

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

## GROUP FITNESS/SPECIALTY CLASSES

| MONDAY          |         | Studio                |                                |
|-----------------|---------|-----------------------|--------------------------------|
| 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              | Jonna                          |
| 5:30pm-6:15pm   | I       | H.I.I.T               | Jonna                          |
| 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                           |
| 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                        |
| WEDNESDAY       |         | Studio                |                                |
| 6:00am-6:45am   | I       | H.I.I.T.              | *Bernadette                    |
| 11:00am-11:45am | III     | Mat Pilates           | Luann                          |
| 12:00pm-1:00pm  | III     | Yoga                  | Sam                            |
| 12:10pm-1:00pm  | I       | H.I.I.T.              | Scott                          |
| 5:00pm-5:30pm   | III     | Abs Blast             | Jonna                          |
| 5:30pm-6:15pm   | II      | Cycle                 | Jonna                          |
| 5:30pm-6:15pm   | I       | H.I.I.T.              | Sabin                          |
| 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.                         |
| 12:10pm-1:00pm  | II      | 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   | III     | GentleYoga            | Jill M                         |
| FRIDAY          |         | Studio                |                                |
| 6:00am-7:00am   | I       | Athletic Conditioning | Matt                           |
| 11:00-11:45am   | III     | Mat Pilates w/ props  | Paige                          |
| 12pm - 1pm      | III     | Yoga                  | Jill M                         |
| 12:10pm-1:00pm  | I       | Athletic Conditioning | Scott                          |
| 12:10pm-1:00pm  | II      | Cycle                 | Richard                        |
| *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                           |
| 9:45am-10:45am  | I       | Step 'n' Strength     | Bonnie 10/8,22 Miya 10/1,15,29 |
| 8:45am-9:45am   | I       | Ballet Pilates        | Bonnie 10/8,22 Miya 10/1,15,29 |
| SUNDAY          |         | Studio                |                                |
| 9:15am-10:10am  | I       | Power Pump            | Sabin                          |
| 10:15am-11:15am | II      | Cycle                 | Sabin                          |
| 2:00pm-3:00pm   | III     | GentleYoga            | Aviv                           |

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

## ACTIVITIES SCHEDULE

| MONDAY        |                              |
|---------------|------------------------------|
| 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 |
|-------------|-----------------|

### SATURDAY

|                |  |
|----------------|--|
| 8:00am-12:00pm | Child Care 2 hour maximum                        |
| 8:00am-12:00pm | Power Basketball (winner retains cl. 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 | Yo/Reformer I  | 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         |                |           |
| 11:00am-11:45pm | Level I        | Pam       |
| 12:00pm-12:45pm | Yo/Reformer II | Pam       |
| 4:30pm-5:15pm   | Level I        | Kristen M |
| 5:30pm-6:15pm   | Principles     | *Sam      |
| 6:30pm-7:15pm   | Level I        | *Sam      |
| WEDNESDAY       |                |           |
| 12:00pm-12:45pm | Level II       | Luann     |
| 4:00pm-5:00pm   | Level I        | Sabin     |
| 5:30pm-6:15pm   | Level I        | Vicki     |
| 6:30pm-7:15pm   | Level II       | Vicki     |
| THURSDAY        |                |           |
| 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          |                |           |
| 7:00am-7:45am   | Level II       | Luann     |
| 11:00am-11:45am | Principles     | Luann     |
| 12:00-12:45pm   | Level I        | Luann     |
| 5:30pm-6:15pm   | Mixed Level    | Jose      |
| SATURDAY        |                |           |
| 9:00am-9:45am   | Level I        | Liz       |
| 10:00am-10:45am | Level II       | Liz       |
| SUNDAY          |                |           |
| 10:00am-10:45am | Mixed Levels   | Vicki     |

# THE CAPITAL ATHLETE CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

OCTOBER 2016

## Oktoberfest Social

Coming October 21st; 7-10 p.m.

CAC's annual Oktoberfest is back and we're hoping you'll join us for this fun night of music, dancing, food and craft-brew tasting. This year's event will feature the music of Solsa (one of the hottest bands in the area), full German faire and everybody's favorite, craft-brew samples. Other beer and wine will also be available. Get your leiederhosen out of the closet and join us for the funnest night of the year. Tickets are now on sale, \$15 for a member and \$20 for a guest. Tickets will sell out quickly, so be sure to visit the front desk before it is too late!

