

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                    |
| 5:15pm-6:00pm         | Pool      | Water Fit                 | Doug                          |
| 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         | 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-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                         |
| 5:15pm-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       | 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         | Pool      | Water for Athletes        | Bruce                         |
| 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        | III       | *Upper Body Blast         | *Staff                        |
| 5:15pm-6:00pm         | Pool      | Water Fit                 | Liz                           |
| 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 9/9,23 Doug 9/2,16,30  |
| 10:30am-11:30am       | I         | Ballet Pilates            | Bonnie 9/9,23 Sabin 9/2,16,30 |
| 11:15am-12:00pm       | Pool      | Water Fit                 | Liz                           |
| <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    | Level I       | Kristen M |
| 5:30pm-6:15pm    | Principles    | *Staff    |
| 6:30pm-7:15pm    | Level I       | *Staff    |
| <b>WEDNESDAY</b> |               |           |
| 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     |
| <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    | *Sabin    |
| 12:00-12:45pm    | Level I       | *Sabin    |
| 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

SEPTEMBER 2017

## Labor Day

The Club will be operating on a modified schedule 8am – 6pm Monday Sept. 4th in honor of the Labor day holiday. There will be a modified class schedule. Your children are welcome 12-21 years of age at no additional charge.

We are on a modified group x schedule as well Monday, September 4th. All regular classes will be cancelled this day.

9:00am-10:00am Cycle- Matt

10:15am-11:15am Power Pump- Bonnie

11:00am-11:45am Mat Pilates- Paige

12:00pm-1:00pm Yoga –Paige

## 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, 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.

## Flu Shots

Tuesday, Oct. 10; 4-7 p.m.

The staff of Clinical Health Appraisals will visit CAC 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 CAC 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.

## Rubicon Trail Hike

Saturday, October 7th

The glass waters of Lake Tahoe will shimmer below your feet when you join CAC for a delightful day of hiking along the evergreen-shrouded trails from D.L. Bliss to Emerald Bay. This eight-plus mile hike will be a gem of your fall. Transportation, trailside lunch and continental breakfast will be provided for your \$45 trip fees. Information binder and registration sheets are available at the CAC front desk.

## Small Group Training (SGT) Program Notes

Fall Series Demo Classes (Oct. 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 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.

## Nutritional Seminar

Tuesday, September 19th

6:00pm-8:00pm

Join Katy Tenner for this Free seminar to learn basic nutrition. How to set up a daily routine, what to eat and when to eat it. Sign up in the binder at the Front Desk.

## Cap City Cycle

Heart Zone Studio at The CAC

Train Smarter with Cap City Cycle located in Capital Athletic Club's Cycle Studio! 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. 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. Our certified Cycle Instructors, Matt Brown and Bernadette Rose 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. Here at the Cap City Cycle Studio, our priority is the riders and their personal progress found through each performance class! Try out the studio for free! All you have to do is show up! Check out our Cap City Cycle Facebook Page for updates and upcoming classes!

**RIDE SMARTER. TRAIN BETTER. GET FITTER. GET FASTER.**

Classes are; Monday at 12pm and Thursday at 5:30pm.

Schedule your rides and reserve your bike all on line. Your concierge has your sensor and towel on your bike when you arrive ready to ride! First rides are always FREE. Plus, bring a friend or colleague to share the ride.

Like us on Facebook - Cap City Cycle

Sign up at [www.wellnessliving.com/schedule/the\\_capital\\_athletic\\_club](http://www.wellnessliving.com/schedule/the_capital_athletic_club)

## Fern Bacon Fundraiser

Dear Capital Athletic Club,

On behalf of Fern Bacon Middle School I would like to thank you for contributing to our Heart Zones Fundraiser. Thanks to you Fern Bacon Middle School will be able to purchase heart rate monitors for an entire class! This will encourage, motivate and educate our students on the importance of heart health and overall health.

We have held raffles, sold Sees candy and accepted donations

*Continued on the next page*

over the past two months to raise over \$5000 to purchase this technology. Not only will our students be more engaged with the physical education curriculum but we also plan to use the data from monitors to discuss mathematical and scientific based applications.

Sincerely,

Matt Brown, PE Teacher /  
Trainer

Fern Bacon Middle School /  
CAC Trainer

**We must do all that we can, to give our children the best in education and social upbringing - for while they are the youth of today, they shall be the leaders of tomorrow.**

~John F. Kennedy

## 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.

## Esthetician

Morgan with MM Beauty

Skin Care Happy Hour Event on Tuesday, September 19th from 4-7pm in the main lobby!

