

# THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

APRIL 2019

## Sacramento Ballet Social

Friday April 26th



Kaori Higashima - photo by Keith Sutter

There are still a few tickets available for the Sacramento Ballet Social. Tickets include a buffet dinner provided by Vallejo's restaurant from 7 - 8pm, musical entertainment, beverages throughout the evening and the Ballet performance following dinner. Member tickets are \$23/ Guest tickets are \$28, must be 18 or older & limited to 2 guests per member. An exclusive event for CAC members, the Sacramento Ballet will perform excerpts from their past productions as well as a sneak peak for their upcoming show at the Sophia Theater, Fast Forward. This is a unique opportunity to see the artists of the Ballet up close, many of who cross train at CAC. They are athletic artists, craftsmen who explore an intersection of strength and creativity. Featuring choreography by Artistic Director Amy Seiwert as well as Val Caniparoli, Michael Smuin, and more.

The CAC is their home away from home as many of these artistic athletes train at the Club throughout the year.

## SGT News

Small Group Training (SGT) FREE Demo Weeks Return!!

March 25-April 6

New Classes, New Times for a

New You!! —CAC's Studio X will be hopping with new offerings as the Spring Series 2019 Demo Classes (March 26-April 7) unfold. Whether you're seeking a new boost in your workouts or need a bit more support, CAC Small Group Training meets the needs of many of our members. These upcoming FREE demo classes, taught by your favorite CAC trainers, allow you to sample the upcoming class series 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 April 8th. Look for demo class registration binders on the SGT Demo Week table in the CAC front lobby. Come try us out!! You'll not be disappointed!

## Saturday In the Park Boot Camp

Saturday, April 27; 9:00 a.m. at Roosevelt Park

They're Baaaaack!!! Last summer's sleeper hit—Saturday In the Park (a CAC Boot Camp Series) is set for the last Saturday of each month April through September. Led by CAC trainer Bruce Coolidge, our season debut is set for April 27 and we look forward to bringing out a workout to challenge a full range of fitness enthusiasts. This FREE Boot Camp class will bring out the very best in you! See you in the Park!!

## HIIT It!!!

A CAC Education Seminar

Tuesday, April 30—6:30 p.m.

Over the last few years, high-intensity interval training (HIIT)

has been seizing the interest of fitness enthusiasts and novices for its results. However, confusion has arisen when such a variety of class formats are being referred to as HIIT. This seminar is targeted at reducing that confusion and determining where along the spectrum of HIIT you can gain the benefits for your goals. Duration, intensity, frequency and how to mix them in your workouts will be covered. To learn how to make the most of your HIIT options, simply register in the HIIT It!! Binder at the CAC front desk.

## Volleyball News

Congratulations to our Winter League Champs! It's time to kick-off our Spring Volleyball League here at CAC! Join Us for Open Gym nights on Tuesday and Thursday in the first week of April from 6:30-10pm. Leagues start April 9th and 11th! We are looking forward to great play during both of our Co-ed and Reverse Co-ed Volleyball league nights! For more information, please contact our League Administrator, Brooke McManus, for more league information! [bmcmanus@capitalac.com](mailto:bmcmanus@capitalac.com)

## Friday Night Recess

CAC trainer, Sabrina Riffle, is bringing back recess.... for adults! Sabrina will be putting on Friday Night Recess for any and all CAC members. Every second and fourth Friday of the month, we will be playing organized dodgeball, kickball, obstacle relay races, and much much more!

Why is free play good, not only for children, but adults too? Catherine Tamis-LeMonda, Professor of Developmental Psy-

chology at New York University, explains in an interview with NBC News that physical activity in sports and exercise slows the release of stress hormones and assists the release of endorphins, which elevates mood and helps you relax after a stressful day or work week. Recess is a time for camaraderie and laughter, two factors that go hand and hand with free play at our Friday Night Recess. Not only does physical activity help everyone feel less stressed and more positive, playing also helps problem solving and work productivity, according to Dr. Sam Wang and Dr. Sandra Aamodt.

Come out and join us for Recess

## Pilates News

Spring Training! New Pilates Small Group Training Classes begin in April

Spring is bringing more than sunshine and flowers to the Capital Athletic Club! We have two new Pilates Small Group Training classes in April.

Power Pilates with John O'Sullivan – Wednesdays, 11:00am

John leads this hybrid Reformer based Pilates class targeting increased strength and muscular control. Elements of the Pilates Reformer repertoire are carefully blended with traditional strength training concepts to provide a full body workout that you'll enjoy well after class has finished! No Pilates experience needed.

Power Pilates Demo classes:

Wednesday, April 3rd and 10th 11:00am in the Pilates Studio.