## Canine Cancer Walk

Sunday, October 9th



Join Jonna on Sunday, Oct 9th for the annual canine cancer walk benefiting the Morris Animal Foundation. Walk with your current companion or in memory of a beloved dog that lost its battle with canine cancer. For more information contact Jonna jedwinson@capitalac.com

## PARKING/TRAFFIC

With the Golden One Center opening the 1st part of October it will bring plenty of EXCITEMENT, and many PARKING & TRAFFIC challenges. Please be patient as we are sure that there will be many adjustments made the first few months to help facil-

itate everyone's needs. **PARKING IN THE CLUB LOT IS FOR IMMEDIATE CLUB USE. IT WILL NOT BE PERMITTED TO PARK IN THE LOT** to attend a function at the G1C. The 8th St. entrance in the lot will be closed beginning in late Sept. All entrance & exits will be through the alley way. Beginning in early October on many evenings there will be a parking lot attendant during the evening hours.

**The lot will be locked at night at 10pm & Sat. 6pm & Sun 4pm to prevent illegal parking.**

As of the printing of the newsletter we have not secured the area that many of you used in the past in the State EDD lot. It will be posted if this area becomes available. We will have maps posted in the Club directing you to the proper areas.

With the increased traffic it is strongly recommended that you utilize the crosswalks.

Once again please be patient as we go through the adjustments.

## Capital Cutters



Welcoming to Capital Cutters: Michael Condron, Michael has been a Barber/ Stylist since 1990. He trained in a traditional and urban barbershop environments experiencing a diverse range of barbering styling methods for men and women. Michael has honed his vision of the barber-shop favoring: consistency, preci-

sion, and natural craftsmanship! (He will be offering an Introductory Haircut Price of \$15!)

## Intro to Yoga

Saturday, October 15th

11:30am-12:30pm

Join Heather Halsey for a beginner Yoga workshop. Learn basic fundamentals, form, breathing, and technique. A great class for anyone wanting to start a yoga practice. Sign up at the front desk today.

## SAHA-CAC Handball Funday

Saturday, October 8th; 8:30 a.m.-1:30 p.m.

The Club, in conjunction with the Sacramento Area Handball Assn., will be hosting a handball funday. This event will give the local HB community a chance to play with players from around the area. Fees (if any) will be under \$10 and format will be flexible yet focused on maximizing play against different players. We look forward to seeing you on the court!

## Small Group Training (SGT)

Fall 2016 Spring Series Demo Weeks, September 26 through October 8

The CAC Small Group Training program will be having our quarterly Demo Weeks from Monday, September 26-Saturday, October 8. These Fall Series Demo Weeks allow you a FREE trial of the classes being offered in the upcoming class schedule. There are 15-20 classes in various formats to meet the varying needs of most of our members. Demo classes of each format will be offered each week so you'll have

at least two opportunities to try out a format before you sign on the class series. The Fall Series SGT classes are slated to begin on October 10th and will offer 8 sessions over the remaining 10-11 weeks of the quarter. Sessions are held weekly over the remainder of the quarter and extra weeks allow for make-up and bonus classes.

The CAC SGT Program is a lower-cost fee-based alternative to one-on-one personal training. SGT keeps trainer feedback and group motivation high while helping keep your costs low.

Registration and class information sheets for the Demo Week classes can be found in the SGT Demo Class binder on the table in the CAC lobby through October 10th.

## Argentine Tango with Michelle Gorre

Thursday, October 13, 2016 at 6:45pm

Studio 1

MICHELLE GORRE has been



dancing, teaching, and performing Argentine Tango since 1999. In addition to teaching both group and private lessons, Michelle hosts and DJ's Milongas, (tango dance parties), locally and in the Bay Area. Michelle is the Secretary and board member of the non-profit organization, Project Tango, and has dedicated her tango career to sharing this beautiful dance with others. Join

*Continued on the next page*

her for a **FREE** 6-week tango session that will teach you all the fundamentals necessary to start you on your Tango Journey! Sign-up at the Front Desk! Your dance partner is welcome at no charge.

## Hydrostatic Body Composition Testing

Wednesday, November 9th  
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 is offering a brand new treatment that is known as a Non-Surgical Facelift!

### Micro-Current Effects Can:

- Strengthen and Lift the facial muscles
- Tighten and reduce open pores
- Diminish scar tissue
- Gives skin a youthful appearance
- Lifts droopy eyelids
- Reduces appearance of wrinkles and fine lines
- Increases blood circulation
- Improves skin texture and color
- Reduces dark circles and puffiness
- Increases wound healing

**MICRO-CURRENT TREATMENT FOR \$80 (REG. \$100) NOW THROUGH OCTOBER 31ST!**

Call/Text: 916-520-9310 or

email: [morganmerrillbeauty@gmail.com](mailto:morganmerrillbeauty@gmail.com) to schedule!