Demos, Giveaways, deals and more! Bring a friend and receive a free gift! Call 916-520-9310 to schedule or book online at [www.vagaro.com/mm\\_beauty](http://www.vagaro.com/mm_beauty). Contact Morgan with MM Beauty at 916-520-9310 or book online at [www.vagaro.com/mm\\_beauty](http://www.vagaro.com/mm_beauty). Facebook: [/morganmerrillbeauty](https://www.facebook.com/morganmerrillbeauty). Instagram: [@mmartistry](https://www.instagram.com/mmartistry). Text her at 916-520-9310 or email her at [morganmerrillbeauty.com](mailto:morganmerrillbeauty.com)

to schedule your appointment or purchase gift certificates!

## NCHA Handball Funday

Saturday, October 7

The Northern California handball Association will be hosting a handball funday at The Club on Saturday, October 7. Learn the benefits of NCHA membership while playing with your friends from throughout Northern California. We look forward to seeing you on the courts.

## Racquet Ball

Sign up now for Capital Athletic Club's Thursday Night Doubles League. Sign up day will be Thursday September 7th, 2017. The first day of league play will be Thursday September 14, 2017. The entry fee will be \$65 per player for non-members and \$20 per player for Capital Athletic Club members. Sign up today for some great doubles play and a lot of fun. Please have your entry form and payment in, on or before sign up day. The 7th will be a fun day so we can get all payments processed and teams established. You must be paid in full in order to participate in the league. Space is limited so get your entry in early. For additional information, please contact Brad Dalton at 916-316-3554.

## Basketball Notes

Fall League Registration--is underway and ends on September 4. The Fall League begins the week of September 11 and runs through mid-December. League is offered at two levels and plays on Monday ("A" Level) and Wednesday ("B" Level). The Fall League is typically 8-10 games plus playoffs. Fees are typically \$65-80 (dependent on registration and schedule) and cover officials, awards and other league costs.

Congratulations to Summer 2017 Champs—With both leagues seeing finals featuring the top-seeded teams, championship play was everything one would expect

from a battle of top seeds.

In the "A" League, Team Ford avenged a week 6 loss to Team Walter with their 70-64 championship win. Captain Lynel Ford's 26 points and Carlos Coker's 44 combined points from Team Walter's Nick Leonard and Pablo Garza and an eight point deficit with less than six minutes to play.

Congratulations to Team Ford: Lynel Ford (capt.), Mark Aala, Carlos Coker, Mark Ellinghouse, Mark Harrison, Kory Parsi

In the "B" League, the top-seeded Badgers faced off with the second-rated Warriors. (More to follow after Wednesday's final)

## Pilates News

**Pilates Reformer Demo Classes start in September!**

September 20th, 2017 by Sabin Morris, Pilates Director

The Capital Athletic Club will be offering new, 30 minute Pilates Reformer Demo classes beginning September 20th! If you have wondered what the Reformer is, what it feels like to use it and why Pilates is a great addition to your current routine – you can now get on the Reformer for a demo class and see what it's all about! Experiencing some of the fundamental Reformer exercises, you'll feel how the Reformer can improve core strength, flexibility in the hamstrings, hips and lower back, and work your body in ways that are supportive yet challenging to increase overall strength and endurance.

**Wednesday, September 20th 11:30am and 12:30pm in The CAC Pilates Studio**

Sign up in the Pilates Binder at the front desk beginning September 1st.

### Reserving Your Space in Class

I've received a lot of questions about how to reserve a space in the Pilates classes lately! Specifically, what is the difference between a Standard reservation, an Alternate (Wait Listed) reservation and a Fill-In reservation?

Here are the definitions of each type of reservation we offer (note that "Alternate" will no longer be used, we are changing it to "Wait Listed").

**Standard Reservation** – all members cleared for Pilates classes receive 2 complimentary Pilates studio class each week. The week runs Monday – Sunday. To make a reservation, call the front desk Pilates hot lines at (916) 442-3956 or (916) 442-3957 or go to the front desk and let staff know the day and time of the class you want to take. If you have already taken 2 classes that week, you will be charged \$10.00 for each additional class.