Advanced Reformer and Tower Intensive with Sabin Morris – Mondays & Wednesdays, 1:00pm Current Mixed Level and Level

2 Pilates Studio students can take their Reformer and Tower skills to the next level with this advanced intensive twice a week. Performing advanced movement patterns and sequences on both the Reformer and Tower equipment, this class of four students will focus on full body integration, balance through standing and inversion exercises, as well as moving through exercises at a faster pace. This class meets twice a week for four weeks. Intermediate to advanced level of Pilates apparatus skills are required for this class.

### Advanced Pilates Intensive Demo classes:

**Mondays April 1st and 8th 1:00pm**

**Wednesdays April 3rd and 10th 1:00pm**

Sign up for the Pilates SGT Demo classes in the SGT Binder in the main lobby!

Interested in Pilates on the Reformer, but have never played on one? Come to the Reformer Demo on Saturday, April 13th at 11:00am in the Pilates Studio. Sign up in the Reformer Demo at the front desk. For more information on the Pilates program at CAC, please contact Sabin Morris at smorris@capitalac.com.

### Kudos Returns

Kudos to the Club's resident playwright, retired Superior Court Judge Ron Tochtermann, whose newest play is in production and will open May 31 at the tiny Geery Theater in Midtown Sacramento (22nd and Lst). Ron's newest original play, *Innocence/Guilt*, continues his creative and entertaining take on the court system he served so proudly here in Sacramento County, and also continues his partnership with producer Alan Truax. Truax also produced Ron's last play, *The Rules of Law*, in 2017. Many club members know that Ron is a near-miraculous leukemia survivor after being diagnosed just over two years ago. After beating the odds against the terrible disease, he began writing prolifically with the assistance of

his wife and club member, Linda. His storytelling talent and dry sense of humor, supported by Truax's professional production skills, have earned strong reviews. If Ron's track record as a playwright is any indication, we are in for another highly entertaining production, and part of the proceeds will be donated to the Leukemia & Lymphoma Society. There will be seven performances of *Innocence/Guilt* with closing night on June 9. The Geery has only 49 seats, so those interested are urged to reserve seats early by emailing Alan Truax at alantruax@sbcglobal.net. Tickets are \$25 each. Or you can make a direct donation of \$100 or more to the Leukemia & Lymphoma Society through this production.

Let's get a proud turnout from the Club, and enjoy an evening that supports both Ron and a wonderful cause!

### Health News

#### 5 Foods You Should Eat to Beat Inflammation

Foods that Reduce Inflammation

Eating foods that reduce inflammation rather than foods that raise it is equivalent to making food choices that will boost athletic performance as oppose to rob you of it. Let's first clarify what inflammation is in this context and why it's harmful to health, fitness and performance.

The word "inflammation" is a buzzword thrown around these days on the Internet almost as much as "superfoods" and "meal prep." But what is it, really? In lay terms, inflammation is essentially your body's response to an injury. From head to toe, that can mean a lot of things. Take a twisted ankle, for instance. You hop off the treadmill the wrong way after slaying a few sprints, and wham: puffiness and bruising. Under the skin's surface, blood cells are swarming the area to remove damaged and dead cells to help your body heal. That right there is a prime example of inflammation. Chronic inflammation is

when this inflammatory response lasts for an extended period of time, like weeks, months, or even years. When you have chronic inflammation, white blood cells flood a certain area and remain, even if there is no problem for them to solve. Indicators of chronic inflammation include frequent fevers, depression, stomach pain, and a heightened pain sensation.

"Chronic inflammation has been linked to everything from type 2 diabetes, allergies, autoimmune diseases like Crohn's disease and rheumatoid arthritis, heart disease, cancer and stroke," says Alissa Rumsey, MS, RD, CSCS, and founder of Alissa Rumsey Nutrition and Wellness. The good news? There's one simple thing you can do to stave off long-term inflammation: watch what you eat. "Diet and lifestyle choices are closely linked to inflammation and there are many foods that can help to combat it within the body." Here, Rumsey shares some of the best foods that reduce inflammation that you can build into your diet. Note: if you experience extensive symptoms of inflammation like those listed above, tweaking your diet is only part of the equation. Make sure to consult a physician, STAT.

#### 1. Fatty fish

Just about any dietary advice in a discussion of foods that reduce inflammation start off with fish. Salmon, mackerel, tuna, and sardines are all good sources of omega-3 fatty acids. Omega-3 fats decrease the production of

pro-inflammatory molecules in the body and stimulate the production of anti-inflammatory compounds called eicosanoids.

