

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	Janelle
11:00am-11:45am	III	Mat Pilates	Sabin
<b>12:00pm-1:00pm</b>	<b>II</b>	<b>Cap City Cycle</b>	<b>Bernadette</b>
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	*Bernadette
12:00pm-1:00pm	III	Kenpo Karate	Bob Y.
12:10pm-1:00pm	II	Cycle	*Bernadette
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-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
<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
<b>5:30pm-6:30pm</b>	<b>II</b>	<b>Cap City Cycle</b>	<b>Matt</b>
6:00pm-7:00pm	III	Gentle Yoga	Heather
<b>FRIDAY</b>			
	<b>Studio</b>		
6:00am-7:00am	I	Breakfast Club	Scott
11:00-11:45am	III	Mat Pilates w/ props	Paige
*11:00am-11:50am	I	*Zumba (Starts Sept 15th)	*Karina
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	*Rotating Instructor
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 10/7,21 Doug 10/14,28
10:30am-11:30am	I	Ballet Pilates	Bonnie 10/7,21 Sabin 10,14,28
<b>SUNDAY</b>			
	<b>Studio</b>		
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	Aviv

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

**Bold - Denotes Fee Based Class**

## ACTIVITIES SCHEDULE

<b>MONDAY</b>	
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
<b>TUESDAY</b>	
4:00pm-7:00pm	Racquetball Challenge & Lessons
5:00pm-6:00pm	Masters Swim
until 6:30pm	Open Basketball
6:30pm-Close	Volleyball League
<b>WEDNESDAY</b>	
4:00pm-7:00pm	Handball Challenge & Lessons
6:00pm-7:00pm	Masters Swim
6:00pm-Close	B-League Basketball
<b>THURSDAY</b>	
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
<b>FRIDAY</b>	
until Close	Open Basketball
<b>SATURDAY</b>	
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)
<b>SUNDAY</b>	
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	*Mixed	*Sam
5:30pm-6:15pm	*Mixed	*Sam
<b>WEDNESDAY</b>		
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
<b>THURSDAY</b>		
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
<b>FRIDAY</b>		
*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
<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

OCTOBER 2017

## Oktoberfest 2017

Friday, October 13th

7:00pm-10:00 p.m.

Join us as CAC brings out its best with our 2017 Oktoberfest. With live music (performed by The Midnight Players), food and a wonderful cross-section of microbrew samples, it is a night not to be missed!! With tickets at just \$15 for members (\$20 for guests) it will be the best entertainment value of the season.

## Fit Friend Fridays

Fit Friend Fridays will be happening at the club in the month of October! Every Friday, the club will welcome your Fit family and friends to the club for FREE! That means, specialty classes each Friday, Fit Friend challenges, and so much more! This is your chance to workout with your Fit Friend! We will be posting our Fit Friend Friday updates on all of our Social Media platforms, so be sure to look out for class updates, fit challenges, and CAC's surprise Fit Friday events! Twitter: @capitalathletic Instagram: @capitalac Facebook: @capitalathleticclub

Do your fit friends love the club? We want to welcome them to our CAC family! Refer your friends and family to the club and receive ONE FREE MONTH from us! Contact our membership department today for more details on how you can receive a free month!

## Flu Shots

Tuesday, October 10th from 4:00pm-7:00 p.m.

The staff of Clinical Health Appraisals will be here to provide flu vaccinations to CAC members.

Prices are \$25 (trivalent—three primary flu strain protection) and \$30 (quadrivalent—four strain protection). Fees are payable directly to Clinical Health Appraisals by either cash or check. Sorry, no credit cards or house charges. Protect yourself for the upcoming season. Registration binder and prices will be at the front desk.

## Men's Steam Room & Dry Sauna

We appreciate your patience while we rebuild the men's downstairs shower, steam room and sauna. We will have this area up and running as soon as possible. It is understood that this is an important part of the Club for many. As soon as the tile installation is completed, the spa area will completely be open.

## New Hair Stylist



The Club would like to welcome Joel Thompson to the Capital Cutters Salon. Joel is a master stylist/barber/consultant. He has 35 plus years of experience as a Hair Designer and Barber. Joel previously owned a salon and was a consultant to salons throughout the Western U.S. He has been an educator at various schools throughout Northern California. Joel has also been a Platform Artist and has Film Industry Experience. He offers complementary consultation upon request and will take "Walk-Ins" but, appointments are preferred. Joel is available Monday through

Saturday with Schedule Flexibility. Please call 916-332-7272 to schedule an appointment for your premium style service.

