop-shop form of exercise and cleanse. Throughout the program I (Ardis Bow) will share with Polar Aquatic Challenge participants informative swimming tips and benefits as well as program updates via e-mail. For those who do not check emails often, the updates will be available in the log book. For more information look for the flyer/registration form at the front desk. Namaste, Ardis

Cap City Cycle

Train Smarter at Cap City Cycle located in Capital Athletic Club's Cycle Studio! We are revamping our Ride Package possibilities for all members and guests of the club! 5-Ride: \$60, 10-Ride: \$100, 25-Ride: \$200. It is now easier than ever to purchase an affordable package and ride with the Master Cap City Cycle Instructors, Matt Brown and Bernadette Rose! These specialized classes simulate real outdoor

cycling indoors with our technology based results all while promoting countless health benefits, such as slowing the aging process and promoting heart health.

Whether you're a runner, cyclist, or avid exerciser our performance driven cycle training can provide multiple proven results displayed on our large projector screen during the ride. We strive to provide all Cap City Cycle riders with a collection of various cycle formats while providing each individual rider with their class ride results. Throughout each ride, live feedback is provided for each rider by their personal heart rate sensor. Each rider can track their heart rate, calories burned, fitness points, and working time in zones, therefore determining their heart health and overall performance. Here at the Cap City Cycle Studio, our priority is the riders and their personal progress found through each performance class! Check our Cap City Cycle Facebook Page for updates. Classes are Mondays at 12pm with Bernadette and Thursday at 5:30 with Matt. To get started today, ask about our Ride Package opportunities!

Club Kudos



- Kudos to our very own group fitness director, Jonna Edwinston, for her extraordinary journey to win her Pro Card with the World Natural Bodybuilding Federation – an elite status in the bodybuilding community, and an eight-year effort on Jonna's part to accomplish it and the overall title. Jonna was a qualifier last year, then spent all of 2017 absolutely focused on training for this year's event in Seattle, Sept. 30. She won first place for the short class open Figure

Division, and did so well that she beat the tall class division competitors for the overall title. Jonna hopes to represent no-meat athletes and donate part of any professional earnings to animal organizations. Jonna, you are such an inspiration to us at the Club every day, and we are so proud of you!

- Kudos to relative new member, Susan Berman, who has taken advantage of her membership very quickly, gaining terrific health benefits while losing 12 pounds since joining in April. Susan went searching for her fitness at the Club after meniscus surgery, Achilles tendonitis, and a wedding/honeymoon that added 15 pounds. She's been working hard with John O'Sullivan, hitting the cardio on the ellipticals five times a week, and just soaking in the support she says she gets from Club members and staff. She reports that the Club has been a Godsend, Johnny O' has been "top notch" in training, rehab for her sports injuries, and strengthening her core. Always up and enthusiastic, Susan also notes she loves the clean lockers, Jacuzzi, rock n' roll music, and staff. As of this report, Susan is close to her goal weight. You go, girl!

Blood Drive/Marrow Donor Drive

Tuesday, December 12 3:00-7:00 p.m.

Recently, a long time CAC member was diagnosed with multiple myeloma, a potent form of blood cancer. This reminded us all here at CAC of the necessity of keeping local blood banks stocked with all forms of blood components. It also reiterated the need for donors registering for Be the Match, the national registry for bone marrow and stem cell donors. This approach

is helping us get the upper hand on many forms of cancer, especially blood cancers. To that end, we have contacted the wonderful folks at Blood Source and set up both a blood drive and a marrow donor drive. The drives will be held concurrently on Tuesday, December 12th, 3-7 p.m. Drawing blood involves 30-45 minutes and can help save as many as four lives. Registering for Be the Match is even faster. After completing a questionnaire, a simple cheek swab is all that is necessary to register. If you have any questions about the processes, please contact CAC's Bruce Coolidge at bcoolidge@capitalac.com. Registration forms and donation criteria for the two drives can be found in the Blood Drive binder at the CAC Front Desk.

Health News

Tips to Stay Smart, Sharp, and Focused Use Your Brain

It's true: Use it or lose it. Stretching your brain keeps your mind sharp. People who are more active in mentally challenging activities are more likely to stay sharp. Try these: read a book, go to a lecture, listen to the radio, play a game, visit a museum, learn a second language.

Mix Things Up

Remember trying to talk backwards as a child? Researchers at Duke University created exercises they call "neurobics," which challenge your brain to think in new ways. Since your five senses are key to learning, use them to exercise your mind. If you're right-handed, try using your left hand. Drive to work by another route. Close your eyes and see if you can recognize food by taste.

