

# THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

JUNE 2019

## Saturday In the Park Boot Camp

Saturday, June 29; 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 one Saturday of each month April through September. Led by CAC trainer Bruce Coolidge, 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! Register for a reminder call/e-mail in the binder at the CAC front Desk. See you in the Park!!

## 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!!

## Morgan Merrill

Get your back ready for the sum-

mer 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 to clear up any congestion or breakouts before swimsuit season begins!

Only \$80! (a \$10 savings!)

Also introducing Hydro-dermabrasion 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!

## Basketball Notes

Congrats to Winter 2019 League Champions

The CAC Fall League held its two championship games last month.

"A" League—Todd Leon (c), Joe Caffrey, Ben Gevercer, Mike Jensen, Andrew Nguyen, Andrew Phillips and Hanspeter Walter.

In the "A" League final, the streaking #4 seeded Todd's Titans matched up against an injury-decimated #3 seed Clay's Clippers. Despite a sputtering start, the Clippers managed to close strongly before half and faced only a four-point deficit at the intermission. However the deft ball-handling, penetrating lay-ups and 26-point night of Mike Jensen propelled the Titans to a 59-48 victory and the title.

"B" League—Rafael Estrada (c), Oliver Benazra, Marte Castanos, Cammy Desmond, Blair Mehigan, Felipe Olvera and Denzel Pruitt.

The "B" League final featured the #1 seed Denzel's Child against

#3 Who's the Boss. The top seed D's C capitalized on a eight-points in ten minute stretch in the mid-first half to build a seven point halftime edge. But the second half showed WTB really wanted to prove themselves the boss, climbing back before finally falling 56-55. Thanks to all the players for a fine Winter season and congratulations to the victors!

## 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 evidence-based 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!

## Pro Shop

The temperature is rising and almost officially Summer. Which means that pool is calling your name. We now have goggles and swim caps here in the proshop! Get in shape and work on that

great 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 18 and 25 and Thursdays June 20 and 27. Open gym hours are 7:00-9:45! If you are interested in joining our Summer league in July, please contact our coordinators! Registration is open and space is limited! For more information about our Volleyball League and open gym nights, please contact our League Coordinators! CACVolleyball@Capitalac.com

## Pilates News

The Reformer Demo is on Saturday, June 22nd at 11:00am. Sign up at the Front Desk in June!

For those of us who may have been diagnosed with low bone density (osteopenia or osteoporosis), a big concern is to prevent falls or injuries that lead to broken bones. Here is a great article from the pilates in the grove website by Stefanie Sprout, DPT, **Top 10 Pilates Reformer Exercises for Osteoporosis**

54 million Americans have low bone mass, placing them at increased risk for osteoporosis. Osteoporosis is a disease characterized by too little bone formation, excessive bone loss, or a combination of both, leading to bone fragility and an increased risk of fractures. Studies suggest that approximately 50% of women and 25% of men age 50 and older will break a bone due to osteoporosis. (National Osteopo-

rosis Foundation [NOF] 2015). Well, the good news is- the fact that you're reading a blog on a Pilates page written by a physical therapist means you're already in the right place to start taking control of your bone density!

## Exercises for Bone Density

There are two types of exercises that are important for building and maintaining bone density: weight-bearing (high or low impact) and muscle-strengthening exercises. However, an unsung hero/third type of exercise that is VITAL in the osteopenic/osteoporotic population is balance! (Falls are the #1 cause of fractures in the osteoporotic population).

## Benefits of Pilates

The great news is, Pilates address all of these types of exercises and is incredibly beneficial not only for mitigating your risk of osteoporosis, but slowing down or even reversing bone density loss if you already have degenerative changes. Pilates has gotten a bad rap in the management of osteoporosis because people think it's only about forward flexion. Yes, there are Pilates exercises that are not safe for individuals with osteoporosis but a well trained instructor will know how to modify the class/program to not only keep the client safe but actually help manage the disease.

## Top 10 Pilates Reformer Exercises for Prevention and Management of Osteoporosis:

### 1. Swan –

it's great weight-bearing through the wrists and arms and helps strengthen the muscles in the entire back to protect the spine and throughout the shoulder girdle and upper arms to strengthen the bone in the upper arm (A common fracture site).

### 2. Overhead Arm press/arm jumping –

weight-bearing through the wrists and arms, muscle strengthening for the arms/shoulder girdle and back extensors.