## Muir Woods Hike

Saturday, October 21st

A last minute staffing issue resulted in a change both in date and location for this trip. Originally headed to the Tahoe basin, we are now heading to Muir Woods. While the hike options are shorter, they both challenge our hikers as much as the long previous version. Two hike options (about 4.8 and 6.2 miles) will be offered but both start flat then ascend quickly up from the Redwood Creek Trail. If we are blessed with a clear day, ocean views as far as the Farralon Islands can be had. Transportation, park entrance fee, trailside lunch and continental breakfast will be provided for your \$50 trip fees. Information binder and registration sheets are available at the CAC front desk.

## NCHA Handball Funday

Saturday, October 7th

The Northern California Handball Association will be hosting a handball funday at The Club. Learn the benefits of NCHA membership while playing with your friends from throughout Northern California. We look forward to seeing you on the courts. Entry fee of \$20 gets you a One year membership to NCHA and food and drinks. Start times; B/C - 9:00am, Open A - 10:30am. If you have questions, please contact Tom Sove at [tsove@sbcglobal.net](mailto:tsove@sbcglobal.net) or contact him at (209)404-6394.

## Understanding Intervals Seminar

Tuesday, October 17th; 6:30 p.m.

If all the different versions of interval training are just leaving you confused as to which one makes the most sense for your goals, this seminar should help you get a better idea of which protocols are the best suited to your goals and fitness level. CAC's Bruce Coolidge will present and synthesize all the information that has your head swirling and set you on a course for more effective training. Register for a reminder e-mail/call in the binder at the CAC Front Desk.

## Futsal

Friday, November 3rd

Join Amal Torres and Chris Vega for a fun evening of indoor soccer. This is a free event. Sign up at the front desk in the binder.

## Small Group Training (SGT) Program Notes

Fall Series Demo Classes

October 2-14

CAC's Studio X will be hopping with new offerings as the calendar flips to October. These demo classes allow you to sample the upcoming classes before you register. Offerings range from classes to enhance mobility and injury recovery to intense, compressed workouts based on the most recent evidence-based research. Class series begins the week of October 16. Look for demo class registration binders on the SGT Demo Week table in the CAC front lobby.

SGT Program Updates—

To enhance your opportunities to

*Continued on the next page*

## CLUB NEWS

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.

### Pilates News

#### New Season, New Programs in the Pilates Studio

As the seasons change throughout the year, so do our schedules and goals. To accommodate these changes, the Pilates Studio will have some new class formats and class times.

Tuesdays at 4:30pm & 5:30pm – Sam Scholtes will be teaching back to back Mixed Level Reformer. (Due to the decreased participation in the Tuesday, 6:30pm classes, we have moved this class to another spot on the schedule.)

Wednesdays at 4:00pm – Sabin Morris will be teaching a new format, Reformer/Tower Combo. Adding the Tower to our current practice will increase the diversity of our workouts! This will be a split class – half of the class will begin on the Tower, the other on the Reformer, half way through, students will switch places.

Thursdays at 11:00am – Welcome Linsey Steiger to the CAC Pilates team! Linsey will be taking over this Reformer 1 class on October 12th. Linsey received her comprehensive Pilates training through Balanced Body University and continues her training with Chantill Lopez' Skillful Teaching mentoring program.

Fridays at 10:00am – We have added a 10am Reformer 1 class to our Friday line up. Sabin Morris will teach this class. Fridays at 12:00pm – Work with Mari Minamides on both Mondays and

Fridays at 12:00pm beginning October 6th. The September Reformer Demo classes were a success! Thank you to all of the members who joined us that day. We are offering these demos once a month. Reformer Demo Classes: Wednesday, October 18th at 11:30am and 12:30pm. Sign up in the Pilates binder at the front desk. Small Group Training continues! Demos for Pilates for Joint Health and Mobility SGT classes: Tuesdays October 3rd and 10th 9:30am-10:30am, Thursdays October 5th and 12th 1:00pm-2:00pm. Sign up in the Pilates SGT Binder on the SGT table near the front desk. Look for our NEW CAC Pilates Facebook page to go LIVE October 1st! <https://www.facebook.com/cacpilates/> or @cacpilates Please contact Sabin Morris at [smorris@capitalac.com](mailto:smorris@capitalac.com) or at 916-670-8144 for more information.