Work Out to Stay Sharp

Exercise, especially the kind that gets your heart rate up like walking or swimming, has mental pluses, too. Although experts aren't sure why, physical activity might increase the blood supply to the brain and improve links between brain cells. Staying ac-

DEPARTMENT NEWS

Rick Leonard General Manager



- Remember to turn your clocks behind one hour at midnight Saturday November 4th as daylight savings time ends. With that being said I would like to remind you that we offer escorts to your cars, as it will be getting dark much earlier. If interested inquire at the reception desk .
- November 11th is Veterans day. The Club would like to thank all of you that have served giving us the beloved freedom we have today!
- Wishing you a Blessed Thanksgiving Holiday. The Club will be Closed Thursday November 23rd and operate on a modified 5:30am – 6pm schedule on Friday 24th
- The safe deposit boxes located by the front desk are for use only while you are in the Club. If you have mistakenly taken a key home, please return it as it is designed to be available for multiple uses during the course of the day. There are limited boxes available.

Jonna Edwinson Group Fitness Director



- Zumba Friday! We had an incredible 6 week Zumba pilot class with Karina! Our 11:00am class is here to stay! We look forward to seeing you in class. Stay tuned as we add more Zumba classes to the schedule in January!
- Tues/Thurs Power pump: Karina will be taking over the Tuesday 12:10pm Power Pump and Bonnie will be taking over the Thursday 12:10pm Power pump starting this month.
- We would like to wish yoga instructor, Aviv the best of luck as he is moving to Hawaii to start a new and exciting chapter in his life. Aviv has been an incredible asset to our yoga team and he will be missed.
- We would like to welcome back yoga instructor Jill Madsen from maternity leave. She will be returning to her Friday 12:00pm Yoga class starting Friday, November 3rd.

Brooke McManus Membership



- Look out for Capital Athletic Club's gift to you! All of our valued members will receive a Holiday card from your CAC family in November. Enjoy two 10 days free guest passes for your friends and family along with many other generous deals on services such as, Massage, Esthetician services, Stylist/Barber cuts, Member's café selection, Personal Training, and Small Group Training! Pamper yourself at The Club this holiday season!
- Thinking about adding your spouse or child to your account? It's easier than ever in November! Refer your spouse/child to the Club for Zero Enrollment AND receive ONE MONTH FREE for referring a new member. Instead of paying for your membership in December, spend it on holiday festivities and gifts for your loved ones! Contact Brooke or Tom in membership for more details!

- TAG US! Going on a run? Swimming in our outdoor pool? Playing some pick-up Basketball games in the gym? We want to cheer you on! Follow Capital Athletic Club on all of our social media platforms and tag us in your workout photos! CAC Social Media provides upcoming events, new classes, and fitness motivation! You can follow us on Facebook @CapitalAthleticClub, Instagram @capitalac, and Twitter @capitalathletic!

John O'Sullivan Athletic Director



- "Improvement begins with I".
- If you are new to the Club, please take advantage of our training staff as training program set up is included in your membership.
- Please be sure to welcome back Miya Simpson. She is all healed up and ready to get back to work!

Morgan Merrill Beauty Esthetician Receive a Pumpkin Spiced Facial for \$65



- Pumpkin Enzymes simultaneously clarify, exfoliate and draw out impurities while nourishing skin for an immediate, radiant glow.
- 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
- Call or text Morgan at 916-520-9310 to schedule your service or book online at www.vagaro.com/mm_beauty.

Capital Cutters

- Welcome Joel Thompson, Master Stylist/Barber/Consultant, to the Capital Cutters Salon.
- Contact Michelle (812-2352), Linda (479-3709) or Joel (332-7272) today to set up an appointment.

Nutrition

- Contact Katy for more information about the Nutrition Department at 916-955-8356 or at ktennerd@gmail.com

Brian, Janis, Jody, and Rico Massage Department

A hearty congratulations is in order for Jody McComas, who has decided to take the next step and expand his own private practice. He will be leaving the Club near the end of November. Jody evolved as a massage therapist during his time with us and successfully built a thriving practice. We have really enjoyed having Jody as part of our staff and will miss having him as part of our team. He is both a skilled massage therapist and a really neat person! We wish you all the best Jody and are grateful for the time you spent with all of us!

Continued from the last page

tive can help memory, imagination, and even your ability to plan tasks.

A Healthy Diet Builds Brainpower

Do your brain a favor and choose foods that are good for your

heart and waistline. Being obese in middle age makes you twice as likely to have dementia later on. High cholesterol and high blood pressure raise your chances, too. Try these easy tips:

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	II	Cap City Cycle	Bernadette
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	Pam
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
5:30pm-6:30pm	II	Cap City Cycle	Matt
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 11/4,18 Doug 11/11,25
10:30am-11:30am	I	Ballet Pilates	Bonnie 11/4,18 Sabin 11,11,25
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	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	Mixed	Sam
5:30pm-6:15pm	Mixed	Sam
WEDNESDAY		
10:00am-10:45am	Level I	Jonna
4:00pm-4:45pm	Tower Combo	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	*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	Sabin
12:00-12:45pm	Level I	Mari
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