## CAC Volleyball

League will be starting October 4th and October 6th. The league is 10 weeks with the week of Thanksgiving (November 22nd and November 24th) off. The season ending final will be on Saturday, December 17th from 1pm to 6pm.

CAC Members - \$20(one league), \$30(two leagues)

Non Members - \$75(one league)

We ask that when you sign up for the league, that you commit to attend the majority of the games. We understand life happens and if you cannot attend a game, please email the league group so that we can find a sub for that game.

We play a quads coed league (4v4). Games are at 7pm, 8pm and 9pm. Teams will be assigned to referee a match and keep score. It is important that you make your ref assignment.

If you have any questions about the league please contact Eric at [erichyg@gmail.com](mailto:erichyg@gmail.com).

## Club Kudos

• Kudos to Lori Hayes, who achieved a dream last month when she completed the Tour de Tahoe bike ride after three years of trying and a new, determined effort over the last year. Lori has been around the club over the past 20 years, but admits it was a hit-or-miss commitment. But after two tries at this scenic bike ride that features more than 4,000 feet of climb along both the California and Nevada sides of the Sierras, she was ready for a new approach and commitment. She went to Bruce Coolidge and put herself in his hands, following his advice to the letter. Bruce helped her with a very specific plan for better hydration, acclamation to altitude, nutrition, dealing with cramps, and of course, a strenuous physical training regimen of five days

a week. She took power pump and spin classes, and ab classes for core strength. Lori offers up major shout-outs to Bruce for his coaching, and also to Rick Leonard, who cheered her on regularly as she pursued this goal. Lori also notes one of the major bonuses of with training at the Capital Athletic Club: "I made many friends along the way - CAC is more than a great health club. It has become my workout family filled with positive vibes." Lori, you rock!

## Health News

Just in case you missed our email healthy lifestyle tip in July...

### Healthy Lifestyle Tip: Sweat It Out! The Health Benefits of Sweat

Whether you're breaking a sweat at the gym or just walking down the road on a scorching day, you may be giving your health a huge boost. Here, experts describe the mental, physical, and emotional benefits of a little perspiration.

#### Sweat Side Effect #1: Eases Pain

Working up a sweat just might soothe body soreness. "Exercise stimulates neurochemical pathways in the brain, resulting in the production of endorphins that act as natural painkillers" says Dr. James Ting, a sports medicine physician at Hoag Orthopedic Institute in Irvine, California.

#### Sweat Side Effect #2: Rids the Body of Toxins

Hit the exercise mat for a super sweat session. Some experts believe that sweating can flush the body of system-clogging substances like alcohol, cholesterol, and salt. Get the most bang for your bod with indoor cycling or circuit training - two of the sweatiest workouts, according to Melissa Morin, an exercise physiologist and Senior Director of Group Exercise at New York Sports Club.

#### Sweat Side Effect #3: Controls Mood Swings

It seems natural that we associate feeling warm with a sense of

well-being and relaxation, but there may in fact be a scientific explanation for this feeling, says Dr. James Ting. "Research has suggested that temperature-sensitive neural circuits to specific regions in the brain exist and may play a significant role in controlling mood."

#### Sweat Side Effect #4: Lowers Kidney Stone Risk

Yes, really! Research from the University of Washington found that regular exercisers sweat out salt more readily and tend to better retain calcium in their bones, rather than having them - salt and calcium - go into their kidneys and urine where stones form. Frequent sweaters also tend to drink more water, which further helps reduce the risk of developing stones.

Since exercise raises your body temperature, sweating associated with exercise is a sign that you're exerting yourself and gaining the many benefits that exercise has to offer. Keep in mind that sweating, especially heavy sweating, will cause your body to lose valuable fluids and electrolytes. Be sure to stay well hydrated if you've been sweating heavily and replace your electrolytes naturally by drinking water.

Source: Ayren Jackson-Cannady, 2016

## Advocare Products available at the CAC pro shop;

**Spark** - Vitamin, energy drink (two sizes) with 3-5 hours of focused energy - A great replacement for coffee or sodas and even your multi-vitamin.

**Rehydrate** - Electrolyte replacement drink - A great addition to your daily water intake.

**Post Workout Recovery Shake** - Complete post workout recovery - A very effective recovery product in addition to your protein supplement.

**Slam** - Pre-mixed, quick, safe, energy drink for fast energy or a healthy way in the afternoon to help fight off drowsiness.