### Polar Swim Cub

#### 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!

### Esthetician

Morgan with MM Beauty

#### 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](http://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](http://morganmerrillbeauty.com) to schedule your appointment or purchase gift certificates!

#### Advocare available at the pro shop;

Spark - 29 Vitamins and minerals, energy drink (two sizes) with 3-5 hours of focused energy - A great replacement for coffee or sodas and even your multi-vitamin.

Rehydrate - Helps relax minerals and electrolytes lost through sweat and supports recovery after a workout using vitamin, minerals and a blend of important electrolytes.

Post Workout Recovery Shake - Aids in muscle building and helps minimize occasional soreness when taken after physical activity while also helping to replenish energy levels.

Slam - A portable and quick source of energy that is perfect for the person on the go.



## DEPARTMENT NEWS

### Rick Leonard General Manager



- We are in the final stages to complete the rebuild of the men's dry sauna, steam room & showers. Along the way there were many unforeseen challenges.
- We realize that the spa area is an important part of the Club experience for many and we are looking forward to it reopening.
- There are a lot of activities at the Club in October. Starting off with Free guest Fridays & also the SGT demo weeks. - 10/7 NCHA funday, 10/10 Flu Shots, 10/13 Oktoberfest, 10/17 interval training seminar, & 10/21 Club Hike
- Periodically the Club tries Pilot programs to see what the interests are. If the number of participants warrant the continuation then it will become a fixed class on the schedule. Currently we have a Zumba Pilot program offered on Fri. mornings at 11am with Karina. We have been very pleased so far with the turnout the first two weeks

### Jonna Edwinson Group Fitness Director



- Fall into fitness this season with some of our newer formats:
- -6am M,W,F Breakfast Club is a total body conditioning workout that is program based. M: Legs, W: Arms, F: Glutes and Core.
- -Try out Friday night 5pm upper body blast. A 20 minute strength class focusing on all upper body. Stay for the 30 min HIIT Cycle class that immediately follows at 5:30pm!
- -Gentle Yoga on Thursdays at 6pm with Heather is a great class for beginners, anyone new to yoga, or just looking for a slower paced yoga class with modifications.
- -Changing up your routine this season will help with motivation, hitting a plateau, and adding cross training to your program will help your overall performance.
- You asked, we listened! Zumba Pilot class is happening this month on Fridays at 11am with brand new instructor Karina Vazquez! This is a 6 week long class, and as we collect more interest for the format, we'll be able to decide if it stays on the schedule. Come check it out. No dance experience required!
- A BIG thank you to our water fit gang! We had yet again, another wonderful season. Doug, Liz, and Bruce did a great job with our classes. We look forward to seeing you all next year.

### Brooke McManus Membership



- Fit Friend Fridays will be happening at the club in the month of October! Every Friday, the club will welcome your Fit family and friends to the club for FREE! That means, specialty classes each Friday, fit friend challenges, and so much more! This is your chance to workout with your Fit Friend! We will be posting our Fit Friend Friday updates on all of our Social Media platforms, so be sure to look out for class updates, fit challenges, and CAC's surprise Fit Friday events! Twitter: @capitalathletic Instagram: @capitalac

Facebook: @capitalathleticclub

- Do you fit friends love the club? We want to welcome them to our CAC family! Refer your friends and family to the club and receive ONE FREE MONTH from us! Contact our membership department today for more details on how you can receive a free month!
- 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, Instagram, and Twitter!

### John O'Sullivan Athletic Director



- "You have a choice, you can throw in the towel or you can use it to wipe the sweat off your face."
- It is always a great idea to have one of our great training staff take a look at your current program or even a few exercises. Stop by the front desk and set up an appointment today. It is Free!

### 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](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).

### 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.

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

Experts estimate that much of disease is stress-related. Massage helps us remember what it means to relax. The physical changes massage brings to your body can have a positive effect in many areas of your life. Besides increasing relaxation and decreasing anxiety, massage lowers your blood pressure, increases circulation, improves recovery from injury, helps you to sleep better and can increase your concentration. It reduces fatigue and gives you more energy to handle stressful situations.

Massage is a perfect elixir for good health, but it can also provide an integration of body and mind. By producing a meditative state or heightened awareness of living in the present moment, massage can provide emotional and spiritual balance, bringing with it true relaxation and peace. Why wait? Contact the front desk and put the power of massage to work for you.