

THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

JULY 2019

Aqua For Athletes

Tuesdays and Thursdays @ 6:15 p.m. through the Summer

The water workouts in the Aqua for Athletes program are assured to challenge you in ways you didn't think possible. With completely scalable workloads, use our pool to rehab joint injuries or raise your workout intensity to a level that you've rarely felt before. If you're an athlete looking for a new, high-intensity, low-impact workout that sears your lungs, ravages your core and challenges your conventional wisdom, then join us for these challenging workouts. Register at the Member Activities Desk for a reminder call/e-mail that will change your workout expectations FOREVER!!

Saturday In the Park Boot Camp

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

Few things are better than spending part of a Saturday in the park with friends...but one is spending a Saturday morning WORKING OUT with friends in a park. Hence, Saturday In the Park (a CAC Boot Camp Series) is set for the last Saturday of each month through September. Led by CAC trainer Bruce Coolidge, we look forward to creating a workout to challenge a full range of fitness enthusiasts. This FREE Boot Camp class will bring out the very best in you! Register for a reminder call/e-mail in the binder at the CAC front Desk. See you in the Park!!

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

June 24-July 6

New Classes, New Times for a New You!! —CAC's Studio X will be hopping with new offerings as the Summer 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 research. Class series begins the week of July 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!

Morgan Merrill

Hydrodermabrasion treatment

Hydrodermabrasion is a machine that exfoliates, hydrates, flushes out the pores and aids in lymphatic drainage using a diamond tip head. At the same time, infusing the skin with water to flush out the pore, this treatment also includes oxygen infusion for the ultimate skin rejuvenation. Your skin will look clearer, feel smoother and have that wonderful glow!

Now just \$100! Sale ends July 31st, 2019

Spray Tan Special

Only \$100 now through the end of July! With summer in full swing, don't be caught without your beautiful tan! Get that bronzed look for the summer with a spray tan. Purchase 3 Spray Tans for \$100 and use them anytime. Great for when you have an event, vacation, or just because. Spray tanning is done with a handheld machine to ensure precise application. The solution used works with your skin's own DHA so no tan looks the same. Darkness can be adjusted, but this tan will never look too orange or too green! Just a perfect back from the beach look every time!

3 Tans for \$100! Sale ends July 31st, 2019

Pro Shop

The temperature is still on the rise and now officially Summer. Which means that pool should be calling your name. We now have goggles and swim caps here in the proshop! Get in shape and work on that natural tan! We've also got some new fins out by the pool for your use. Any suggestions on some new items? Please let us know...

Volleyball News

Spring League is coming to an end this month! We will be hosting open gym nights on Tuesdays, June 18th and 25th and Thursdays June 20th and 27th. Open gym hours are 7:00pm-9:45pm! If you are interested in joining our Summer league in July, please contact our coordinators. Registration is open and space is limited. For more informa-

tion about our Volleyball League and open gym nights, please contact our League Coordinators. Thank you to everyone who signed up for Summer League! League starts July 9th and 11th. For more information about our Volleyball League and open gym nights, please contact our League Coordinators! CACVolleyball@Capitalac.com

Pilates News

Pilates Studio Classes – 2 per Week with Your Membership!

Did you know that the Capital Athletic Club offers 2 Pilates Studio classes per week to all members cleared into the Pilates program at no cost? Unlike any other fitness club or Pilates studio, we Do Not charge \$25.00-\$30.00 per class on top of your membership fees to attend Reformer or Tower classes.

If you have never taken a Reformer class, we offer a complimentary Demo class each month. Members can take a class to feel the amazing effects of the Reformer exercises. In order to prepare members for classes, they must take Pilates Quick Start package, three 45 minute private sessions. These sessions cover the fundamental Pilates Reformer exercises, safety protocols and individual modifications to get you started in our level 1 classes (\$150.00). Additional classes are only \$10.00, and if we have open spots in a class, members can "fill-in" two hours before for free! If you have taken Reformer classes in the past, we offer the Quick Start Plus, a 60 minute private sessions that allows members to be cleared into the program after

only one session (\$75.00).

Why take Reformer classes?

The Reformer actually “reforms” our bodies by supporting our limbs and spine in movements that may be uncomfortable without a little help.