#### 2. Green leafy vegetables

Vegetables are also widely known as foods that reduce inflammation. Both fruits and vegetables present lots of antioxidants that help keep damaging molecules called free radicals at bay, and that translates to less inflammation. Plus, leafy veggies in particular are full of vitamin E, especially dark leafy greens like kale, spinach, collards, and broccoli. This is important because vitamin E plays a role in protecting the body from pro-inflammatory molecules called cytokines.

#### 3. Sweet potatoes

These are high in vitamins C and E as well as carotenoids, which are nutrients linked to lower levels of inflammation in the body. Purple sweet potatoes, grown in Hawaii, have even been found to inhibit the growth of cancer cell lines.

#### 4. Whole grains

Whole grains are an excellent source of fiber, and a high-fiber diet is associated with lower levels of inflammatory biomarkers in the body. Several studies have found that people who eat diets high in fiber have lower C-reactive protein (CRP) levels in their blood. CRP is a marker of inflammation commonly linked to diseases like heart disease and diabetes.

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

Who is this "mysterious" group of people known as your Capital Athletic Club massage therapists? You probably have more questions than answers. If that's the case, be prepared to receive some clarity, because over the next several months you will have the opportunity to learn more about your CAC massage team. We will be profiling who we are and our style of massage. This could be of particular value, especially if you are considering getting some massage work, but aren't sure who to go to. So, look for the "mystery" to be solved as we reveal the identities of our awesome Massage Therapy staff.

Cheerio~ Brian, Rico and Andrew

**Rick Leonard**  
General Manager



- The Club will be closed Sunday April 21st in honor of the Easter Holiday.
- Don't miss out on the SOCIAL EVENT OF THE YEAR at CAC. As of the printing of this newsletter there are still a few Ballet Tickets available.
- Try something new we offer free racquetball and handball lessons, swimming stroke instruction, martial art classes, basketball and volleyball leagues as well as over 70 group exercise classes. Inquire at the Front Desk or ask a Club manager if you would like to get started.
- Club amenities – just a reminder that we have a free meeting room available, shoe shine service, hairstylists, esthetician and massage therapists.

**Jonna Edwison**  
Group Fitness Director



- Water Fit Season begins next month!
- We will be offering classes Monday-Saturday Starting: Wednesday, May 1st.
- Water Fit: M-W-F 5:15-6pm and Saturday 11:30am-12:15pm. Water 4 Athletes: Tu-Thurs 6:15-7:15. Water classes are a great cardio based workout that is low impact and increases strength and mobility.
- Monday 9am Power Pump was a huge success, we will be keeping this class on the schedule. We look forward to seeing you in class.
- Friday 6am Breakfast Club has been cancelled until further notice.

**Brooke McManus**  
Membership



- Refer a friend, family member, or co-worker to The Club and receive a \$50 Referral Credit for referring a new member to the Club! You receive a credit for incidentals or a discount off of your dues the following month and your referral can start on achieving their health and fitness goals with their new membership! Contact our Tom and Brooke in our membership department for the current enrollment special!
- 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, Newsletter Editor  
josullivan@capitalac.com



- 'Full Accountability. No more lying to yourself. No more half reps. No more cheating on your diet. If you're not learning and improving your-

self by taking responsibility, then your goals will stay fantasies'

- Fee based personal training is available if you want to reach your goals faster, more effectively or even add to the list of goals you have.

**Morgan Merrill Beauty Esthetician**  
Microneedling AND Dermalplanning!



Microneedling is a minimally invasive skin-rejuvenation procedure. The mechanical action of the needle puncture the skin and create a controlled wound at a specific depth. Each puncture creates a channel that triggers the bodies natural healing process to fill these micro wounds by producing new collagen and elastin in the papillary dermis. Improve wrinkles, minimize pore size and induce skin tightening.

- Stimulate collagen production which promotes rejuvenation.
- Improve surgical, traumatic, burn and acne scars.
- Hyperpigmentation (brown spots and melasma).
- It may also improve stretch marks.

Dermalplanning is a physical method of exfoliation that removes dead skin and peach fuzz. The skin is left, smooth and exfoliated with no downtime! Great for anyone who is contraindicated for chemical exfoliation. This is also a great hair removal process with no redness or irritation! This month I am combining both of my favorite services together!!! This is the ultimate in skin care rejuvenation! Receive both services for only \$200!! That is a \$105 savings!

\*\* April is also a great time to shed that winter skin with a Peel Series! Chemical peels are a great way to get a deeper exfoliation that helps target pigmentation, dehydration and breakouts! Your skin will look and feel more even, hydrated and breakout activity will diminish!

A series is best to see great results! For April I am offering a series of 3 peels for \$225! That is a \$30 savings!

Don't know what to get that hard to shop for person in your life? MM Beauty offers gift certificates! Contact Morgan at 916-520-9310 to purchase or by email at morganmerrillbeauty@gmail.com. Morgan is available by appointment and is now available with more hours for your convenience! Contact her today!