## DEPARTMENT NEWS

### **Rick Leonard** rleonard@capitalac.com General Manager



- Just a reminder that the Oktoberfest social is Fri. 10/21. There are limited tickets available. There will be plenty of fine food & beverages and the band Solsa will provide plenty of fine music throughout the evening.
- As you have all heard the Golden one Center will open in Early October. This will bring plenty of excitement but also challenges with parking and transportation, please be patient while we all adjust.
- Just a reminder that the parking lot is available only when you are in the Club. Like a restaurant table, we count on turning the space many times during the day and throughout the evening. If one parked and went to work or attended an event at the Golden 1 arena we would not be able to facilitate the members wanting to utilize the club.
- With the projected increase in traffic, it is recommended that you utilize the cross walks when entering or exiting the parking lot.

### **John O'Sullivan** josullivan@capitalac.com Athletic Director



- An early morning walk is a blessing for the whole day - Henry David Thoreau.
- Remember that part of your membership includes access to the training staff. Get set up with a program, reset your current program, or just get some new exercises. It is Free!
- SGT Demo weeks are here! Make sure you take advantage of these free classes to get a peak into what benefits you will be getting when you join the classes.

### **Jonna Edwinson** jedwinson@capitalac.com Group Fitness Director

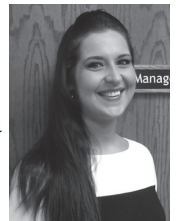


- Fall into Fitness with our new HIIT Cycle class on Fridays from 5:30-6pm. This will be a 30 min class with effective interval training principles.
- This is for ALL who are seeking a quick, hard, cardio workout on the bike before the weekend begins! This class will alternate every week with instructors: Kristen M, Bernadette, Annie, and Bonnie! Each month will have different interval theme. Octobers theme will be Pyramids and ladders. Get ready to sweat and burn a TON of calories in a short period of time.
- Please welcome our newest instructor to the team! Bernadette Rose will be teaching the Wednesday 6am HIIT and Friday HIIT cycle. Bernadette also teaches a variety of other classes. Come check out one of her high energy classes!
- Welcome Sam Scholtes to our Pilates program! He will be teaching the Tuesday evening Reformer classes starting this month. Sam also teaches a Wednesday 12pm Yoga class every week.
- Annie Klee will be taking over the Tuesday 11am Mat Pilates class and 12:10-1pm Cycle class starting this month. Annie is a ball of energy! We are excited to have her take over some permanent classes on our schedule, as she has been mostly a sub this last

year. You can see her once a month on Friday evenings for HIIT Cycle too!

- Thank you to our wonderful water students who gave us another fabulous water season! Our program just continues to get better and better each year. Big thanks to Doug, Miya, Liz, and Bruce for their fun filled classes! We'll see you all next year.
- LIKE us at: Capital athletic group x for updates on classes, subs, and more!

### **STEPHANIE DIRINGER** sdiringer@capitalac.com Membership Director



- Friends don't let friends NOT workout! Talk to Tom or Stephanie about how YOU can receive a free month. There's nothing better than hitting the gym with a friend/family member – and get rewarded in more than one way when they join (hint...a free month!) If you need help getting your friends to the club, let us know and we would love to assist you!
- ALSO! Don't forget to like our social media pages. Look on Facebook and Instagram for upcoming club events, fitness/nutrition tips, and more! We love seeing new likes, comments, and especially club check-ins!

### **Capital Cutters**

- You want to look your best this Fall! Stop in and we can help you with your hairstyle. Set up an appointment to style it, cut it, or color it.
- Contact Michelle (812-2352) or Linda (479-3709) or Mike (281-9898) today to set up an appointment.

### **Morgan Merrill Beauty Esthetician**

- First time client special; 20% off Facials.
- Call or text Morgan at 619-518-4532 to schedule your service or book online at [www.vagaro.com/mm\\_beauty](http://www.vagaro.com/mm_beauty).



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

The Capital Athletic Club is pleased to announce the addition of Ricardo "Rico" Gordon to our massage team. Rico started in September and is excited to be part of our team. In addition to his work with Club patrons, he is also active with local charitable organizations and assisting teachers in the classroom at his alma mater. Rico utilizes several modalities in his massage work, integrating Myofascial release, trigger point release and neuromuscular work into his sessions. He is a resident of Midtown and the father of two children. He enjoys cycling, swimming, camping, boxing and spending time with his family. Rico is a shy and quiet soul, but don't let this "gentle giant" fool you because he loves to laugh and have a good time, just get him talking about one of his many passions! Rico will be providing massage services several Saturdays a month, but will also be filling in for other members of our massage staff as needed and doing some chair massage in the lobby. Contact the front desk to schedule a massage with Rico, you will be glad you did. Welcome aboard Rico!