**Wait Listed** – formerly known as an Alternate, if the class you want to attend is full, then you will be Wait Listed. If someone cancels their reservation, you will be called and informed a space is available. Members will only be Wait Listed if the class is full. We will no longer accept "Alternate" reservations if a class is not full. If you're not sure you can attend the class you are calling for, please call closer to class time to see if space is still available. (Our policy requires you cancel your reservation 4 hours prior to class start time in order to fill the spot. Late cancels will be charged \$10.00)

**Fill-In** – the Fill-In option is a great way to take an extra class without being charged \$10.00! Two hours prior to a class, you can call or come by the front desk and reserve a space as a Fill-In if space is available. A Fill-In can be displaced up to 5 minutes after class starts by another (non-fill-in) member. It's best to use your Standard reservations for the busiest classes (prime times are 10:00am, 11:00am and 5:30pm), or for those classes you definitely want to attend! Please be specific when reserving your spot in class.

Please contact Sabin Morris at [smorris@capitalac.com](mailto:smorris@capitalac.com) or at 916-670-8144 for more information.



## DEPARTMENT NEWS

### Rick Leonard General Manager



- I hope that you all had a great summer. If your exercise routine has wandered a little the Fall is a great time to get it back on track. If you need assistance with your program please contact us as we have a great training staff to assist you on your journey. **YOUR SUCCESS IS OUR SUCCESS** and we truly mean it!
- Over the next few months we have many exciting things on the calendar nutrition seminar, skin care happy hour, Club Hike, NCHA special event, Flu shots, & Oktoberfest Social
- A sound nutrition program is just as important as exercise. Katy Tenner (RD) has helped many club members offering private consultation, small workshops and seminars. Katy can be contacted at [ktennerd@gmail.com](mailto:ktennerd@gmail.com) or by telephone 916 955 8356

### Jonna Edwinson Group Fitness Director



- We are excited to bring back the Friday night 5pm Upper Body Blast class beginning Sept 1st. This is a 20 minute strength class focusing on all upper body exercises. Class will be taught by a rotation instructor each week located in studio 1. Following this class is our featured 30 minute HIIT Cycle class, located downstairs in studio 2.
- Our water season will be wrapping at the end of this month. Sat, Sept 30th will be our final class. Our program keeps getting better and better with each year! Thank you for your incredible energy, it's been a very fun season.
- We are very excited to announce that we will be offering a pilot Zumba class starting Friday, September 15th at 11am with our new instructor Karina Vazquez! Join us for this 6 week Latin Based cardio dance class!
- We will be hosting a Fall Yoga workshop this month with Aviv. Stay tuned for details!

### Brooke McManus Membership



- Summer is almost over and it's time to get back to routine! It's a good time to bring your friends! We want to offer all of our members a chance to earn **ONE FREE MONTH** by referring your friends and family to the club! Receive One Free Month's Dues **ON US** when they join! It's that simple. Contact Brooke McManus and Tom Petrul in membership for more details!
- Thank you to all of our members who voted Capital Athletic Club as SN&R's Voting "Best Place to Work Up a Sweat!" We truly believe that if you're not sweating, you're just not working hard enough—regular or executive workout! We are very excited to see the final results!
- **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 moti-

vation! You can follow us on Facebook, Instagram, and Twitter!

### John O'Sullivan Athletic Director



- "Just keep being true to yourself, if you're passionate about something go for it. Don't sacrifice anything, just have fun." - Blake Lewis
- The training staff has changed a bit in the past month. We would like to say goodbye to Scott Archibald and wish him the best in his endeavours. At the same time, we would like to welcome Sabrina Riffle and Bernadette Rose to the Fitness staff. Be sure to stop by and say hi.
- Get your program updated or started with our training staff. It is top notch! It is free! And we also offer fee based personal training as well.

### Morgan Merrill Beauty Esthetician



- Skin Care Happy Hour Event on Tuesday, September 19th from 4-7pm in the main lobby! Demos, Giveaways, deals and more! Bring a friend and receive a free gift!
- 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).

### Nutrition



- Coming September 19th a Seminar on Basic Nutrition. This is a free seminar! Sign up at the front desk.
- Contact Katy for more information about the Nutrition Department at 916-955-8356 or at [ktennerd@gmail.com](mailto:ktennerd@gmail.com)

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

One of the best gifts we can give ourselves is the gift of trying something new. If we keep doing things the same way we always have, it's easy to fall into a rut. To feed our creativity, we have to step out and try new things. By satisfying our thirst for something different we can reap rewards such as increased confidence, a greater appreciation of ourselves and new skills. Break out of a rut and see the value around you. Sometimes a little bit of perspective shift is all we might need to gain a greater appreciation and sense of value for the things around us. Things that are present in our everyday lives, like time with our kids or interacting with people, can seem completely new and revived when you go out on a limb in another area of our life. If you haven't had one before, getting a massage can offer you these types of benefits. Contact the front desk and schedule an appointment, you will be glad you did.