**Capital Cutters**



- Contact Michelle (916-812-2352), Linda (916-479-3709), Veronica (916-256-6738), or Jennifer (916-430-9484) today to set up an appointment.
- Does your hair color have the long Winter blues? Have one of our colorists at Capital Cutter's give you highlights and sparkle this Spring! We are celebrating the sunny weather by offering 20% off ANY highlight service throughout April!!

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**5. Berries and tart cherries**

While all fruits can lower inflammation, berries especially have been shown to have anti-inflammatory properties due to the high levels of anthocyanin, a powerful phytonutrient. Research from the Oregon Health & Sci-

ence University suggests that tart cherries have the highest anti-inflammatory content of any food. In their study, women aged 40 to 70 with inflammatory osteoarthritis had a significant reduction in important inflammation markers when they drank tart cherry juice twice daily—and the women with the highest inflammation

## GROUP FITNESS/SPECIALTY CLASSES

<b>MONDAY</b>			
	Studio		
6:00am-7:00am	I	Breakfast Club	Jonna
9:00am-10:00am	I	Power Pump	Jonna
11:00am-11:45am	III	Mat Pilates	Sabin
12:00pm-1:00pm	III	Power Yoga	Paige
12:10pm-1:00pm	I	Zumba	Karina
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>			
	Studio		
6:00am-6:45am	II	Cycle	Matt
*9:00am-10:00am	III	Slow Stretch	Robert
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
6:30pm-7:30pm	I	Zumba	Magda
<b>WEDNESDAY</b>			
	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
<b>THURSDAY</b>			
	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	Jonna
6:00pm-7:00pm	III	Gentle Yoga	Heather
<b>FRIDAY</b>			
	Studio		
11:00-11:45am	III	Mat Pilates w/ props	Paige
12pm - 1pm	III	Yoga	Robert
12:10pm-1:00pm	I	Cardio Conditioning	Jonna
12:10pm-1:00pm	II	Cycle	Richard
<b>SATURDAY</b>			
	Studio		
9:00am-10:00am	II	Cycle	Matt
9:30am-10:30am	I	Step 'n' Strength	Bonnie 4/6,20 Doug 4/13,27
10:30am-11:30am	I	Ballet Pilates	Bonnie 4/6,20 Jonna 4/13,27
<b>SUNDAY</b>			
	Studio		
9:30am-10:30am	I	Power Pump	Kristen M

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

**Bold - Denotes Temporary class on the schedule**

## ACTIVITIES SCHEDULE

<b>MONDAY</b>	
4:00pm-7:00pm	Handball Challenge & Lessons
*4:00pm-5:45pm	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>	
4:00pm-6:00pm	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 6:30pm	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 STUDIO SCHEDULE

Pilates Reservation Numbers: (916) 442-3956 & 442-3957

<b>MONDAY</b>		
10:00am-10:45am	Reformer II	Linsey
12:00pm-12:45pm	Reformer I	Mari
4:00pm-4:45pm	Reformer I	Sabin
5:30pm-6:15pm	Reformer II	Vicki
6:30pm-7:15pm	Mixed Level Reformer	Vicki
<b>TUESDAY</b>		
10:00am-10:45am	Reformer I	Bernadette
11:00am-11:45pm	Mixed Level Reformer	Sabin
12:00pm-12:45pm	Reformer II	Sabin
4:30pm-5:15pm	Yoga/Pilates Reformer II	Sam
5:30pm-6:15pm	Yoga/Pilates	Sam
<b>WEDNESDAY</b>		
10:00am-10:45am	Reformer I	Stefanie F
4:00pm-5:00pm	Tower Combo Reformer	Sabin
5:20pm-6:20pm	Tower Circuit	Stefanie
6:30pm-7:15pm	Mixed Level Reformer	Bernadette
<b>THURSDAY</b>		
7:00am-7:45am	Mixed Level	Mari
10:00am-10:45am	Reformer I	Linsey
12:00pm-12:45pm	Reformer II	Sabin
4:30pm-5:15pm	Reformer I	Liz
5:30pm-6:15pm	Reformer I	Liz
<b>FRIDAY</b>		
10:00am-10:45am	Mixed Level Reformer	Sabin
11:00am-11:45am	Principles	Mari
12:00-12:45pm	Reformer I	Mari
5:30pm-6:15pm	Mixed Level Reformer	Stefanie
<b>SATURDAY</b>		
9:00am-9:45am	Reformer I	Liz
10:00am-10:45am	Mixed Level Reformer	Liz
<b>SUNDAY</b>		
10:00am-11:00am	Tower Circuit Reformer	Vicki