Using springs for resistance, you can adjust your spring load to support your body while still strengthening muscles in the best range of motion for you joints. For example, lying on our backs with our legs pointed to the ceiling can be very uncomfortable on the lower back. With the pulley and rope system on the Reformer, we place our feet in soft fleece loops and can lower the legs to the floor without risk of injury to the spine. The spring loaded resistance strengthens the core, hips and thighs when lowering the legs and increases flexibility in the hamstrings, glutes and lower back when lifting the legs.

Take a spin on the Reformer on Saturday, July 20th at 11:00am in the Pilates Studio. Register in the Pilates Reformer Demo binder at the front desk in early July.

Pilates Studio Class Changes:
Wednesdays Reformer 1 10:00am – Sam Scholtes

Wednesdays Reformer Mixed Level 6:30pm – Stefanie Fricano

Thursdays Reformer Mixed Level with Linsey Levy will be removed from the schedule due to lack of participation.

Contact Sabin Morris at smorris@capitalac.com for all of your Pilates needs at CAC.

Health News

If you skip breakfast, you might be more likely to have: A heart attack

...continued from June

Eating breakfast helps you: Think and focus

Breakfast boosts your brainpower. Your brain runs on glucose, a type of sugar, and you're low on this fuel when you first wake up. A morning meal can boost your

memory, attention, focus, and alertness and help your performance at work or school. Case in point: Kids who have breakfast get better grades than those who don't.

Breakfast does this to your metabolism: Nothing

Research shows that breakfast doesn't change your metabolism at all, but the energy it gives you allows you to burn more calories throughout your day.

A morning meal makes you: Move more

Breakfast gives you energy -- not only does this make you more likely to exercise, but you also may tend to get up and move around in general. One study found that people who ate a morning meal burned 442 more calories through physical activity than those who skipped breakfast.

A morning meal makes you less likely to get type 2 diabetes. True

A healthy breakfast can keep your blood sugar steady, and over time, this can protect you from type 2 diabetes. One study shows that men who didn't eat in the morning were 21% more likely to get the disease than those who did. Start your day with whole grains, such as oatmeal, cereal, or bread. They have fiber, which can also lower your diabetes risk.

How many grams of fiber should your cereal have per serving? 5 or more

A bowl of cereal can be a smart way to start your day -- if you choose the right kind. High-fiber cereals can lower your risk of heart disease and diabetes. Look at the labels to make sure you're getting a good amount of fiber -- and stay away from ones that have sugar among the first few ingredients.

Advocare

Spark - Source of Energy with vitamins

20 Vitamins and minerals, a healthy and balanced source of energy (two sizes) with 3-5 hours of mental focused energy - A replacement for coffee or sodas and even your multi-vitamin.

Rehydrate - Electrolyte Replacement drink with vitamins

Helps replace minerals and electrolytes lost through sweat

and activity, delay the onset of fatigue, maintain proper metabolism, and supports recovery after a workout. Using a blend of 16 vitamins, minerals and important electrolytes, Rehydrate helps prevent cramping during and after exercise.

Continued on the next page...

Brian, Andrew, and Rico Massage Department

Interview with a healer...

What made you want to become a Massage Therapist?

“I was looking to make a bigger impact in the world. The corporate lifestyle and attitude did not suit me and after several years on the grind I decided to escape. Long before I realized how to tap into my intuition and energetic healing, many friends and family made comments on my touch and deep down I knew there was something special about my hands.”

How would you describe your style of massage?

“I feel that my massage style is a reflection of who I am. An eclectic mix of self-study and enlightenment. I strive to develop my own brand of massage, in particular one that wasn't confined by modalities. I have had the opportunity to work with individuals from all walks of life, including couch potatoes all the way up to Olympic athletes and everyone in between. Some of my favorite techniques to explore with clients are myofascial release, reiki, trigger point therapy, acupressure, and Jin shin. At times manipulation of soft tissue and movement of energy coincide with a comprehensive healing plan.”

What is something that you would like the client to understand about the massage process?

“Communication is almost as important as the treatment itself. Open and honest communication takes time to develop in any situation. In order for myself, or any therapist, to be truly helpful it is essential to have a partnership. Trusting each other and discussing goals are part of that equation as well. Massage is quite personal, so being a good listener is where I feel I have a strength.”

So Rico, what are some of the things you love? What are your passions?