### 3. Scooter –

weight-bearing through the

femur/hip, strengthening for the entire hip complex/glutes and abs/back, balance in modified single leg stance.

### 4. Standing side splits –

weight-bearing through the femur/hip, strengthening for the entire hip complex and abs/back, balance standing on a moving platform

### 5. Footwork –

strengthening for the entire leg/hip (the various foot positions address EVERYTHING in the leg!) as well as abdominals

### 6. Pulling straps –

strengthening for the shoulder girdle and posterior muscles along the spine/shoulder blades (support upright posture and thoracic vertebrae bone density) as well as glutes (promote hip bone density and play a major part in upright standing/balance)

### 7. Seated arm series –

strengthening for posterior arm/shoulder/spine musculature which support upright posture and thoracic vertebrae bone density

### 8. High kneeling chest expansion –

strengthening for the posterior shoulder and thoracic spine musculature to promote upright posture and thoracic spine bone density and balance in high kneeling posture on a moving platform

### 9. Down Stretch –

weight-bearing through the arms and strengthening for the abdominals, low back and shoulder girdle

### 10. Feet in straps –

strengthening for the hamstrings, glutes, adductors and abductors of the hip and entire core which promotes improved stability and bone density in the hips/lumbar spine.

Take home message: Talk to your instructor if you are concerned about osteoporosis or have been diagnosed with osteopenia or osteoporosis. We can talk about how to manage your Pilates

practice to keep you safe and in control of your bone health.

Begin your Pilates Practice at CAC in June with our Mat classes or in the Pilates Studio.

## Health News

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

Passing on breakfast can lead to weight gain, and that sets the stage for high blood pressure, high cholesterol, and diabetes -- all of which can lead to heart disease. For a heart-healthy breakfast, load up on fresh fruit and whole grains.

## Brian, Andrew, and Rico Massage Department

Now that we've completed our series on why people don't get massage, it's time to meet your massage team.

Andrew on Andrew:

### What made you want to become a Massage Therapist?

I wanted to move away from the corporate world, start working with my hands again after years of doing creative design work on a computer. Plus, after nearly 30 years of deadline-oriented work, I'd had enough; it was time to reset my life.

### How would you describe your style of massage?

My work is a blend of Eastern energy-oriented physical work and Western hands-on. This combination of styles includes both deeper, therapeutic touch and some relaxing work. For creating a lasting change, I've found a deeper touch to be more effective for most patients then just using a soothing touch alone. My work is centered on your goals and what works best you as an individual.

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

For our members, this: Massage is part of your training; ask any pro athlete or trainer. Your training and workouts will be better, more effective and efficient when you are able to utilize ALL the muscles available to a given movement. The better you can effectively recruit all muscles you need to use, the less likely you are to be injured. Massage helps with all of these points.

### What are some interests that you have away from the massage world?

I have a wonderful wife and three little furball cats, still do some Art Direction and Design work for a very select group of clients. I play guitar, bass, drums/percussion, and I still ride my bike and workout as much as possible.

Contact the front desk and schedule an appointment for yourself, you'll be glad you did.

Also, rumor has it that Dad would love a massage gift card this year for Father's Day. Massage gift cards are available at the front desk and remember; you didn't hear this from us... hint, hint.

Cheerio~ Brian, Rico and Andrew

### What percentage of Americans skip breakfast? 20% to 30%

It may be known as the most important meal of the day, but fewer people eat a regular breakfast than they did 40 years ago.

### Which food is better for fending off hunger?

Eggs - To curb cravings, get cracking. Eggs have protein, which takes your body longer to digest than the carbs in cereal and fruit. A high-protein breakfast can help you feel fuller for the rest of the day and may keep you

*Continued on the next page...*

## DEPARTMENT NEWS

### Rick Leonard General Manager



- There are many benefits associated with group exercise – Many studies show there is an increased level of commitment to a group exercise routine compared to those that go solo. You may ask why, it is a scheduled activity, external motivation, group comradery & support, feeling of accomplishment, accountability, inspiration from the instructors & others, & quality coaching. The Club offers over 70 group exercise classes from HIIT to Yoga, Pilates Reformer, Kenpo Karate, Zumba, Water Fit, Power Pump and much more. Contact Jonna, our group exercise Director or Sabin our Pilates director to get started. “Your Success is Our Success”
- Last month in the newsletter we asked that you shower before using the pool or jacuzzi, Besides showering we ask that you dry off before walking down the hall or up the vinyl stairs. This is to help prevent slips & falls.