“I love lots of things that have to do with the outdoors; which I guess must be because of the work i do is mostly indoors. But I am extremely passionate about the ocean and cycling. Even before moving to midtown Sacramento, I have always enjoyed riding my bicycle. It does something to my spirit, you know. Being on the open road, just you, a few strips of rubber, and the pavement. I feel like the road is a force of nature at times, but I enjoy it and I ride my bike daily! As a kid, my brother and I spent a lot of time in San Diego. We were at the beach every day. The ocean brings me peace as well and I try to connect with the waves as often as I am able to.”

Cheerio~ Brian, Rico and Andrew



DEPARTMENT NEWS

Rick Leonard General Manager



- The Club will be operating on a modified 8am -6pm schedule on Thurs July 4th. Your children 12-25years of age, when accompanied by you are welcome to use the club at no additional fee when the Club operates on a modified schedule.
- Are your shoes looking a little dull? Just a reminder we offer free shoe service. Just leave your shoes on the shelf outside of the laundry room and they will be sparkling by the time you leave. Gratuities are welcomed.
- Have you ever wondered what the workouts on the whiteboards located on the pool deck were about? We have a swim coach on the deck Monday & Wednesday at 6pm & Tuesday & Thursday at 5pm which can explain it all to you or help you with your swimming technique.
- The Club offers free Handball lessons Monday & Wednesday 5-7pm and free Racquetball lessons Tuesday & Thursday 5-7pm. We also have loaner equipment available. Register at the front desk for lessons.

Jonna Edwinson Group Fitness Director



- Our cardio conditioning classes are trending right now as one of our most popular classes on the schedule. They are total body cardio based workouts that encompasses circuits, sports specific drills, functional training and much more. Mondays and Wednesdays at 6:00am and Wednesdays and Fridays at 12:10pm.
- Water fit classes are available Monday through Saturday. These are fun, playful and informal classes offered outside on our pool deck.
- Zumba with Magda is happening every Tuesday at 6:30pm. Jonna has taken over the Monday 12:10pm Zumba class and is now teaching it as a cardio dance/fitness class.
- Matt brown will be teaching the Friday 12:10pm cardio conditioning class, starting this month through August.
- Look out for more pop-up classes this summer. We will be offering cycle, Zumba, and other fun formats at spontaneous days/times during the week and weekends.

Brooke McManus Membership



- Enjoy your family's home away from home when you purchase a Student Summer Membership for your Juniors! With this temporary membership, there is NO contract required! Student memberships are \$79 for a month or \$20 weekly. Please see Brooke or Tom in Membership for more information. *Children must be 16 years of age or older!
- Looking for fitness and nutrition tips from your favorite experts? CAC has launched a Blog on our website to share fitness tips, workouts recommendations, nutrition guides, and much more! Visit the CAC website and look under the Resources tab! [http://](http://capitalac.com/blog/)

capitalac.com/blog/

- <http://capitalac.com/blog/>
- Follow CAC on our social media tags!
- Twitter: @capitalathletic
- Instagram:@capitalac
- Facebook: @capitalathleticclub

John O'Sullivan Athletic Director, Newsletter Editor

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- 'Consistency; not very glamorous, but gee, it's effective' - it is the middle of summer. Stick with it!
- 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

- Get your back ready for the summer with a back treatment! A back treatment includes a double cleanse, exfoliation, extractions, mask and massage. It is like a facial for the back. Great for clearing up any congestion or breakouts before swimsuit season! Only \$80! (a \$10 savings)
- Also introducing Hydrodermabrasion treatments! Hydrodermabrasion exfoliates, hydrates, flushes out the pores and aids in lymphatic drainage. This treatment also includes oxygen infusion for the ultimate skin rejuvenation! Only \$100 now through the end of July.



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.
- HELLO SUMMER, GOODBYE FRIZZ! Capital Cutters are now offering 2 frizz fighting treatments. These treatments are bound to turn that frown upside down, just in time for the Summer fun. The Redken Frizz Dismiss mask treatment nourishes, hydrates and softens unruly, frizzy hair. Enhancing manageability and smoothness. The Agave Oil- Nature Smooth Express treatment is a more long-term solution to your bad hair days. It safely smooths up to 90% of frizz, relaxes curl up to 50%, reduces volume, while maintaining natural texture, is color safe and lasts 4-6 weeks. Come in or call Capital Cutters for more information and a free consultation.



Continued from the last page

Slam - A high powered portable and quick source of energy

A high powered portable and quick source of energy that helps sharpen mental focus, is sugar free and is perfect for the person on the go.