### Jonna Edwinson Group Fitness Director



- Our water classes are back! Join Doug, Jonna, Bernadette, Bruce, and Liz Monday through Saturday for water fit and water 4 athletes all Summer long. No experience required, just show up and be ready to have a good time. We ask that you shower prior to entering into the pool.
- Our 6am Mon/Wed Breakfast Club classes are a great way to get your workout in before the business of the day.
- As the weather gets hotter, 6am workouts are the perfect solution to avoiding the Summer heat.
- Tuesday June 18th and June 25th Magda and Jonna will be co-teaching the Tuesday 6:30pm Zumba class.
- Doug will be taking over the Monday 5:15pm water fit class this month.
- To ensure you get a bike in any of our cycle classes, it's best to sign up and reserve a bike the day before. Some classes do fill up, especially morning and weekend classes.
- Kristen Franz will be back starting Sunday, May 26th from 9:30am power pump. Lets give her a warm welcome back! We thank Kristen Merrill for covering while Kristen was a way on maternity leave.

### Brooke McManus Membership



- Meet Mr. Grant by referring a new member to the Club this month! For every new member that you refer, we hook you up with a \$50 Referral credit! Use your credit as an upcoming dues discount or treat yourself to well-deserved Massage! Please see Brooke or Tom in membership for more information!
- Summer is Here! CAC is offering temporary Junior memberships for the summer (through August) for juniors 16-25! You can pay register for a month of \$79 or weekly for \$20. Please see Brooke and Tom in our Membership Department for registration!

- CAC has published an online Blog that is live on our website! We post bi-monthly articles that provide insightful knowledge into the world of fitness and health! Keep up with us on the CAC website!
- <http://capitalac.com/blog/>
- Follow CAC on our social media tags!
- Twitter: @capitalathletic
- Instagram: @capitalac
- Facebook: @capitalathleticclub

### John O'Sullivan Athletic Director, Newsletter Editor

[josullivan@capitalac.com](mailto:josullivan@capitalac.com)



- 'If you have a strong commitment to your goals and dreams, if you wake up everyday with a passion to do your job, everything is possible.' - Chantal Petitclerc
- 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 to clear up any congestion or breakouts before swimsuit season begins! 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.
- ATTENTION MEN: Looking to take a few years off? Add a grey blending color service to your next haircut. Redken Brew ColorCamo line, for men, has a strikingly natural look. Blend your grey, your way... In as little as 5 minutes! Come in to Capital Cutters for a Cut & Camo!

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from reaching for fatty snacks in the evening.

**If you work out in the morning, you should eat breakfast: Before exercise**

Try to eat about an hour before you hit the gym. If you're short on time, have a light meal that's easy to digest, like a smoothie or yogurt. Fueling up first will give you energy to work out and keep you from feeling faint.

**A morning meal can help you stay at a healthy weight. True**

Breakfast may keep you from overeating the rest of the day. Aim for a mix of whole grains, low-fat dairy, lean protein, and fruits and veggies. The combo of carbs, fiber, protein, and fat helps you stay full. Try a veggie-and-cheese omelet with whole wheat toast.

...continued next month

## GROUP FITNESS/SPECIALTY CLASSES

<b>MONDAY</b>		<b>Studio</b>	
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
<b>TUESDAY</b>		<b>Studio</b>	
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
<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	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
<b>FRIDAY</b>		<b>Studio</b>	
11:00-11:45am	III	Mat Pilates w/ props	Paige
12pm - 1pm	III	Yoga	*Sam
12:10pm-1:00pm	I	Cardio Conditioning	Jonna
12:10pm-1:00pm	II	Cycle	Richard
5:15pm-6:00pm	Pool	Water Fit	Jonna and Bernadette
<b>SATURDAY</b>		<b>Studio</b>	
9:00am-10:00am	II	Cycle	Matt
9:30am-10:30am	I	Step 'n' Strength	Bonnie 6,1,15,29 Doug 6/8,22
10:30am-11:30am	I	Ballet Pilates	Bonnie 6/1,15,29 Jonna 6/8,22
11:30am-12:15pm	Pool	Water Fit	Liz
<b>SUNDAY</b>		<b>Studio</b>	
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

<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) 442-3927

<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>		
9:00am-9:45am	Mixed Level	Linsey
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
<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