GROUP FITNESS/SPECIALTY CLASSES

MONDAY		Studio	
6:00am-7:00am	I	Breakfast Club	Jonna
9:00am-10:00am	I	Power Pump	Jonna
11:00am-11:45am	III	Mat Pilates	Linsey
12:00pm-1:00pm	III	Power Yoga	Paige
12:10pm-1:00pm	I	Cardio Dance	Jonna
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
TUESDAY		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
6:15pm-7:15pm	Pool	Water 4 Athletes	Bruce
6:30pm-7:30pm	I	Zumba	Magda
WEDNESDAY		Studio	
6:00am-7:00am	I	Breakfast Club	Bernadette
11:00am-11:45am	III	Mat Pilates	Sam
12:00pm-1:00pm	III	Yoga	Sam
12:10pm-1:00pm	I	Cardio Conditioning	Jonna
5:00pm-5:30pm	III	Abs Blast	Jonna
5:15pm-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
THURSDAY		Studio	
6:00am-6:45am	II	Cycle	Matt
11:00am-11:45am	III	Pilates on the Ball	Sabin
12:00pm-1:00pm	Court I	Kenpo Karate	Bob Y.
11:30-12:00pm	II	HIIT Cycle	Bonnie
12:10pm-1:00pm	I	Power Pump	Bonnie
12:00pm-1:00pm	III	Power Yoga	Paige
5:30pm-6:30pm	I	Power Pump	Jonna
6:00pm-7:00pm	III	Gentle Yoga	Heather
6:15pm-7:15pm	Pool	Water 4 Athletes	Bruce
FRIDAY		Studio	
11:00-11:45am	III	Mat Pilates w/ props	Paige
12pm - 1pm	III	Yoga	Sam
12:10pm-1:00pm	I	Cardio Conditioning	*Matt
12:10pm-1:00pm	II	Cycle	Richard
5:15pm-6:00pm	Pool	Water Fit	Jonna
SATURDAY		Studio	
9:00am-10:00am	II	Cycle	Matt
9:30am-10:30am	I	Step 'n' Strength	Bonnie 7/13,27 Doug 7/6,20
10:30am-11:30am	I	Ballet Pilates	Bonnie 7/13,27 Jonna 7/6,20
11:30am-12:15pm	Pool	Water Fit	Liz
SUNDAY		Studio	
9:30am-10:30am	I	Power Pump	Kristen F

* Identifies a new class or a change to a current.
Bold - Denotes Temporary class on the schedule

ACTIVITIES SCHEDULE

MONDAY	
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
TUESDAY	
4:00pm-7:00pm	Racquetball Challenge & Lessons
5:00pm-6:00pm	Masters Swim
until 6:30pm	Open Basketball
6:30pm-Close	Volleyball League
WEDNESDAY	
4:00pm-7:00pm	Handball Challenge & Lessons
6:00pm-7:00pm	Masters Swim
6:00pm-Close	B-League Basketball
THURSDAY	
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
FRIDAY	
until 6:30pm	Open Basketball
SATURDAY	
8:00am-12:00pm	Child Care 2 hour maximum
8:00am-12:00pm	Power Basketball (winner retains ct. to 3 games)
2:00pm-Close	Open Basketball (CAC Two-and-Off Rotation)
SUNDAY	
9:00am-4pm	Open Basketball
9:00am-1:00pm	Child Care 2 hour maximum

PILATES STUDIO SCHEDULE

Pilates Reservation Numbers: (916) 442-3927

MONDAY		
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
TUESDAY		
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
WEDNESDAY		
10:00am-10:45am	Reformer I	*Sam
4:00pm-5:00pm	Tower Combo Reformer	Sabin
5:20pm-6:20pm	Tower Circuit	Stefanie
6:30pm-7:15pm	Mixed Level Reformer	*Stefanie
THURSDAY		
10:00am-10:45am	Reformer I	Linsey
12:00pm-12:45pm	Reformer II	Sabin
4:30pm-5:15pm	Reformer I	*Mari
5:30pm-6:15pm	*Mixed Level	*Sabin
FRIDAY		
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
SATURDAY		
9:00am-9:45am	Reformer I	Liz
10:00am-10:45am	Mixed Level Reformer	Liz
SUNDAY		
10:00am-11:00am	Tower Circuit Reformer	Vicki